

## 9. Understanding Trauma and Recovery

- **Description:** This training educates clients about trauma, its effects, and the recovery process, providing a supportive framework for healing.
- **Relevance:** Sensitive and pertinent, given the increase in trauma-related needs in communities.
- **Training Requirements:**
  - Hours: 5 hours
  - Prerequisites: None
  - Field Supervision: None required
  - Materials: Informational brochures and recovery resources.
  - Textbook: "The Body Keeps the Score: Brain, Mind, and Body in Healing Trauma" (Current Cost: \$19.99)
- **Cost:**
  - Individual Rate: \$125 (with textbook: \$145.00)
  - Group Rate (5 or more): \$100 per participant (with textbook: \$120.00)

## 10. Life Skills Workshops: Building a Future

- **Description:** Sessions aimed at building life skills such as budgeting, cooking, and job readiness to empower clients towards independent living.
- **Relevance:** Crucial for preparing consumers for self-sufficiency and independent living.
- **Training Requirements:**
  - Hours: 10 hours (two 5-hour sessions)
  - Prerequisites: None
  - Field Supervision: None required
  - Materials: Life skills guides and practical tools.
  - Textbook: "Life Skills for the 21st Century" (Current Cost: \$39.99)
- **Cost:**
  - Individual Rate: \$250 (with textbook: \$290.00)
  - Group Rate (5 or more): \$225 per participant (with textbook: \$265.00)

## 11. Understanding Your Rights in Healthcare

- **Description:** Workshops designed to inform consumers about their rights in various health-related scenarios, promoting informed participation in care.
- **Relevance:** Encourages advocacy and empowerment in healthcare settings.
- **Training Requirements:**
  - Hours: 4 hours
  - Prerequisites: None
  - Field Supervision: None required
  - Materials: Rights documentation and advocacy resources.
  - Textbook: "Patient Rights: The Essential Guide" (Current Cost: \$45.00)
- **Cost:**
  - Individual Rate: \$100 (with textbook: \$145.00)
  - Group Rate (5 or more): \$80 per participant (with textbook: \$125.00)

## 12. Effective Communication Skills for Families

- **Description:** Training sessions that focus on enhancing verbal and non-verbal communication within family units to improve interactions.
- **Relevance:** Vital for strengthening relationships among family members managing mental health and other challenges.
- **Training Requirements:**
  - Hours: 5 hours
  - Prerequisites: None
  - Field Supervision: None required
  - Materials: Communication exercises and family interaction scenarios.
  - Textbook: "Effective Communication in Family Therapy" (Current Cost: \$50.00)
- **Cost:**
  - Individual Rate: \$125 (with textbook: \$175.00)
  - Group Rate (5 or more): \$100 per participant (with textbook: \$150.00)