

The STAIR Institute



UCC STAIR Training Agenda

Day One, 9am-4pm

9:00-9:15 Introduction and Agenda

9:15-9:50 Treatment Rationale, Evidence and Overview

9:50-10:30 Session 1: The Resource of Hope—Introducing the Client to Treatment and Focused Breathing

10:30-10:45 BREAK

10:45-11:15 Session 2: The Resource of Feelings--Emotional Awareness

11:15-11:40 **Break-out room:** Introducing the Feelings Monitoring Form

11:40-12noon: Session 3 Emotion Regulation--Focus on the Body

noon-12:45 LUNCH

12:45-1:05 Session 4: Emotion Regulation—Focus on Thoughts and Behavior

1:05-1:25 Session 5: Emotionally Engaged Living

Video: Assessing Pros and Cons

1:25-2:05 Session 6: Understanding Relationship Patterns

2:05-2:25 **Video:** Relationship Patterns Worksheet with “Michael”

2:25-2:40 BREAK

2:40-2:55 **Break-out room:** Practice Relationship Patterns Worksheet

2:55-3:15 Session 7: Changing Relationship Patterns-Assertiveness and Introducing Role-Playing

Video: Assertiveness Role Play

3:15-3:30 Session 8: Changing Relationship Patterns—Managing Power and Maintaining Respect

3:30-3:50 **Break-out room:** Role Play

3:50-4:00 Q&A and Skills Practice Goals: 1 FMF entry and 1 RPW-2 entry

Day Two 9:00am - 4:00pm

9:00-9:25 Agenda for today and Skills Practice Review

9:25-9:30 Session 9: Changing Relationship Patterns – Increasing Closeness

9:30-10:00 Video: Role Play Sequences

Break-Out Room: Role Play Practice

10:00-10:20 Session 10: Summary of Skills Work and Self-Compassion

10:20-10:35 **BREAK**

10:35-10:45 Review of Group STAIR

10:55-11:30 webSTAIR

11:30-45 Brief STAIR

11:45-12noon **Q & A** about STAIR adaptations

noon-1:00 LUNCH

1:00-1:15: Introduction to Narrative Therapy

1:15- 1:45 Memory Hierarchy and Narrative of First Memory

1:45-1:55 Meaning Analysis and “hot spots”

1:55-2:20 **Video:** Narrative Session with Michael

2:20-2:35 **BREAK**

2:35-2:50 Narrative Therapy: General Considerations

2:50-3:10 **Break-Out Room:** Self-Care for the Trauma Therapist

3:10-3:30 Consultation and Certification Procedures

3:30-4:00 Q & A and Wrap-Up