BOB LIEBERMAN

TRAINING SCHEDULE 2026 - 2027

Join us in this transformative training series — let's elevate our strategies!

We welcome parents, educators, caregivers, practitioners, and any community members interested in the topic. No cost to participants. Lunch is included at all in-person trainings.

WED SEP 30	**Using an Understanding of Brain Science for Intentional Responsiveness**	This session will start with an interactive exercise focused on defining the shapes and sizes of trauma. It will then provide an overview of neurodevelopmental principles and phenomena to generate a common language for understanding and responding to the impact of overwhelming stress and trauma. Siskiyou Family YMCA, Yreka | 11am - 2:30pm
TUES DEC 1	**Core Protective Factors of Resilience**	This session will review the researched core protective factors of resilience, connecting them with neurobiological phenomena discussed in the first session. Interactive exercises will help learners recognize the simple things that they already do that promote resilience, with particular emphasis on fostering attachment and belonging. Siskiyou Family YMCA, Yreka | 11am - 2:30pm
WED FEB 3	**Relational Co-Regulation**	This session will focus on developing self-regulation, an individual capability central to the core protective factors of resilience. Routes of self-regulation will be discussed, and relational co-regulation will be introduced as an approach to helping someone learn self-regulation. A dyadic exercise will provide an opportunity to practice relational co-regulation. Virtual Session | 11am - 2:30pm
WED APR 14	**Community Flourishing**	This session will focus on community as a core factor of resilience. Recent research on creating flourishing communities will be presented, with interactive exercises to provide experiential moments of community for the audience. Siskiyou Family YMCA, Yreka | 11am - 2:30pm
WED JUN 2	**Vicarious Trauma and Compassion Satisfaction**	This session will provide an overview of vicarious trauma and compassion fatigue, and how they can confound our capacity for resilience. Compassion satisfaction will be discussed, with exercises designed to remind the audience to focus on those moments when the work is rewarding as a way to mitigate compassion fatigue. Virtual Session | 11am - 2:30pm

REGISTER HERE

To sign-up by phone, call 530.918.7222

ABOUT OUR TRAINER

Bob Lieberman, MA, LPC is an author, counselor, and award-winning leader in youth and family mental health who co-edited two books on residential interventions and trains professionals globally. He is a founder and former CEO of Kairos Northwest and a key leader in Southern Oregon Success, having also served a ten-year term on the Oregon Commission on Children and Families. His national leadership includes roles as past President and Public Policy Chair of the Association of Children's Residential and Community Services (ACRC) and co-founder of the Building Bridges Initiative. Additionally, Bob is certified as a Master Trainer in NEAR Sciences (Neuroscience, Epigenetics, Adverse Childhood Experiences [ACEs], and Resilience) and as a Collaborative Problem Solving® (CPS) Trainer through Massachusetts General Hospital.

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