

## “RPC+ TIPS for Tuning In”

A trauma~intensive workshop for foster, adoptive and kin caregivers

~ FREE ~

Some childcare available

Classes throughout Vermont



### RPC+ TIPS for Tuning In:

is a 10-week long workshop that educates foster, adoptive and kin caregivers about the impact of trauma on the development, attachment, emotions and behaviors of the children in their care. The workshop will provide a safe space for caregivers to access compassionate training, learn concrete strategies to manage daily and ongoing challenges, enhance relationships with their children and build a network of support and connections with fellow caregivers.

To register or information:  
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### Quotes from graduates of Vermont RPC+:

**Foster mom of young children:** *“By increasing our understanding of trauma and being positive, sometimes it takes a bit more for these traumatized children in our care. As we are reminded in this class, the more positive feedback and praise given, the more the behavior will change. Turn things around and you will be surprised on how well it really does work! This class reminded me to look for the positive and by giving these kids more control. They will feel safe and comfortable, and will act in a more positive way. I've been practicing it and it works!”*

**Foster father of teen boys:** *“It's easy for us who have not lived through trauma to forget that something innocuous can ignite the fuse to a ticking time bomb, it's classes like this that help us defuse that bomb or help to put the pieces back after it has gone off.”*

**Pre-Adoptive Parent:** *“I thoroughly enjoyed this class, it was much better than I was expecting. Usually I don't go to these kinds of trainings because I think they are boring and your sitting behind a desk all day not retaining the information. This course was not like that, it was engaging and filled with great real-life material and skills.”*

Vermont **RPC+ TIPS for Tuning In** is comprised of two evidence-based curricula:

(1) **RPC**: Resource Parent Curriculum. This curriculum is from the **National Child Traumatic Stress Network (NCTSN)**. The full name of the curriculum is “*Resource Parent Curriculum: Caring for Children Who Have Experienced Trauma – A Workshop for Resource Parents.*” This component of the training includes the following:

- Trauma 101
- Understanding Trauma’s Effects
- Psychological Safety
- Dealing with Feelings and Behaviors
- Connections and Healing
- Taking Care of Yourself
- Becoming an Advocate

(2) **+ (plus) TIPS for Tuning In**. TIPS stands for **Trauma Informed Parenting Skills**. It was developed at the *University of Vermont* to provide **hands on parenting skills** for caregivers of children who have experienced complex developmental trauma and/or significant loss. **TIPS** is derived from *Helping the Non-Compliant Child* and *Parenting the Strong Willed Child*; as well as *PCIT (Parent Child Interactive Therapy)* and *CARE (Child Adult Relationship Enhancement)*. It moves beyond the psycho-educational components of RPC by teaching and providing in-class practice of parenting skills.

**TIPS** endorses the belief that strong and loving bonds between caregiver and child combined with significant positive attention will reduce many challenging behaviors in children and begin the process of healing from developmental trauma and loss. Caregiver self-regulation is critical in using this preferred proactive and responsive (rather than reactive) parenting stance. If parents are able to *consistently and predictably* apply the skills that are taught with **TIPS**, they will likely experience:

- Stronger and more satisfying relationships between caregivers & children
- Improvement in children or youth’s behaviors
- Greater parental confidence and satisfaction
- Lays the foundation for healing from developmental trauma and loss



**Vermont RPC+ TIPS for Tuning In** was developed through the Vermont Placement Stability Project with a goal of improving the placement stability of children in care through providing foundational and hands on trauma education for caregivers. An evaluative study of the course showed that caregivers who completed the course reported:

- An increased understanding of the impact of trauma on children or youth in their care
- A reduction in caregiver strain and stress
- A decrease in their child’s conduct problems
- An increase in their child’s prosocial behaviors

*Since 2014 over 430 foster, adoptive and kin caregivers in Vermont have graduated from **RPC+ TIPS for Tuning In***