

**RTIC Foundation Training**  
Facilitator Guide for Organizations  
Last Update: August 2023

The Foundation Training creates common language and understanding of Adverse Childhood Experiences (ACEs), trauma-informed care, resilience, and building empathy skills, both professionally and personally.

**Facilitator Training:** Check the schedule on the RTIC website: <https://www.resilientcommunitieswi.com/foundation.html> or contact Catherine Kolkmeier at [ckolkmeier@uwlax.edu](mailto:ckolkmeier@uwlax.edu) or 608-785-5151 for a walkthrough.

**Accessing the Film.** The training is built around the documentary *Resilience: The Biology of Stress and the Science of Hope*. Inquire with the RTIC Support Team to borrow a copy of the DVD. UWL and Viterbo faculty/staff can access digital copies through their campus libraries. Individuals can also rent (\$2-3) or purchase (\$8) the film in streaming format from a variety of platforms.

- **TIP:** Note that there are several **Bonus Content videos** on the DVD that may be of use to your team.
- **Also check out these resources from the Resilience film website:**  
<https://kpirfilms.co/resilience/resources/>

**Materials:** All materials are on the RTIC website: <https://www.resilientcommunitieswi.com/facilitator-guide.html>

- **PowerPoint file:** “Foundation Slide Deck for Organizations”
  - **Slide notes** include bulleted talking points AND full script. Download and modify for your needs.
  - **TIP:** There are several **optional or facilitator-only slides** that are “hidden” and will not display unless you unhide them. Right-click on the slide thumbnail (left side of screen) and choose “Hide Slide” to toggle between hiding and unhiding slides.
- **Script** (for printing)
- **Handouts:**
  - **“RTIC Overview”** – introduces the Resilient and Trauma-Informed Community (RTIC) effort
  - **PACEs Handout** – describes the 3 realms of ACEs

**Presenting.** This training is held in person.

- **YouTube videos.** There are two videos embedded in the slides.
  - **TIP:** Queue these up in a browser before you begin by “Ctrl-click”ing each slide. Allow any ads to play and then pause at the beginning until ready to play.

**Direct Links:**

- Cleveland Clinic Empathy video: [https://www.youtube.com/watch?v=cDDWvj\\_g-o8](https://www.youtube.com/watch?v=cDDWvj_g-o8)
- Brene Brown Empathy vs. Sympathy video:  
<https://www.youtube.com/watch?v=1Evwgu369Jw>

- **Handouts.** There are two optional handouts, listed above. The slides notes tell you when to hand out each one.
- **Group discussions/Table talks.** There are several group discussions in the presentation. A Table Talk Guide is available in the folder for in-person groups. Feel free to modify this with your own questions. For large groups, we recommend breaking into smaller groups.
- **Improvising.** Feel free to modify the contents of the presentation to fit your organization. Add your logo or other artwork. Provide personal anecdotes that relate to the content. This helps connect with the content.
- **Attending a training.** We recommend you attend a training before you present, even if you've seen the training before. As a potential facilitator, you'll see it differently and get ideas. Or contact Catherine Kolkmeier at [ckolkmeier@uwlax.edu](mailto:ckolkmeier@uwlax.edu) or 608-785-5151 for a walkthrough.