

The STAIR Institute



UCC STAIR Training Agenda January 9-10, 2025

Day One, 9:00am-4:00pm MT

9:00-9:15 Introduction and Agenda

9:15-9:55 Treatment Rationale, Evidence and Overview

9:55-10:15 Session 1: The Resource of Hope—Introducing the Client to Treatment and Focused Breathing

10:15-10:30 **BREAK**

10:30-10:45 Session 2: The Resource of Feelings--Emotional Awareness

10:45-11:15 **Break-out room:** Introducing the Feelings Monitoring Form

11:15-11:45: Session 3 Emotion Regulation--Focus on the Body

11:45-12noon: **Focused Breathing Practice**

Noon-12:45 LUNCH

12:45-1:20 Session 4: Emotion Regulation—Focus on Thoughts and Behavior

1:20-1:45 Session 5: Emotionally Engaged Living

Video: Assessing Pros and Cons

1:40-2:15 Session 6: Understanding Relationship Patterns

2:15-2:35 **Video:** Relationship Patterns Worksheet with “Michael”

2:35-2:50 **BREAK**

2:50-3:10 **Break-out room:** Practice Relationship Patterns Worksheet

3:10-3:35 Session 7: Changing Relationship Patterns-Assertiveness and Introducing Role-Playing

Video: Assertiveness Role Play “I messages”

3:35-3:50 Session 8: Power Dynamics and Respect

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

Day Two 9:00am - 4:00pm

9:00-9:30 Agenda for today and Skills Practice Review

9:30-10:15 Video: Role Play Sequences

Break-Out Room: Role Play Practice

10:15-10:30 BREAK

10:30-10:35: Session 9: Changing Relationship Patterns – Increasing Closeness

10:30-11:00 Session 10: Summary of Skills Work and Self-Compassion

11:00-11:10 Review of Group STAIR

11:10-11:30 webSTAIR

11:30-11:50 Brief STAIR

11:50-12:00 **Q & A** about STAIR adaptations

Noon-1:00 LUNCH

1:00 – 1:20 Breakout Room: Considering Different STAIR Options

1:20-1:35: Introduction to Narrative Therapy

1:35-1:50 Memory Hierarchy and Narrative of First Memory

1:50-2:00 Meaning Analysis

2:00- 2:15 Narrative Therapy: General Considerations

2:15-2:30 Treatment Characteristics; Accomplishments and Growth

2:30-2:45 BREAK

2:45-3:15 **Break-Out Room:** Self-Care for the Trauma Therapist

3:15-3:20 Consultation and Certification Procedures

3:20-3:50 STAIR-Well Project Logistics

3:50-4:00 **Q & A** and Wrap-Up