

Crisis Response Team (CRT) Customized 4-Week Program

OBJECTIVES

In this program, we will:

- Facilitate a 30-hour TRY teacher training over 3 weeks
- The last week of training will be focused on preparing for final “auditions” for certification
- Study the impact of trauma on the brain and body and learn preventative tools to cope and build resilience
- Practice TRY regularly
- Shadow TRY classes when taught to beneficiaries by CRT
- Give/receive interactive feedback, as staff practice teaching among themselves and in the field with beneficiaries

At the end of this program, participants (local organization staff) will:

- Understand the science behind mind-body methods and their role in resilience and recovery
- Become certified TRY instructors once they've submitted a final “audition” to the CRT
- Confidently teach TRY class(es) of their choice, including:
 - full 45-minute adult class
 - 30-minute chair class
 - 20-30 minute children’s class
 - Short nervous system resets
- Have resources, skill and support to continue teaching the classes, with virtual guidance from the CRT
- Have access to exclusive mind-body tutorials and resources on TRY Global’s free members’ site



PROGRAM TEMPLATE

30-hour teacher training + mentorship in the field

WEEK 1

Day 1	Training: 5 hours
Day 2-5	Regular TRY classes for staff Regular classes for beneficiaries (<i>staff can shadow</i>)
Day 6	Training: 5 hours
Day 7	<i>Rest</i>

WEEK 2

Day 8	Training: 5 hours
Day 9-12	Regular TRY classes for staff Regular classes for beneficiaries (<i>staff can shadow</i>)
Day 13	Training: 5 hours
Day 14	<i>Rest</i>

WEEK 3

Day 15	Training: 3 hours <ul style="list-style-type: none"> No lecturing, just demo's & giving feedback to staff
Day 16-19	Regular TRY classes for staff Regular classes for beneficiaries (<i>staff can shadow and/or practice teaching</i>)
Day 20	Training: 3 hours <ul style="list-style-type: none"> No lecturing, just demo's & giving feedback to staff
Day 21	<i>Rest</i>

WEEK 4

Day 22	Training: 2 hours Final preparations for auditions; staff demos
Day 23-26	Regular TRY classes for staff Regular classes for beneficiaries <ul style="list-style-type: none"> staff are teaching/ receiving feedback from TRY team
Day 27	Training: 2 hours Final auditions & feedback; Certificate ceremony
Day 28	<i>Wrap up project</i>