



THEESEEDS PSYCHOEDUCATION CATALOG FOR BEHAVIORAL AND PUBLIC HEALTH PROFESSIONALS

Your pathway begins here.

Advance your professional knowledge through the THEESEEDS Psychoeducation Catalog for Behavioral and Public Health Professionals, providing more than 2,000 CEUs across behavioral health, public health, prevention, and recovery education.

Learn More

1730 Twin Springs Rd, Suite 218, Arbutus, MD 21227
theeseedspsychoeducational.com
443 800 3188 / 410 455 5260



Baltimore, Maryland, August 2023



THEESEEDS Institute



ELEMENT	DETAIL
Legal Entity	THEESEEDS Institute (THEESEEDS, LLC)
President-CEO	Dr. Teniola Akinwuntan
Location	1730 Twin Springs Rd, Suite 218, Arbutus, MD 21227
Service Area	State of Maryland/ Global Environment
Provider Status	MABPCB-Approved Continuing Education Provider Maryland Department of Health, amongs others
Regulatory Alignment	MABPCB Professional Standards · IC&RC 12 Core Functions · COMAR 10.63 · HIPAA
Total Training Courses	22 Psychoeducational Programs + 10 Elective Courses + Trauma Recovery Informed Care (TRC)
Total CEU Hours	2,000+
Target Populations	Public health entry, licensed professional counselor, peer recovery specialist, behavioral health technician, community health worker, physicians seeking micro-certificate, licensed counselors, peer recovery specialists, behavioral health technicians, direct support professionals, rehabilitation technicians, community health workers.
Delivery Modalities	In-person · Virtual Synchronous · Hybrid
Phone	443-800-3188 / 410-455-5260
Website	theeseedspsychoeducational.com



At THEESEEDS, we believe in nurturing talents and cultivating greatness.

THEESEEDS Institute was established in 2022 in Baltimore, Maryland, serving as the for-profit extension of Women of Valor, a nonprofit organization dedicated to training and empowering individuals. With six years of impactful service in the community, we focus on enhancing the wellbeing of individuals aged 18 to 65 in Baltimore City and its surrounding areas.

Our Training Program offers a comprehensive and transformative learning experience designed to empower participants to achieve new levels of success and fulfillment.

Explore the potential for growth through our diverse selection of meticulously crafted training courses, which address a wide spectrum of personal and professional development needs. Whether you are a novice enthusiast or an experienced professional, "TheeSeeds Training Program" provides an enriching journey that inspires creativity, ignites passion, and fosters innovation.

Our Mission:

THEESEEDS empowers para-professionals, peer specialists, and clinical providers across Maryland through 20 MABPCB-approved, IC&RC-aligned psychoeducational courses (2,000+ CE Continuing Education). Unifying MABPCB and MDH accreditation standards, we deliver evidence-based, trauma-informed, faith-integrated training that enables relearning of behaviors, mastery of the 12 Core Functions, and recertification for public health and clinical professionals—fostering competent, culturally responsive, whole-person (bio-psycho-social) care that transforms lives, families, and communities.



TABLE OF CONTENTS

About Us: THEESEEDS Institute	i
THEESEEDS Institute General Information	i
• Organizational Profile	ii
• Mission Statement	iii
• General Information	7
• Who we are	8
• IC&RC 12 Core Functions Framework	10
• MABPCB Professional Standards Alignment	11
• THEESEEDS Training Program	15
Admission Information	18
Admission Process	19
Admission Process for Students with Disabilities	19
Admission Process for Non-Immigrant Foreign Students	20
Transfer-Credit Policy	20
THEESEEDS Training Programs	21
• THEESEEDS PROFESSIONAL EDUCATIONAL DEPARTMENT	21
◦ Administrative Assistant Training Program	22
◦ Certified Leasing Professional Training Program	26
◦ Apartment Maintenance Technician Training Program	30
◦ Scrum Master Training Program	36
◦ Certified Project Management Training Program	40
◦ IT Fundamentals+ and Network+ Training Program	44
◦ Entrepreneurship Training	45
◦ Certified Welder Training Program	49
• THEESEEDS BEHAVIORAL EDUCATIONAL DEPARTMENT	57
◦ Certified Peer Recovery Specialist Training Program (CPRS)	61
◦ Community Health Worker Training Program	65
◦ Domestic Violence and Suicide Prevention	69
◦ Wellness Dimensions Training Program	73
◦ Direct Support Professional Training Program	77
◦ Public Health Development Studies	81
◦ Anger Management	85
◦ Behavioral Decision Making	89
◦ Managing Anxiety and mental Health	97

TABLE OF CONTENTS

○ Mind Control - Managing your mental health -----	101
○ Mental Health Rehabilitation Technician Certificate -----	105
○ Psychoeducational Behavioral Health Technician-----	109
○ Mental and Psychoeducational Behavioral Health Worker Certification -----	113
○ Correctional Behavioral Health Certification (Behavioral Specialty (CBHC))-----	117
○ Substance Abuse Prevention and Treatment -----	121
○ Addiction Recovery -----	125
○ Depressive Disorder Recovery -----	129
○ OCD & Anxiety -----	133
○ Focus Depression Recovery -----	137
○ Trauma Recovery (post-trauma stress disorder) -----	141
○ Alzheimer’s Disease and Related Dementias (ADRD) -----	145
○ Disability Awareness and Inclusion Training -----	149
● THEESEEDS Elective Courses -----	152
○ Breaking the Cycle: Crisis Response in Domestic Violence and Suicide Prevention -----	154
○ Pathways to Recovery: Building Mental Health Rehabilitation Competencies -----	155
○ Building Healthier Systems: Advancing Public Mental Health and Community Development -----	156
○ Calm Under Pressure: Emotional Regulation and Anger Management -----	157
○ Choices That Matter: Strengthening Behavioral Decision-Making -----	157
○ Quiet the Mind: Anxiety Management and Mental Wellness Strategies -----	158
○ Mastering Mental Clarity: Emotional Regulation and Cognitive Self--- Management -----	158
○ From Trauma to Strength: Trauma-Informed Recovery and Resilience Building -----	159
○ Equity in Action: Disability Awareness, Inclusion, and Accessible Behavioral Health Practice -----	160
○ Breaking the Cycle: Substance Use Prevention, Harm Reduction, and Recovery Pathways -----	161
Trauma Recovery Informed Care (TRC) -----	162
○ 12-Month TRC Program Overview -----	163
○ Monthly Module Schedule (January through December) -----	164



TABLE OF CONTENTS

• THEESEEDS AYB Clubhouse -----	97
• Bracket 1 Age 5-7 -----	178
• Bracket 2 Age 8-10 -----	180
• Bracket 3 Age 11-13 -----	182
• Bracket 4 Age 14-16 -----	184
• Bracket 5 Age 17-21+-----	186
• Program Features -----	189
• Pre-Registration Forms/Cognito Forms -----	190
• Certification/Course Requirements -----	191
• House Rules/Policies -----	193
• Grading system/scale -----	199
• Costs of Each Program -----	200



THEESEEDS INSTITUTE GENERAL INFORMATION

ACCREDITATION

THEESEEDS Institute is accredited regionally and statewide.

At THEESEEDS Institute, we stand as a recognized leader in psycho-educational and workforce development training, purposefully designed to strengthen the next generation of paraprofessionals, peer specialists, community health workers, and integrated behavioral health practitioners. Our programs are built to bridge education and employment—equipping learners with practical competencies, micro-credentials, and certification pathways aligned with Maryland Higher Education Commission (MHEC), Maryland Department of Health (MDH), and MABPCB standards.

Rooted in equity, accessibility, and excellence, THEESEEDS is committed to expanding opportunity across all communities. Through a structured sliding-scale model and inclusive enrollment pathways, we ensure that financial barriers do not limit access to high-quality, trauma-informed, and culturally responsive training. Every learner is supported through flexible payment options and a system designed to promote completion, certification, and career mobility.

Our catalog of programs spans critical areas of behavioral health, including addiction recovery, mental health rehabilitation, trauma-informed care, community health development, disability inclusion, and direct support services. Whether you are entering the field, advancing toward certification, or integrating behavioral health competencies into licensed medical practice, THEESEEDS provides a structured pathway tailored to your professional stage and goals.

As a trusted training institution in alignment with Maryland workforce development priorities, we are committed to producing a skilled, compassionate, and prepared behavioral health workforce. Every course is designed to translate knowledge into real-world impact—supporting individuals, families, and communities through evidence-informed practice and ethical service delivery.

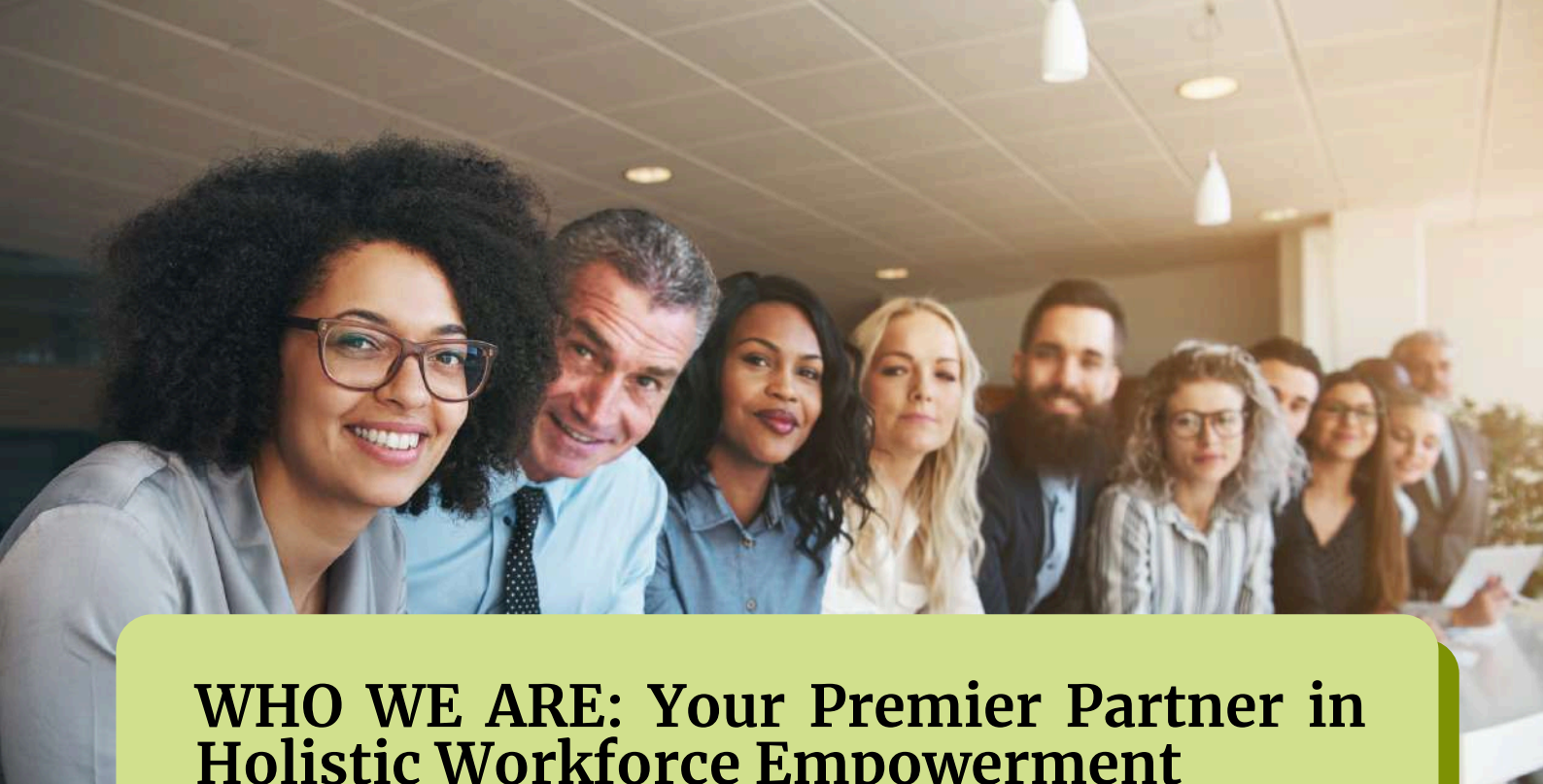
FACILITIES AND INSTRUCTIONAL EQUIPMENTS

THEESEEDS Institute is located at the Women of Valors Office, 1730 Twin Springs Rd, Suite 218, Arbutus, MD 21227. The headquarters includes offices for faculty and student services.

Currently, we offer online training courses. The platforms we use are Zoom for synchronous classes (where students and instructors meet and discuss) and Google Classroom for asynchronous classes (where students work with their quizzes and activities).

STUDENT SERVICES

Distance learning students will have access to the school's student services such as academic counseling, request for documents, and placement assistance during and after the training period. Class administrators are also present to provide technical support to each student before and during the training period.



WHO WE ARE: Your Premier Partner in Holistic Workforce Empowerment

At THESEEDS Institute, our identity is rooted in being an Accredited Behavioral and Professional Whole-health Educational Provider. We are dedicated to equipping individuals with comprehensive job readiness skills through credentialed and employable training programs.

- **Integrated Approach:** We offer a unified experience combining behavioral health support with professional development, ensuring holistic empowerment for individuals facing workforce barriers as a mental health facility and Dimensional Health Wellness Provider.
- **Transformative Training:** Our targeted training enhances employability and equips participants with the vital skills needed in today’s competitive job market. By addressing the full spectrum of human development, we guide individuals in overcoming obstacles and unlocking their true potential. Together, we transform challenges into opportunities for growth and wraparound achievement.

MISSION:

Shaping the Future of Behavioral and Professional Education, Inclusive of Community Workforce Solutions

VISION:

We impact individual needs, community needs, and systemic needs.

VALUES STATEMENTS:

- Breaking Down Socio-Economic Barriers
- Re-engaging Wellness Through Biopsychosocial (BPS) Development
- Reshaping Behavioral & Professional Education
- Enhancing Access to Community Workforce Solutions
- Building an Ecosystem That Links Learning to Employment
- Driving Inclusive Socio-Economic Progress

WORKFORCE CHALLENGES IN MARYLAND AND THE U.S.

Maryland, like much of the United States, faces significant workforce challenges that impact economic growth and competitiveness. Key issues include:



- Maryland faces a **4.0% unemployment rate**, with over 180,000 job seekers and 58,000 job openings in critical sectors.



- Nationally, nearly **7 million Americans are unemployed**, while industries like healthcare and technology report severe labor shortages.



- The **skills gap** remains a major challenge, with 75% of employers struggling to find qualified candidates.

OUR IMPACT

By the Numbers (2023-2024 Report):



812 Total Cases Managed
(Case Management & Care Plan)



3,077 Individuals Reached
Through Community Engagement



191 Respite Care Clients Served



327 Employment Skills Training Participants



25 Individuals in Transportation Services
(Half Fiscal Year Communal Program)



47 Participants in FABDC
Family Behavior Developmental Charts
(Half Fiscal Year Communal Program)

IC&RC 12 CORE FUNCTIONS FRAMEWORK



The International Credentialing & Reciprocity Consortium (IC&RC) 12 Core Functions define the professional competency standard for behavioral health practitioners across the United States and internationally. Every course in the THEESEEDS Institute catalog is mapped to specific Core Functions, ensuring that training content directly supports professional development in recognized clinical competency areas and supports credential maintenance across MABPCB-recognized certifications.

FUNCTION #	CORE FUNCTION	DEFINITION AND PROFESSIONAL APPLICATION
1	Screening	Evaluation of general health, mental health status, and substance use through initial review to determine appropriateness for admission or referral
2	Intake	Administrative and clinical procedures for admission into a treatment or service program, including initial documentation and orientation
3	Orientation	Describing to the client the general nature and goals of the program, rules, client rights, and responsibilities
4	Assessment	Comprehensive evaluation of client needs, strengths, and barriers using validated instruments and clinical observation to inform treatment planning
5	Treatment Planning	Development of person-centered, goal-oriented plans that address identified needs with measurable objectives and defined interventions
6	Counseling	Utilization of therapeutic techniques to facilitate behavioral change, skill development, emotional processing, and recovery support
7	Case Management	Coordination of services and resources to meet the comprehensive needs of clients across systems and providers
8	Crisis Intervention	Immediate response to acute distress, risk assessment, safety planning, de-escalation, and appropriate follow-up or referral
9	Client Education	Provision of psychoeducational content that empowers clients with knowledge and skills to manage their conditions and support recovery
10	Referral	Identification of client needs beyond program scope and facilitation of linkage to appropriate external services with warm handoff
11	Report and Recordkeeping	Documentation of all clinical interactions, progress, incidents, and outcomes in compliance with regulatory and ethical standards
12	Consultation	Interdisciplinary collaboration, clinical supervision, case conferencing, and professional consultation to enhance service quality

MABPCB PROFESSIONAL STANDARDS ALIGNMENT



As a MABPCB-Approved Continuing Education Provider, THEESEEDS Institute ensures that all training programs comply with the Maryland Addiction and Behavioral-Health Professionals Certification Board's eight pillars of professional practice.

MABPCB PILLAR	STANDARD	THEESEEDS COMPLIANCE
Scope of Practice	Training content falls within the professional scope of behavioral health practitioners	All 20 courses address competencies within the behavioral health, peer support, and human services scope. No course exceeds scope boundaries
Ethical Practice	Training incorporates ethical standards and professional conduct expectations	Ethics modules are embedded in all clinical-track courses. The MABPCB Code of Ethics is referenced throughout. Confidentiality, professional boundaries, and dual relationship management are addressed
Cultural Competence	Training addresses diversity, equity, inclusion, and culturally responsive practice	Cultural competency is integrated across all 20 courses. The Disability Awareness and Inclusion course provides a dedicated 72-CEU deep dive into accessible and equitable practice. Person-first language is required throughout all coursework
Evidence-Based Practice	Training content is grounded in current research and validated methodologies	Curriculum is developed from peer-reviewed sources, clinical guidelines, and SAMHSA best practice guidelines. References are cited in all course materials
Supervision and Accountability	Training supports supervisory competence and professional accountability	Consultation (Core Function 12) is mapped across all 20 courses. Supervision models and documentation standards are taught explicitly in clinical-track courses
Documentation Standards	Training teaches proper clinical documentation practices	Report and Recordkeeping (Core Function 11) is covered in all comprehensive courses. DAP note writing, incident documentation, and HIPAA compliance are taught as standards
Continuing Education	Provider maintains CEU tracking, attendance verification, and certificate issuance	CEU certificates are issued upon course completion with verified attendance. Records are retained for audit compliance. The standardized 72-CEU format ensures meaningful and uniform professional development
Client Protection	Training addresses client rights, informed consent, and safety protocols	Crisis Intervention (Core Function 8) is taught in 12 of 20 courses. Mandated reporting, suicide prevention, lethality assessment, and safety planning are core components of the Crisis and Safety domain courses

THE ADDIE MODEL

THEESEEDS Institute employs the ADDIE (Analysis, Design, Development, Implementation, Evaluation) instructional design model as the foundation for all course development.



ADDIE PHASE

APPLICATION IN THEESEEDS COURSES

Analysis	Needs assessment based on IC&RC competency gaps, MABPCB professional development requirements, and workforce demand analysis across Maryland's behavioral health sector
Design	Learning objectives are mapped directly to IC&RC Core Functions. Content is sequenced from foundational to advanced levels. Assessment tools are designed and aligned with each objective before content is developed
Development	Course materials are created using evidence-based content, peer-reviewed literature, and SAMHSA best practice guidelines. All materials are reviewed for cultural competency and linguistic accessibility
Implementation	Courses are delivered via in-person, virtual synchronous, or hybrid modalities by qualified instructors holding relevant professional credentials
Evaluation	Pre and post assessments, participant satisfaction surveys, instructor evaluations, and an annual curriculum review cycle ensure ongoing course quality and relevance





COMPLETION REQUIREMENTS

To receive a THEESEEDS Institute CEU Certificate, participants must satisfy all of the following:

- Attend a minimum of 80% of total course hours
- Achieve a passing score of 70% or higher on the summative assessment
- Complete all practicum and applied components satisfactorily
- Submit the reflective practice assignment

Upon meeting all requirements, participants receive an official CEU Certificate of Completion documenting:

- Participant full name
- Course title and domain
- Total CEU hours earned
- IC&RC Core Functions covered
- CPRS domain hours breakdown (Advocacy, Ethical Responsibility, Mentoring/Education, Recovery/Wellness)
- Course completion date
- THEESEEDS Institute provider information and MABPCB approval status

ASSESSMENT METHODS

Every THEESEEDS Institute course incorporates the following multiple assessment methods to verify competency at every stage of learning:

• PRE-ASSESSMENT

A baseline knowledge evaluation administered at the start of each course to identify individual learning gaps, establish a development trajectory, and personalize instruction where possible.

• FORMATIVE ASSESSMENT

Ongoing in-course knowledge checks, case study analysis, group discussion participation, and skill demonstration exercises assessed throughout instruction to monitor progress and identify areas needing additional focus.

• SUMMATIVE ASSESSMENT

A comprehensive post-course examination requiring a minimum passing score of 70%, covering all IC&RC Core Functions mapped to the course. Participants who do not pass on the first attempt are offered one retake opportunity.

• PRACTICUM AND APPLIED ASSESSMENT

Role-play scenarios, simulations, clinical documentation exercises, and supervised skill demonstrations evaluated against standardized competency rubrics. Applied assessment is a required component of all clinical-track courses.

• REFLECTIVE PRACTICE

A written self-assessment requiring participants to articulate how course content connects to and will change their professional practice. Graded on completion and quality of professional reflection.





THEESEEDS TRAINING PROGRAMS OVERVIEW

THEESEEDS Institute offers three categories of professional training designed to meet practitioners at every stage of their career – from initial certification through advanced continuing education and specialized skill development.



CATEGORY 1 — PSYCHOEDUCATIONAL TRAINING PROGRAMS

20 Courses • 1,354 Total CEU Hours • Standardized at 72 CEUs Per Course

The Core catalog comprises 20 MABPCB-approved psychoeducational training courses organized across ten professional domains. Eighteen courses are standardized to 72 CEU hours to ensure uniform instructional depth and comprehensive IC&RC Core Function coverage. Two courses — CPRS CORE Training and Integrated Peer Recovery Specialist Training — retain their original CEU hours to maintain certification reciprocity with national standards.

CATEGORY 2 — ELECTIVE TRAINING COURSES

10 Courses • 12 CEUs Per Course • \$300–\$325 Per Course

The Elective Series provides focused, accessible continuing education on specific clinical topics. Each elective course is 12 CEUs and is designed to supplement core training with targeted skill development. Elective courses are available to all practitioners regardless of core enrollment status.

CATEGORY 3 — TRAUMA RECOVERY INFORMED CARE (TRC)

12-Month Monthly Program • 16 CEUs Per Month

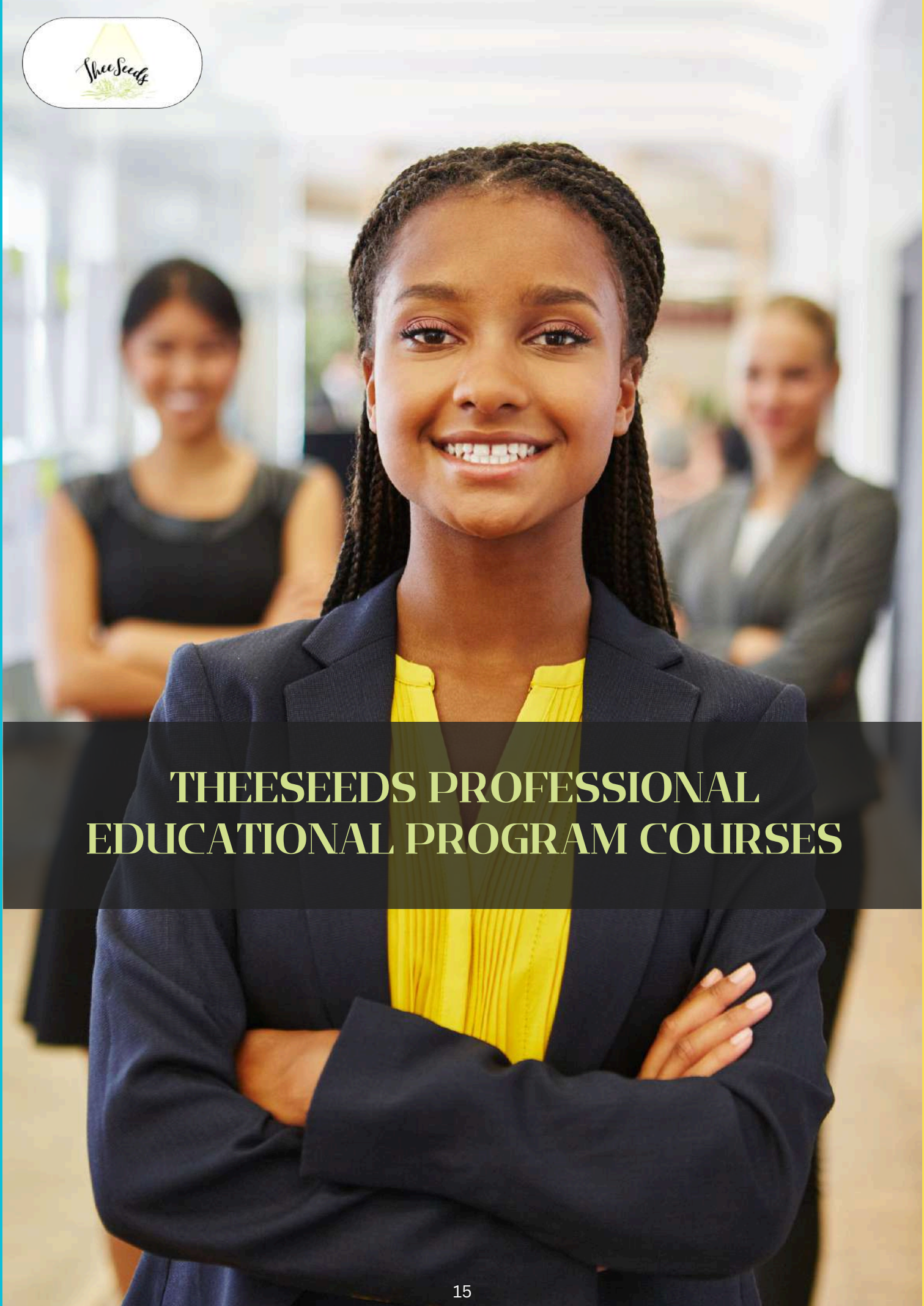
The Trauma Recovery Informed Care program is a structured year-long monthly training series that provides practitioners with a deep, progressive journey through trauma-informed care competencies. Each monthly module is 16 CEUs, organized around a core theme, and delivered across four weekly sessions. The program runs from January through December and can be entered at any monthly module.

CATEGORY 4 — AYB CLUBHOUSE

THEESEEDS Institute | Respite Care Services at AYB Clubhouse

The program is structured as a 100-module progressive learning system, organized across five developmental age brackets. Each module integrates psychoeducational instruction, behavioral rehearsal, creative engagement, and functional skill application aligned with CASEL competencies and Maryland 1915(i) service principles.





THEESEEDS PROFESSIONAL EDUCATIONAL PROGRAM COURSES

CPRS DOMAIN HOUR BREAKDOWN



As a MABPCB-Approved Continuing Education Provider, THEESEEDS Institute ensures that all training programs comply with the Maryland Addiction and Behavioral-Health Professionals Certification Board's eight pillars of professional practice.

MABPCB PILLAR	STANDARD	THEESEEDS COMPLIANCE
Scope of Practice	Training content falls within the professional scope of behavioral health practitioners	All 20 courses address competencies within the behavioral health, peer support, and human services scope. No course exceeds scope boundaries
Ethical Practice	Training incorporates ethical standards and professional conduct expectations	Ethics modules are embedded in all clinical-track courses. The MABPCB Code of Ethics is referenced throughout. Confidentiality, professional boundaries, and dual relationship management are addressed
Cultural Competence	Training addresses diversity, equity, inclusion, and culturally responsive practice	Cultural competency is integrated across all 20 courses. The Disability Awareness and Inclusion course provides a dedicated 72-CEU deep dive into accessible and equitable practice. Person-first language is required throughout all coursework
Evidence-Based Practice	Training content is grounded in current research and validated methodologies	Curriculum is developed from peer-reviewed sources, clinical guidelines, and SAMHSA best practice guidelines. References are cited in all course materials
Supervision and Accountability	Training supports supervisory competence and professional accountability	Consultation (Core Function 12) is mapped across all 20 courses. Supervision models and documentation standards are taught explicitly in clinical-track courses
Documentation Standards	Training teaches proper clinical documentation practices	Report and Recordkeeping (Core Function 11) is covered in all comprehensive courses. DAP note writing, incident documentation, and HIPAA compliance are taught as standards
Continuing Education	Provider maintains CEU tracking, attendance verification, and certificate issuance	CEU certificates are issued upon course completion with verified attendance. Records are retained for audit compliance. The standardized 72-CEU format ensures meaningful and uniform professional development
Client Protection	Training addresses client rights, informed consent, and safety protocols	Crisis Intervention (Core Function 8) is taught in 12 of 20 courses. Mandated reporting, suicide prevention, lethality assessment, and safety planning are core components of the Crisis and Safety domain courses



Quality Training

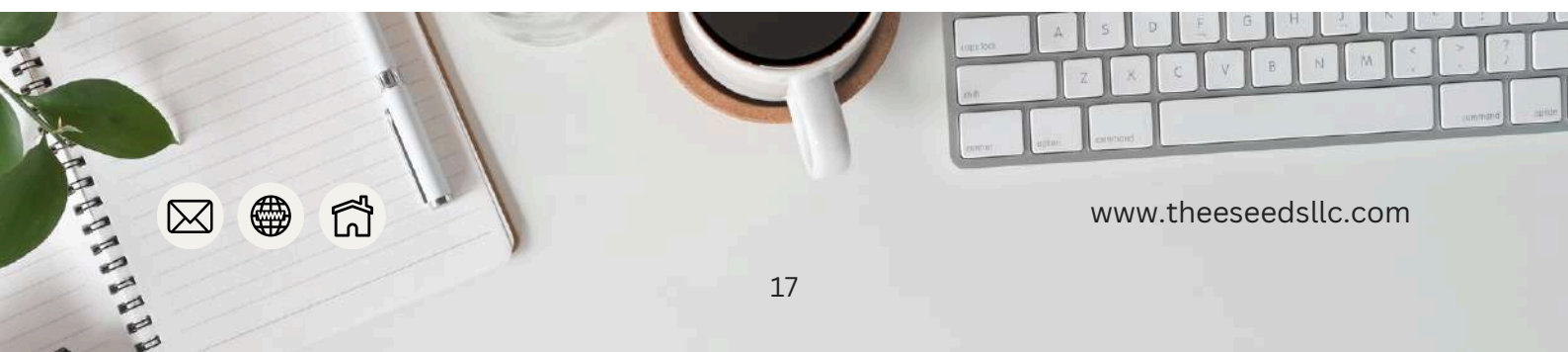
At **THEESEEDS Institute**, we are committed to delivering unparalleled quality in all our training offerings through the help of our team of professionals. Our comprehensive courses foster employable skills, empowering individuals for job placement and long-term success in the workforce.



THEESEEDS TRAINING PROGRAMS



Empower yourself and your team with "TheeSeeds Training and Employment Programs" today. Unlock your potential and sow the seeds of success that will flourish into a brighter future.



www.theeseedsllc.com

ADMISSION INFORMATION

All policies of the THEESEEDS Institute, both academic and nonacademic, are subject to change within a school year.



Admission Information

Students seeking admission to TheeSeeds Training Program must be 18 to 55 years of age and must provide proof of a High School Diploma or a GED. Students may also provide college transcripts in lieu of High School Diploma or GED. They need to provide copy of their valid IDs. Applicants must take and pass the pre-assessment test based on their chosen course.

TheeSeeds also offers scholarships for students residing Baltimore, Prince George's County, Anne Arundel County, Howard County, Montgomery County, and surrounding areas in Maryland, based on their eligibility. Thus, students must provide proof of residency.

TheeSeeds embraces diverse academic community - religiously, economically, ethnically, and culturally. Individuals who may contribute to a diverse community are encouraged to apply.



ADMISSION PROCESS

Students seeking admission to TheeSeeds Training Program must be 18 to 55 years of age and must provide proof of a High School Diploma or a GED. Students may also provide college transcripts in lieu of High School Diploma or GED. They need to provide copy of their valid IDs. Applicants must take and pass the pre-assessment test based on their chosen course.

TheeSeeds also offers scholarships for students residing Baltimore, Prince George's County, Anne Arundel County, Howard County, Montgomery County, and surrounding areas in Maryland, based on their eligibility. Thus, students must provide proof of residency.

TheeSeeds embraces diverse academic community - religiously, economically, ethnically, and culturally. Individuals who may contribute to a diverse community are encouraged to apply.

Admission Process for Students with Disabilities

Students in need of suitable disability accommodations should submit documentation that describes the extent to which their disability hinders their engagement in university courses, programs, services, employment, events, or utilization of program facilities.

Admission Process for Non-Immigrant Foreign Students

Non-immigrant foreign students will be enrolled under the appropriate visa status, which is: (a) a M visa for vocational and/or technical programs, (b) a J visa for visitor exchange programs, and (c) a F visa for academic and language (avocational) programs, consistent with federal requirements.



Transfer-Credit

A candidate has the option to submit a request to the program administrators seeking approval for the transfer of credits from a regionally accredited institution or a foreign institution recognized by the Office of International Student Services. This transfer credit must meet all equivalency criteria. TheeSeeds will not grant approval for more than 5 units of transferable credit.

Individuals who wish to request transfer credit before being admitted should submit a written petition to the program administrators at least two weeks before the application deadline.

Students who are in good academic standing (not on probation) can also request transfer credit for courses taken outside of THEESEEDS Institute after being admitted under specific circumstances. These petitions should include details such as the course description from the relevant catalog, the number of units, course duration, the grade earned, and any other relevant information. It's important for students to be aware that reducing or altering their course load may have a negative impact on their scholarships and financial aid.

Credit for training will only undergo evaluation if it adheres to the following criteria: The training must have been conducted at a graduate-level institution accredited for graduate education, earning a grade of "B" or higher. Furthermore, the training should not have occurred more than five years before the admission to THEESEEDS Institute, and the coursework must be equivalent and relevant to the current TheSeeds Training Program curriculum.

We do not grant credit for life experiences, non-credit extension courses, thesis work, credit by examination, undergraduate coursework, work or internship experiences, professional certificates, or academic certificates that lack a minimum admissions requirement from an accredited institution.

If approved, the transfer credit will fulfill the student's unit requirements for the TheeSeeds training program, but the grade earned will not be included in the calculation of the student's TheeSeeds grade point average.

THEESEEDS PROFESSIONAL EDUCATIONAL DEPARTMENT

TheeSeeds Professional Educational Department is designed to equip individuals with the knowledge and skills necessary for success in their chosen careers. We offer a diverse array of professional development programs and courses, enabling learners to excel in various industries.



THEESEEDS Professional Educational Courses

- Administrative Assistant Training Program
- Certified Leasing Professional Training Program
- Apartment Maintenance Technician Training Program
- Scrum Master Training Program
- Certified Project Management Training Program
- IT Fundamentals+ and Network+ Training Program
- Entrepreneurship Training
- Certified Welder Training Program

ADMINISTRATIVE ASSISTANT TRAINING PROGRAM

Duration: 62 hours | 4-5 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

THEESEEDS Institute is thrilled to unveil its meticulously crafted Standardized and Localized Administrative Assistant Training Program, a comprehensive educational initiative designed to equip aspiring professionals with the diverse skill set needed to excel in the dynamic role of an Administrative Assistant. This program goes beyond the ordinary, providing in-depth and localized insights into the multifaceted aspects of modern administrative responsibilities.

Students will be provided basic training on the role, skills, and responsibilities of an Administrative Assistant, and how to build credibility, manage time, utilize communication tools, Microsoft Office training, create presentations, desktop publishing, write business documents, schedule meetings, communicate effectively, grammar, human resource management, accounting basics, financial statements, and business networking.

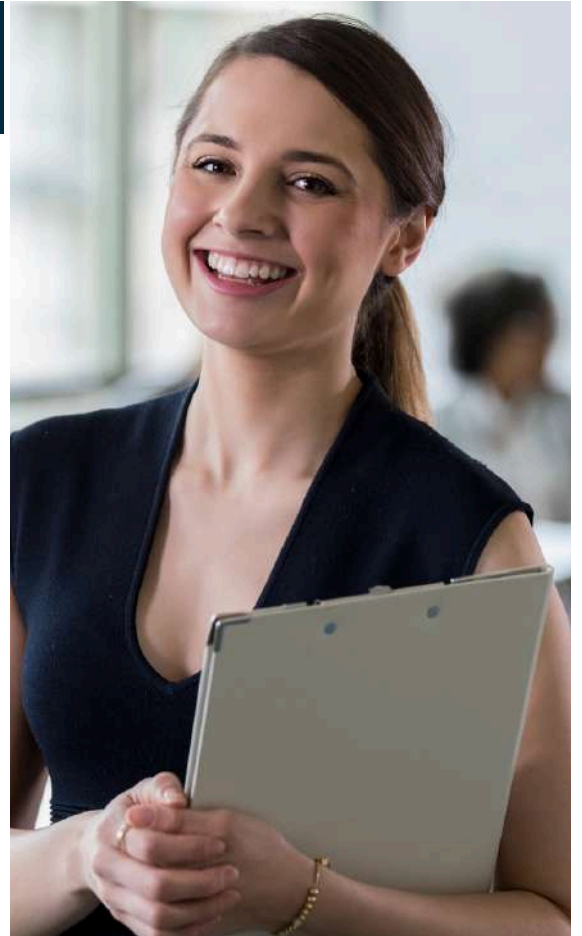
This comprehensive program reflects THEESEEDS Institute's commitment to empowering individuals with the knowledge and skills necessary for a successful and fulfilling career in administrative roles. Graduates are not merely administrative assistants; they emerge as valuable contributors to the overall success of their organizations.



ADMINISTRATIVE ASSISTANT TRAINING PROGRAM

PROGRAM BENEFITS

- **Skill Development:** This training covers a wide range of administrative skills.
- **Professionalism:** Training programs often emphasize professionalism in the workplace.
- **Job Opportunities:** Administrative assistants are in demand in various industries.
- **Career Advancement:** Administrative assistant roles can serve as a stepping stone to higher positions within an organization.



WHAT YOU WILL LEARN?

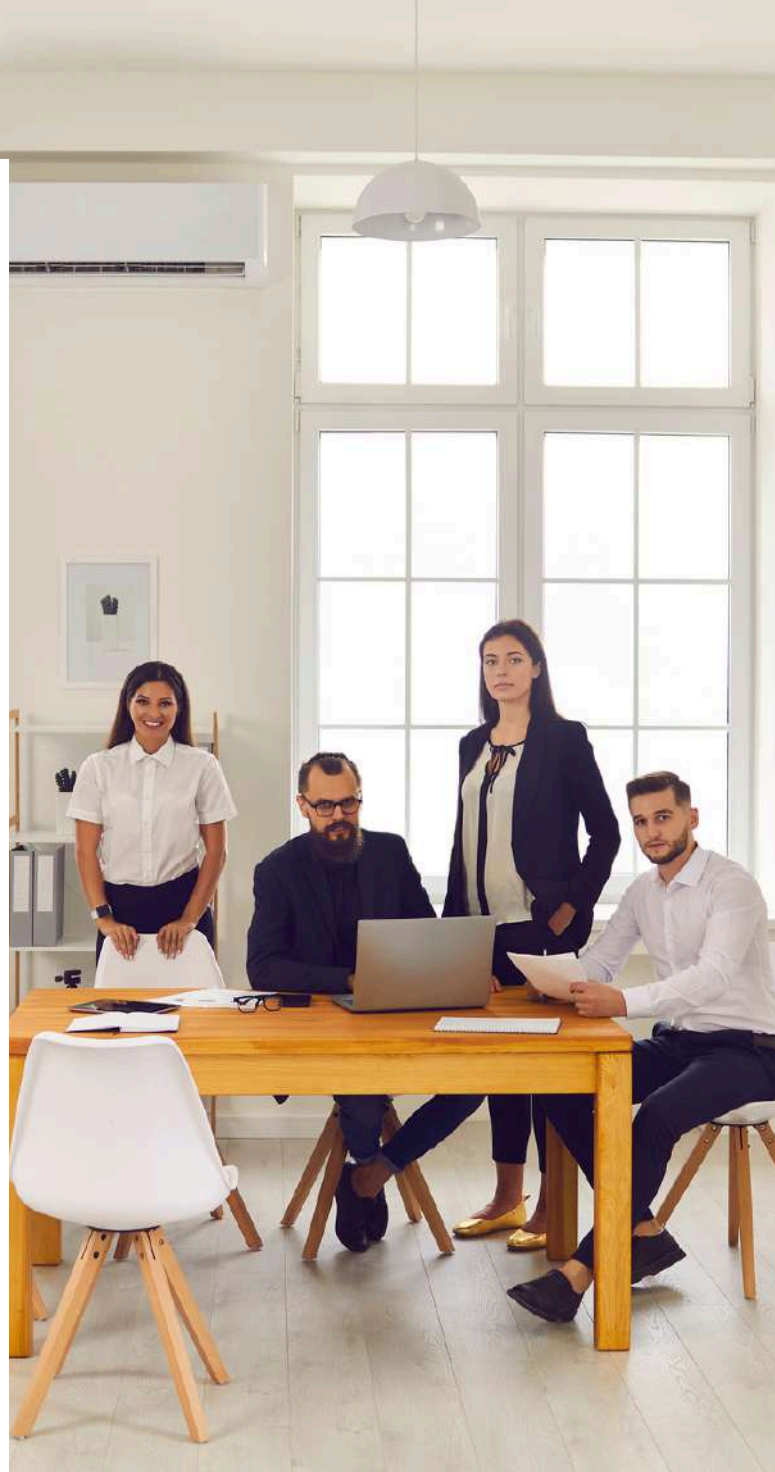
In this program, students will learn essential aspects such as time management, utilizing Microsoft Office Tools, writing business documents, scheduling meetings, and honing effective communication techniques.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Identify the role and responsibilities of the Admin Assistant
- Enumerate the job duties and skills of an Admin Assistant
- Describe how words and appearance work in tandem to affect credibility
- Create a strategy to better manage their time
- Demonstrate how to professionally manage information and records
- Demonstrate how to utilize communication tools: voicemail, email, memos, etc.
- Write professional email on behalf of themselves and others
- Tailor their approach to communicating when interacting with range of people
- Apply proven tactics for professionally dealing with difficult situations
- Develop an action plan to improve communication



"More than 22 million secretaries/administrative professionals are part of the US workforce." - IAAP, 2023

Modules Covered:**Clock
Hours**

1 Introduction to the Course; Roles and Responsibilities, Skills, Credibility and Time Management of an Administrative Assistant	3-4
2 Hardware and Software used by Administrative Assistant	3-4
3 Microsoft Office Training and Desktop Publishing	3-4
4 How to Write Business Documents and Work with Technical Reports	3-4
5 Information. Database, and Records management	3-4
6 Framework for Business Communication and Communication Tools	3-4
7 Scheduling, Coordinating, and Running Effective Business Meetings	3-4
8 Human Resource Management Basics and HR in a Global Business Environment	3-4
9 Employee Recruitment and Selection Training, Professional Development and Employer Compliance & Regulations	3-4
10 Accounting Basics Overview	3-4
11 Administrative Assistant and Account Management	3-4
12 Effective Management, Leadership, Managerial and Interpersonal Communication	3-4
13 Elements of Punctuation, Grammar, Sentence Types, and Components	3-4
14 Understanding Diversity while Communicating	3-4
15 Business Networking Basics	3-4
16 Resume Writing	2

CERTIFICATE OF COMPLETION FOR LEASING PROFESSIONAL

Duration: 67 hours | 4-5 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

THEESEEDS Institute proudly introduces its highly specialized Certificate of Completion for Leasing Professional (CCLP) Training Program, a comprehensive and localized initiative designed to equip individuals with the essential skills and knowledge required to excel in the dynamic field of leasing. This standardized program ensures that participants receive a thorough and hands-on education, covering a wide spectrum of modules crucial for success in the competitive leasing industry.

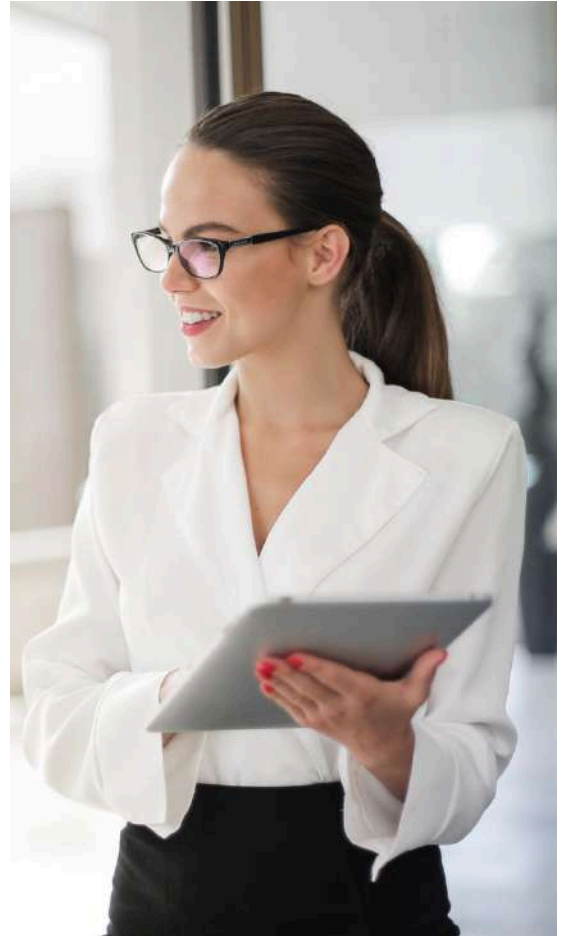
Students will be provided basic training on the role, skills, and responsibilities of a CCLP, and how to build credibility, manage time, utilize communication tools, create effective marketing plans, write documents, stay professional during difficult situations, and communicate effectively.

The Certificate of Completion for Leasing Professional (CCLP) Training Program from THEESEEDS Institute stands as a testament to the organization's commitment to nurturing skilled professionals in the leasing sector. This program is designed to empower individuals with the knowledge and expertise needed for success in the challenging and dynamic world of leasing.

CERTIFICATE OF COMPLETION FOR LEASING PROFESSIONAL

PROGRAM BENEFITS

- **Lease Negotiation Skills:** Negotiating leases is a critical part of the leasing process.
- **Enhanced Marketing Skills:** Successful leasing often involves marketing vacant properties effectively
- **Legal and Regulatory Compliance:** Leasing professionals must navigate a complex landscape of legal and regulatory requirements.
- **Improved Tenant Relations:** Effective tenant relations are crucial in property management.



WHAT YOU WILL LEARN?

Students will undergo introductory training that covers the role, skills, and responsibilities of a Leasing Professional such as managing and facilitating the leasing process for rental properties.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Identify the role, responsibilities, and job duties of the Certificate of Completion for Leasing Professional (CCLP)
- Build and maintain credibility
- Create a strategy to better manage their time
- Demonstrate how to utilize communication tools
- Tailor their approach to communicating when interacting with range of people
- Apply proven tactics for professionally dealing with difficult situations
- Develop a marketing strategy
- Using technology to generate traffic
- Inspect the leasing center, tour route, model units, and vacant apartment
- Compile a comprehensive community resource tool
- Identify relationship sales process and evaluating personal sales performance
- Evaluate a prospect's commitment level and overcoming objections
- Apply fair housing laws and communicating rental criteria
- Qualify prospective residents according to rental policy



"The primary goal of every leasing agent is to maintain high occupancy rates across the complex."
- Rives, J.

Modules Covered:

**Clock
Hours**

1. Introduction to the Course; Certified Leasing Professional (CLP)	3-4
2. Skills of a Certified Leasing Professional and Time Management	3-4
3. Hardware and Software used by CLP and Using Technology to Generate traffic	3-4
4. Credibility: How to Build Professional and Community's Reputation	3-4
5. Inspecting as a CLP and Compiling a Community Resource Tool	3-4
6. Shopping the competition while building relationships with Competitors and Effective marketing plans	3-4
7. Relationship Sales Process and Evaluating Prospect's Commitment Level	3-4
8. The Transition from Prospect to Resident, Applying fair housing laws, and Communicating rental criteria	3-4
9. Qualifying prospective residents according to rental policy	3-4
10. The move-in process, resident issues, and maintenance requests	3-4
11. Building a Sense of Community and Utilizing Communication Tools	3-4
12. Interpersonal Communication Skills & Scheduling Leasing Appointments	3-4
13. Reporting incidents, maintaining documentation, and taking corrective action	3-4
14. Information and Records Management, Maximizing revenue and operational efficiency	3-4
15. Lease Renewals and Market Survey	3-4
16. How to Write Business Documents, and How to use Internet in Leasing	3-4
17. Résumé, Cover Letter, and Job Interview	2

APARTMENT MAINTENANCE TECHNICIAN TRAINING PROGRAM

Duration: 90 hours | 5-6 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

THEESEEDS Institute proudly presents its specialized Certificate for Apartment Maintenance Technicians (AMT) Training Curriculum, a standardized and localized program meticulously designed to equip individuals with the fundamental skills and knowledge essential for success in the field of apartment maintenance. This comprehensive curriculum covers a diverse range of modules, ensuring participants gain proficiency in various aspects of maintenance and develop essential soft skills for effective communication.

Students will learn the basics of interior and exterior maintenance and repair, electrical repair and maintenance, plumbing repair and maintenance, HVAC maintenance and repair, appliance repair and maintenance, and CAMT soft skills

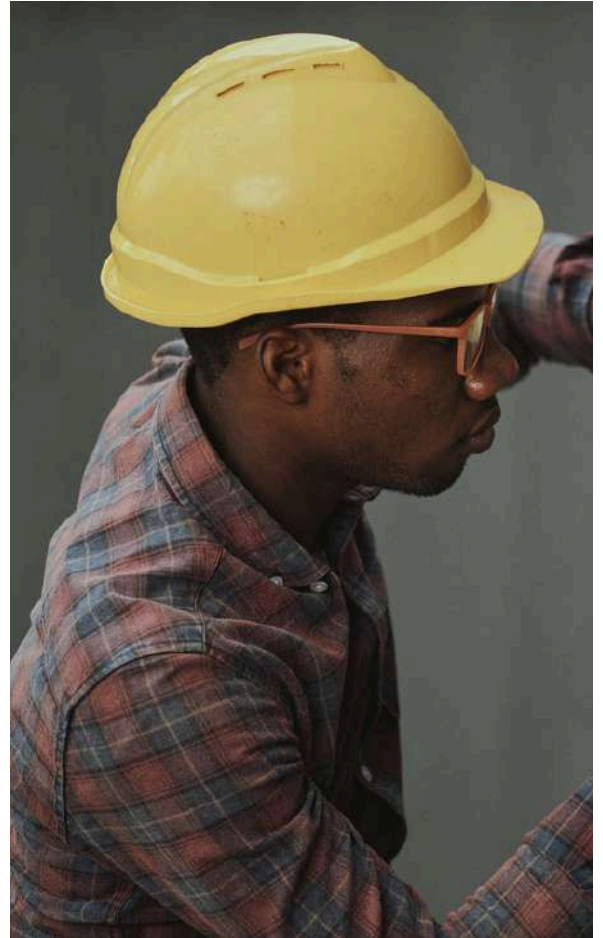
The Certificate for Apartment Maintenance Technicians (AMT) Training Curriculum from THEESEEDS Institute exemplifies the organization's commitment to fostering skilled professionals in the apartment maintenance field. Participants emerge from the program with a well-rounded skill set, ready to contribute to the efficient and effective maintenance of residential properties..



APARTMENT MAINTENANCE TECHNICIAN TRAINING PROGRAM

PROGRAM BENEFITS

- **Specialized Skills:** It focuses on the specific skills required for apartment maintenance.
- **Versatility:** Maintenance technicians with a broad skill set can handle a wide range of issues and tasks within apartment complexes.
- **Compliance and Safety:** The program covers safety protocols and regulatory compliance, ensuring that maintenance tasks are performed safely and in accordance with relevant regulations.



WHAT YOU WILL LEARN?

Students will undergo introductory training that covers the role, skills, and responsibilities of a Leasing Professional such as managing and facilitating the leasing process for rental properties.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Identify the roles and responsibilities of an apartment maintenance technician
- Process work orders correctly in a timely fashion, and to residents' satisfaction
- Identify Electrical, plumbing, HVAC, mechanical, appliance, construction, painting lock, and key services and repairs
- Minimizing personal and property damage while safely performing maintenance activities
- Identify fair housing regulation compliance and Environmental responsibility and regulatory compliance
- Established procedures for maintaining recreational facilities and common areas
- Implementation of a preventive maintenance schedule
- Demonstrate professional behavior patterns, communication skills, and appearance
- Clear and respectful communication with residents, team members, and contractors.



"Knowing how to use the tools you have is better than having more tools."
- Paul Rhodes



Modules Covered:

Clock
Hours

1. Introduction to Certificate for Apartment Maintenance Technicians

6-8

2. Electrical Maintenance and Repair

12-16

- Key Roles and Responsibilities Related to Electrical Repair
- Comparing Electricity with Plumbing
- Key Electrical Terms
- Electrical Safety
- The Electrical System: From Power Plant to Apartment Community
- Electrical Circuits
- Key Tools for Electrical Repairs
- Multimeters
- Electrical Wires
- Main Service Panels, Fuses, and Circuit Breakers
- Wall Switches
- Receptacles
- GFCI Receptacles
- Incandescent Light Fixtures
- Fluorescent Light Fixtures
- Smoke and Carbon Monoxide Detectors

3. Plumbing Maintenance and Repair

15-20

- Plumbing: Plumbing in an Apartment Building
- Plumbing Safety
- Key Plumbing Tools
- Pipes & Fittings
- Faucets & Sinks
- Garbage Disposals & Tubs & Showers
- Toilets and Drains

4. Heating Maintenance and Repair

9-12

- Heating and Heating Safety
- Key Heating Tools and Heating Basics
- Air Distribution and Basic Heating System Components
- Electric Furnaces and Electric Baseboard Heating
- Gas Furnace Heating
- Hydronic Heating

Modules Covered:

**Clock
Hours**

5. Air Conditioning Maintenance and Repair	9-12
• Air Conditioning and Air Conditioning Safety • Key Air Conditioning Tools and Refrigerants & Their Special Properties • The Air Conditioning System • Simple Fixes • Refrigeration System Repairs and Electrical System Repairs • Air Distribution System Repairs • Unit Replacement • Problems & Solutions Grid and Key Takeaways	
6. Appliance Maintenance and Repair	6-8
• Appliances and Diagnosing Appliance Problems • Appliance Safety • Clothes Dryer Maintenance & Repair • Clothes Washer Maintenance & Repair • Oven and Cooktop Maintenance & Repair • Dishwasher Maintenance & Repair • Refrigerator Maintenance & Repair	
7. Interior and Exterior Repair and Maintenance	3-4
• Make-Ready Maintenance and Caulking • Ceilings, Walls, and Locks • Tile Interior Maintenance and Repair	
8. CAMT Soft Skills Training	6-8
• Welcome to the Industry and Customer Service • Teamwork, Time and Project Management • Money Matters, Maintenance & Emergencies • Safety First and Compliance	
Résumé, Cover Letter, and Job Interview	2

SCRUM MASTER TRAINING PROGRAM

Duration: 50 hours | 3-4 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

THEESEEDS Institute is pleased to introduce its highly specialized Scrum Master Training Curriculum, a meticulously crafted program designed to equip individuals with the knowledge and skills required to excel as Scrum Masters in Agile development environments. This standardized and localized curriculum covers a comprehensive range of modules, ensuring participants gain a deep understanding of Agile concepts, Scrum fundamentals, and the crucial role of a Scrum Master in fostering effective collaboration and project execution.

Students will be provided training on Basic Agile development concepts, Scrum basics, responsibilities of the Scrum Master, Characteristics of an effective Scrum Master, collaboration with other teams, resolving team conflicts, Program Increment (PI) Planning and Facilitating Iteration Execution

The Certified Scrum Master Training Curriculum from THEESEEDS Institute represents the organization's commitment to nurturing skilled professionals in Agile project management. Participants emerge from the program with a deep understanding of Scrum principles, ready to drive successful Agile projects and contribute to the overall success of their organizations.

SCRUM MASTER TRAINING PROGRAM

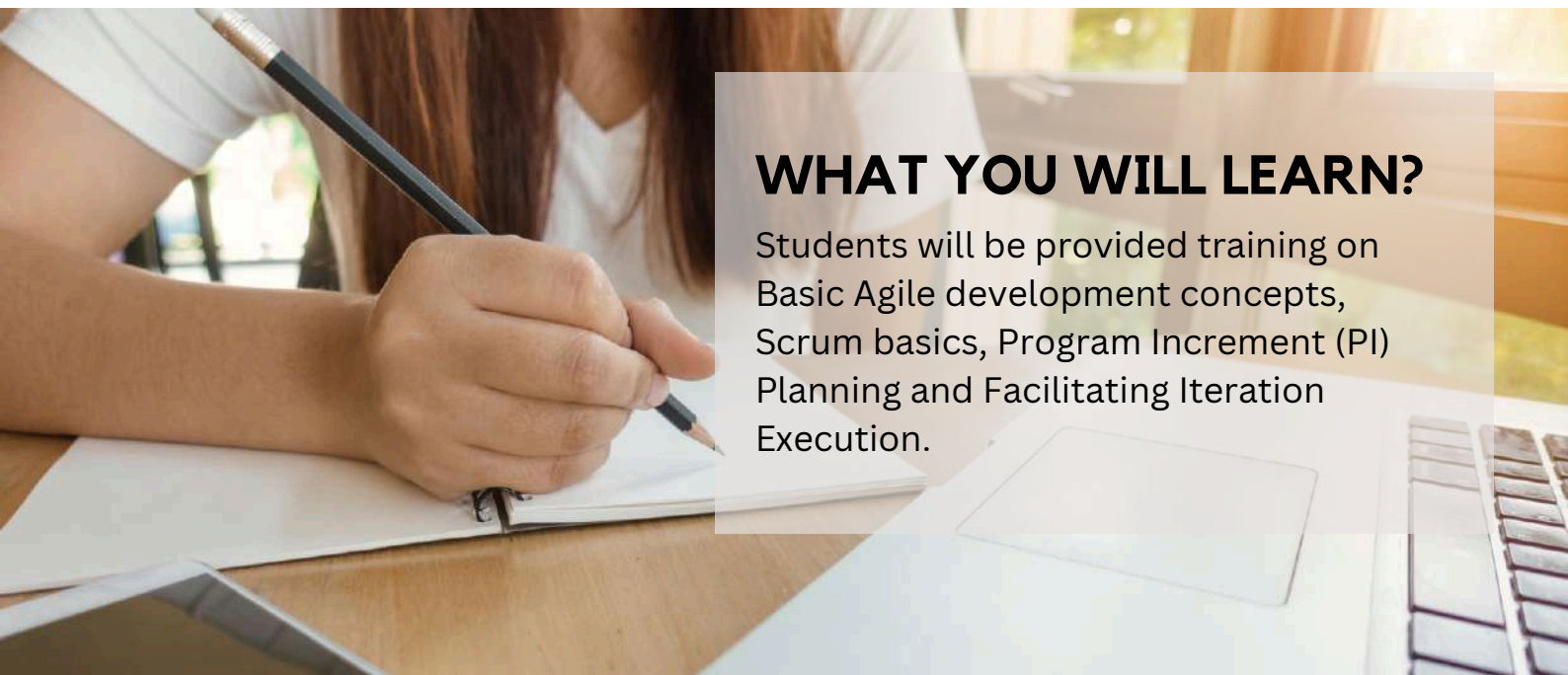
PROGRAM BENEFITS

- **Agile Expertise:** The training program provides a deep understanding of agile principles and methodologies, with a focus on Scrum.
- **Team Productivity:** Scrum Masters play a crucial role in removing impediments and obstacles that hinder team productivity.
- **Conflict Resolution:** Scrum Masters often need to address conflicts and disagreements within teams
- **Customer Satisfaction:** Agile development methods prioritize delivering value to customers quickly and consistently.



WHAT YOU WILL LEARN?

Students will be provided training on Basic Agile development concepts, Scrum basics, Program Increment (PI) Planning and Facilitating Iteration Execution.



Modules Covered:

Clock
Hours

1. Introduction to the Course; Scrum Master (SMT)

3-4

- Overview of scrum
- Brief History
- Why use of scrum
- Scalability of scrum
- What is scrum and agile
- Agile manifesto
- The agile manifesto principle

2. Principles of Scrum

3-4

- Empirical Process Control
- Self-Organization
- Collaboration
- Value-based Prioritization
- Time Boxing
- Iterative Development
- Scrum vs. Traditional
- When to use scrum and when to use the traditional method

3. Scrum Roles

3-4

- Scrum team
- The Product owner
- The scrum master
- The development team

4. Events

3-4

- The nature of scrum events
- The time box concept
- The sprint
- Sprint Planning
- Daily Scrum
- Sprint Review
- Sprint Retrospective
- Product Backlog grooming
- Slack



Modules Covered:

Clock
Hours

5. Scrum Artifacts

3-4

- Product backlog
- Sprint backlog
- Increment
- Definition of Done
- Monitoring progress towards a goal
- Monitoring Sprint Progress

6-7. Characteristics, Responsibilities, and Job duties of a CSM

6-8

- Responsibilities of the Scrum Master
- Characteristics of an effective Scrum Master
- High Performing teams
- Team events Coach the Agile Team Using Powerful questions
- Collaborate with other teams
- Resolve team conflicts

8. Experiencing PI Planning

3-4

- PI Planning basics
- Draft PI Plans Final plans and business value
- Final plan review and PI objectives
- Facilitating PI Planning

9. Facilitating Iteration Execution

3-4

- Plan the Iteration
- Track the Iteration progress
- Refine the backlog
- Facilitate the Iteration review
- Facilitate relentless improvement
- Support DevOps and Release on Demand

10. Finishing the PI

3-4

- Coach the IP Iteration
- Prepare the team for the inspect and adapt event



Modules Covered:

Clock
Hours

11. Stakeholder Engagement & Regulatory Compliance

3-4

- Communication Skills of a Scrum Master
- Valuable Communication Techniques
- Tips on Communication for Scrum Masters
- Problem Solving Skills of a Scrum Master
- How do you use agile or scrum methodologies to manage Problem-solving projects?
- Challenges of Agile and Scrum
- Tips for Success

12. Stakeholder Engagement & Regulatory Compliance

3-4

- Stakeholder Engagement
- Why should I engage stakeholders?
- Why is stakeholder engagement important?
- 10 Key Principles of Stakeholder Engagement
- Levels of Stakeholder Engagement
- Methods can be used for Stakeholder Engagement
- How to manage compliance within an Agile context

13. Future opportunities / Job of Scrum Master

2

- Best Career Paths of Successful Scrum Masters in 2023
- Making a Plan for Your Growth
- Is Scrum Master a growing career?



PROJECT MANAGEMENT TRAINING PROGRAM

Duration: 127 hours | 8-9 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

TTHEESEEDS Institute is excited to unveil its cutting-edge Certified Project Management Training Curriculum, a standardized and localized program meticulously crafted to empower individuals with the knowledge and skills essential for successful project planning, implementation, control, and closure. This comprehensive curriculum is designed to equip participants with the same powerful tools and techniques relied upon by seasoned project management professionals, ensuring they can maximize project success and effectively lead project teams.

Students will be provided training on the concepts to plan, implement, control, and close any type of project. It will teach the students the same powerful tools and techniques that experienced project management professionals rely on every day. Students will learn how to maximize the project's chance of success and become proficient at recruiting and empowering your project's team members.

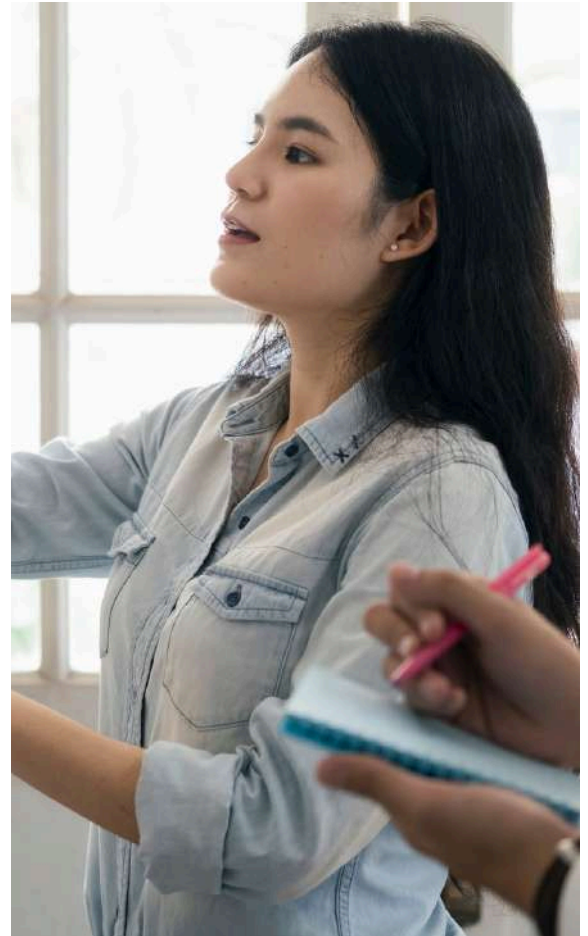
The Certified Project Management Training Curriculum from THEESEEDS Institute reflects the organization's commitment to fostering skilled professionals capable of managing projects with precision and efficiency. Graduates emerge ready to navigate the complexities of project management, ensuring successful project outcomes and contributing to the overall success of their organizations.



PROJECT MANAGEMENT TRAINING PROGRAM

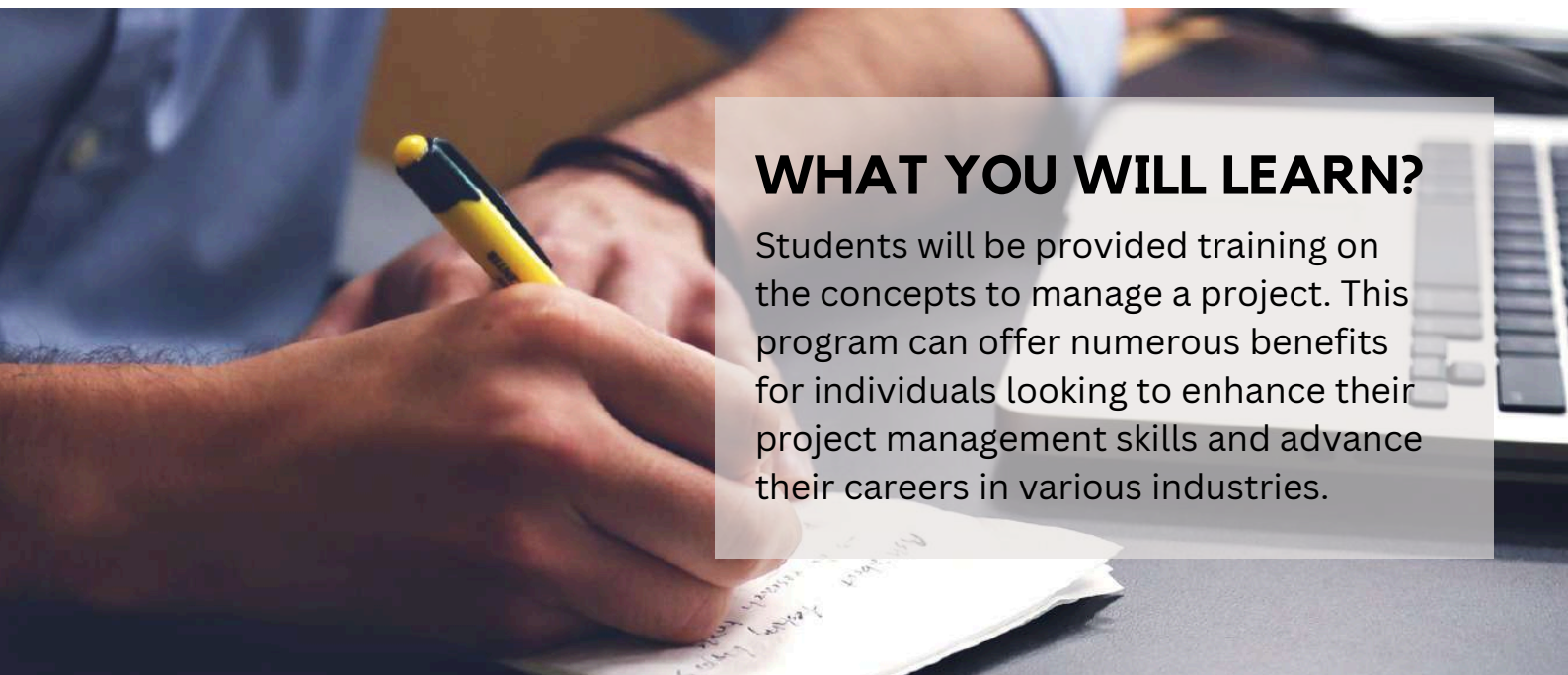
PROGRAM BENEFITS

- **Enhanced Project Success:** Training equips you with the skills and techniques necessary to plan, execute, and close projects successfully,
- **Industry-Recognized Knowledge:** The program provides comprehensive knowledge and training in project management.
- **Better Risk Management:** You'll learn how to identify, assess, and mitigate risks effectively, reducing the chances of project delays or failures.



WHAT YOU WILL LEARN?

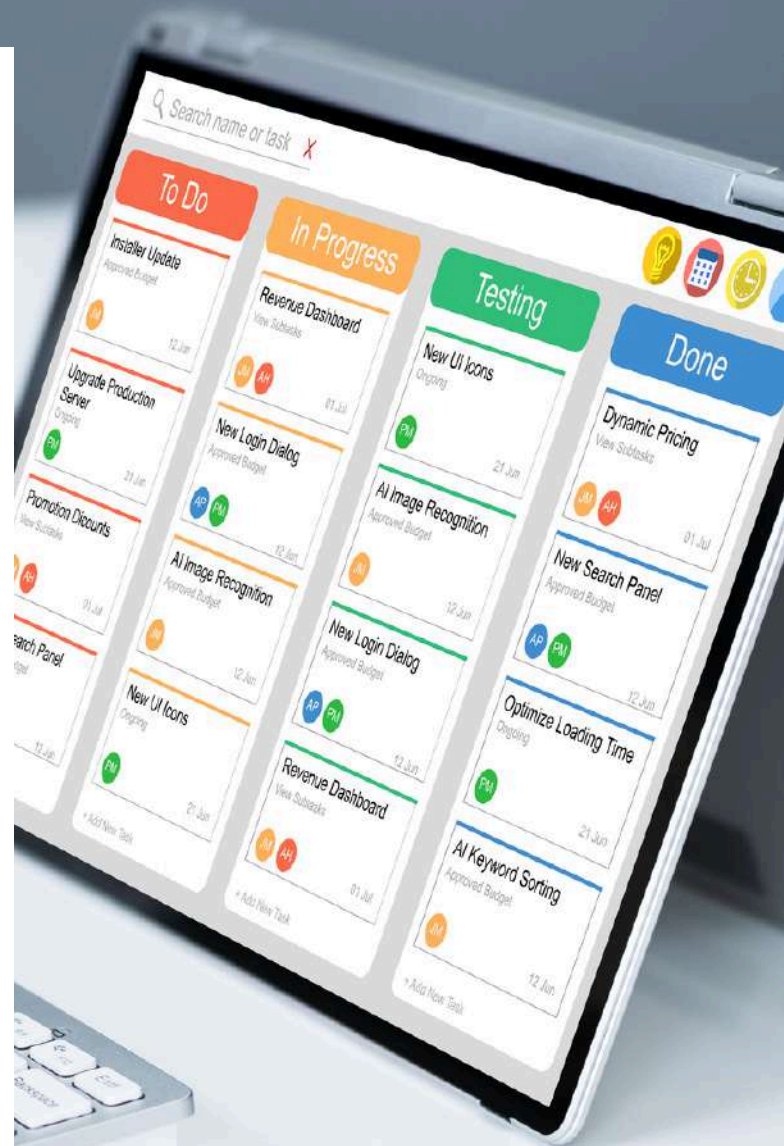
Students will be provided training on the concepts to manage a project. This program can offer numerous benefits for individuals looking to enhance their project management skills and advance their careers in various industries.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Understand the fundamental concepts of Project Management.
- Understand project politics and ethics, project measurements, and project closure.
- Learn the stages of team development, and will gain skills in developing and motivating team leaders.
- Learn the same powerful tools and techniques that experienced project management professionals rely on every day.
- Learn how to become an indispensable member of the project team by discovering and mastering the critical concepts you need to plan, implement, control, and close any type of project.



"77% of all high-performing projects use project management software"
- PM Adoption Rate Statistics

Modules Covered:

Clock
Hours

1. Introduction to the Course; Project Management Overview	3-4
2. The Phases of a Project	3-4
3. The Role of the Project Manager	3-4
4. Planning the Project	3-4
5. Planning the Project (Part 2)	3-4
6. Suggestions for Effective Planning	3-4
7. Developing a Mission, Vision, Goals, and Objectives for the Project	3-4
8. Developing Project Objectives	3-4
9. Creating the Project Risk Plan	3-4
10. Establishing Reserves	3-4
11. Using the Work Breakdown Structure to Plan a Project	3-4
12. Estimating Time, Costs, and Resources	3-4
13. Scheduling Project Work	3-4
14. The Reason for Scheduling	3-4
15. Constructing an Arrow Diagram	3-4
16. Producing a Workable Schedule	3-4
17. Using the Network to Manage the Project	3-4
18. Project Control and Evaluation	3-4
19. Practicing the KISS Principle	3-4
20. The Process Review Report	3-4
21. The Change Control Process	3-4
22. Thresholds	3-4
23. Project Control Using Earned Value Analysis	3-4
24. Variance Analysis Using Hours Only	3-4
25. Managing the Project Team	3-4
26. Team Issues	3-4
27. The Project Manager as Leader	3-4
28. Understanding Leadership Styles	3-4
29. Establishing a Positive Culture of Dissent	3-4
30. Working with Virtual Teams	3-4
31. Résumé, Cover Letter, and Job Interview	3

IT FUNDAMENTALS+ AND NETWORK+ TRAINING PROGRAM

Duration: 162 hours | 10-11 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

THEESEEDS Institute is proud to introduce its comprehensive IT Fundamentals+ and Network+ Training Program, a standardized and localized initiative designed to equip individuals with the essential knowledge and skills for success in the dynamic field of Information Technology (IT) and Networking. This program covers a broad spectrum of modules, ensuring participants gain proficiency in fundamental IT concepts, network implementations, security, and troubleshooting.

Students will be provided basic training on IT Concepts and Terminology, Infrastructure, Applications and Software, Software Development, Database Fundamentals, Security, Networking Fundamentals, Network Implementations, Network Operations, Network Security, and Network Troubleshooting.

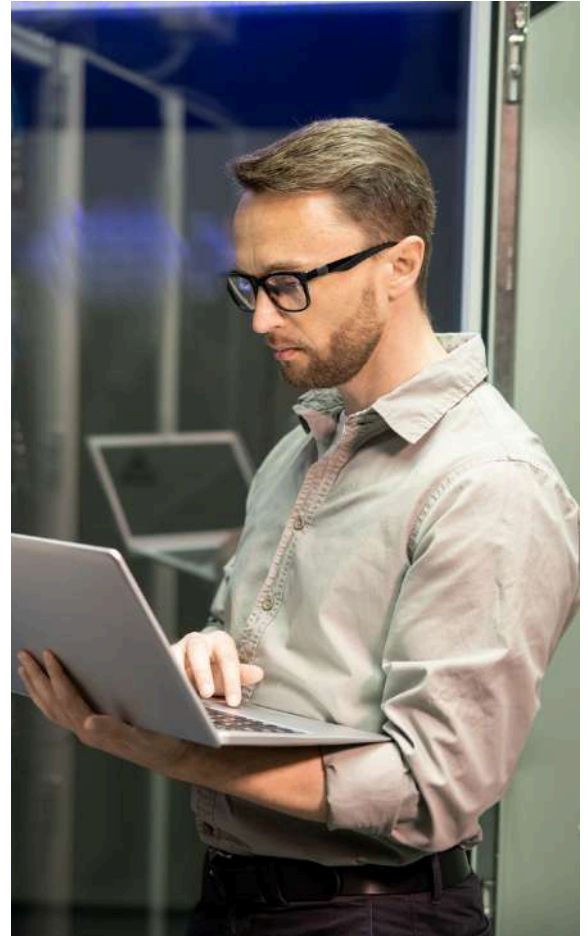
The IT Fundamentals+ and Network+ Training Program from THEESEEDS Institute exemplifies the organization's commitment to providing quality education in the IT and networking domains. Participants emerge from the program with a robust foundation, ready to contribute to the rapidly evolving field of information technology.



IT FUNDAMENTALS+ AND NETWORK+ TRAINING PROGRAM

PROGRAM BENEFITS

- **Career Entry:** For those new to the IT field, this program serves as an excellent entry point.
- **Problem-Solving Skills:** IT professionals must be adept at problem-solving.
- **Versatility:** IT and networking skills are in demand across various industries.
- **Understanding of Security:** The program may cover basic cybersecurity principles, helping you understand the importance of security measures in IT and networking.



WHAT YOU WILL LEARN?

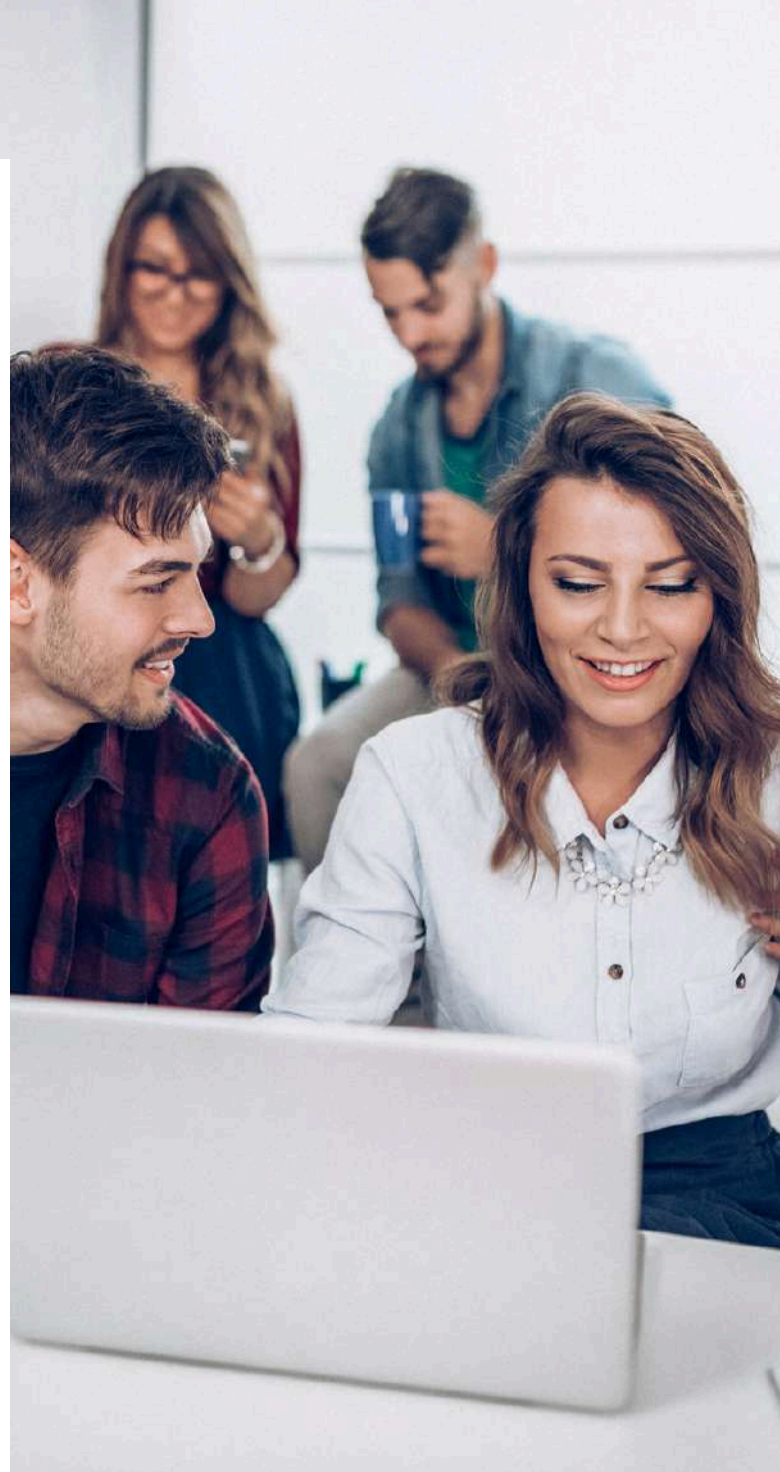
The program will equip students with training in planning, installing, configuring, and troubleshooting computer networks. It can provide numerous benefits for individuals looking to establish a foundation in IT and networking.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Enumerate the different IT concepts and terminologies
- Classify common types of input/output device interfaces
- Explain basic networking concepts
- Compare and contrast components of an operating system
- Use programming organizational techniques and interpret logic
- Summarize methods used to interface with databases
- Compare and contrast authentication, authorization, accounting and non-repudiation concepts
- Explain common uses of encryption
- Compare and contrast routing technologies and bandwidth management concepts.
- Explain the network troubleshooting methodology



"Professional Skills Are Just as Important as Technical Skills. IT professionals need a good balance of technical and professional skills."
- CompTIA

Modules Covered:

Clock
Hours

IT FUNDAMENTALS+

IT Concepts and Terminology

9-12

- Notational systems
- Fundamental data types and their characteristics
- Basics of computing and processing
- Value of data and information
- Common units of measure
- Troubleshooting methodology

Infrastructure

21-28

- Common types of input/output device interfaces
- Set up and install common peripheral devices to a laptop/PC
- Purpose of common internal computing components
- Common Internet service types
- Storage types
- Common computing devices and their purposes
- Basic networking concepts
- Basic wireless network

Applications and Software

12-16

- Operating systems
- Components of an operating system
- Purpose and proper use of software
- Methods of application architecture and delivery models
- Configure and use web browsers
- General application concepts and uses

Software Development Concepts

3-4

- Programming language categories
- Programming organizational techniques and interpret logic
- Programming concepts

Modules Covered:

Clock
Hours

Database Fundamentals

3-4

- Database concepts and the purpose of a database
- Various database structures
- Methods used to interface with databases

Security

12-16

- Confidentiality, integrity and availability concerns
- Methods to secure devices and best practices
- Behavioral security concepts
- Authentication, authorization, accounting and non-repudiation concepts
- Password best practices
- Common uses of encryption
- Business continuity concepts

NETWORK +

Networking Fundamentals

21-28

- Open Systems Interconnection (OSI) model layers and encapsulation concepts.
- Characteristics of network topologies and network types.
- Types of cables and connectors and explain which is the appropriate type for a solution.
- Subnet and use appropriate IP addressing schemes.
- Common ports and protocols, their application, and encrypted alternatives.
- Use and purpose of network services.
- Basic corporate and data center network architecture.
- Cloud concepts and connectivity options

Network Implementations

9-12

- Various devices, their features, and their appropriate placement on the network.
- Routing technologies and bandwidth management concepts.
- Configure and deploy common Ethernet switching features.
- Install and configure the appropriate wireless standards and technologies.

Modules Covered:

Clock
Hours

Network Operations

9-12

- Appropriate statistics and sensors to ensure network availability.
- Purpose of organizational documents and policies.
- Availability and disaster recovery concepts and summarize which is the best solution.

Network Security

9-12

- Common security concepts
- Common types of attacks.
- Apply network hardening techniques.
- Remote access methods and security implications.
- Importance of physical security.

Network Troubleshooting

12-16

- Network troubleshooting methodology.
- Troubleshoot common cable connectivity issues and select the appropriate tools.
- Network software tools and commands.
- Troubleshoot common wireless connectivity issues.
- Troubleshoot general networking issues.

Resume Writing

2

ENTREPRENEURSHIP TRAINING PROGRAM

Duration: 75 hours | 4-5 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

Embark on a transformative journey with our Entrepreneurship Fundamentals course, meticulously designed to provide a comprehensive education in the core principles, best practices, and strategies essential for establishing and scaling successful, high-impact entrepreneurial endeavors. This course is intended to educate the core principles, best practices, and strategies for establishing and scaling a successful, high-impact entrepreneurial endeavor. In addition, the course will present fundamental approaches and instruments for getting started. The curriculum focuses on three key aspects of entrepreneurship: 1) the individual, their traits, skills, and attributes that make entrepreneurs successful; 2) business ideas, how to generate them, where to look for them, how to expand them; and 3) ensuring they are valid business ideas with the potential to meet profit goals.

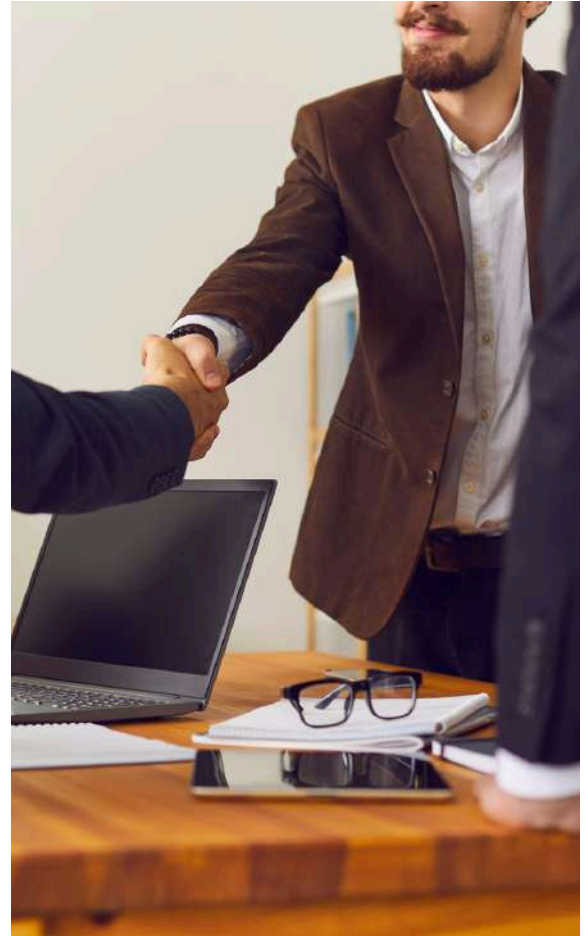
This Entrepreneurship Fundamentals course from THEESEEDS Institute is an empowering experience designed to nurture the entrepreneurial spirit, equipping individuals with the knowledge and tools needed to thrive in the dynamic world of business creation and scaling. Participants emerge with not only a solid understanding of entrepreneurial principles but also the confidence and skills to turn ideas into impactful ventures.



ENTREPRENEURSHIP TRAINING PROGRAM

PROGRAM BENEFITS

- **Entrepreneurial Mindset:** You'll learn to cultivate an entrepreneurial mindset
- **Global Perspective:** It offers insights into international markets and global business trends, preparing you for a broader range of opportunities.
- **Pitching and Presentation Skills:** The ability to effectively pitch your business idea to potential investors, partners, and customers is a key aspect of entrepreneurship.



WHAT YOU WILL LEARN?

The program will train students with the key aspects of entrepreneurship. These will help any current or prospective entrepreneur build and grow a business today or in the future.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Understand the traits, skills, attitudes and drive necessary to be a successful entrepreneur.
- Identify personal strengths and weaknesses matching the profiles of successful business owners.
- Develop personal growth plans to address weaknesses and capitalize on strengths in order to increase their potential to succeed in business.
- Understand the needs of target markets related to potential viable business idea.
- Size the potential market for potential viable idea.
- Develop initial sales, profit, competitive landscape and future growth for potential viable business idea.
- Finance marketable new ideas in new ventures.
- Understand business taxes.
- Create Business Plan.
- Craft Financial Planning.



*"88% of Millionaires in the
US are Self-Made
Entrepreneurs."
- Fidelity Investments*

Modules Covered:

Clock
Hours

1. Conceptual Definition of Entrepreneurs and Entrepreneurship	3-4
2. Entrepreneurship in the Economy	3-4
3. Business Basics for Entrepreneurs	3-4
4. Starting a Business Overview	3-4
5. Types of Business Structures	3-4
6. Teams in Business	3-4
7. Business Plans for Entrepreneurs	3-4
8. Understanding Customers as a New Business	3-4
9. Dynamic Business Environments	3-4
10. Growth and Opportunity for Entrepreneurs	3-4
11. Marketing and Sales Strategies	3-4
12. Business Pitches for Entrepreneurs	3-4
13. Business Financing for Entrepreneurs	3-4
14. Understanding Business Taxes	3-4
15. Financial Planning for Entrepreneurs	3-4
16. Overview of Business Ethics	3-4
17. HR Considerations/Key Responsibility Areas	3-4
18. Digitalization Strategies/Platforms Practical Bookkeeping, Payment Options	3-4
19. Résumé, Cover Letter, and Job Interview	3

CERTIFIED WELDER TRAINING PROGRAM

Duration: 120 hours | 7-8 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

Prepare for a rewarding career in welding with THEESEEDS Institute's Certified Welder Training Program. Meticulously standardized and localized, this program is designed to equip individuals with the essential knowledge and hands-on skills required for success in the welding industry. From welding fundamentals to advanced techniques, safety protocols, and metallurgical insights, this comprehensive curriculum covers every aspect necessary for becoming a certified and skilled welder.

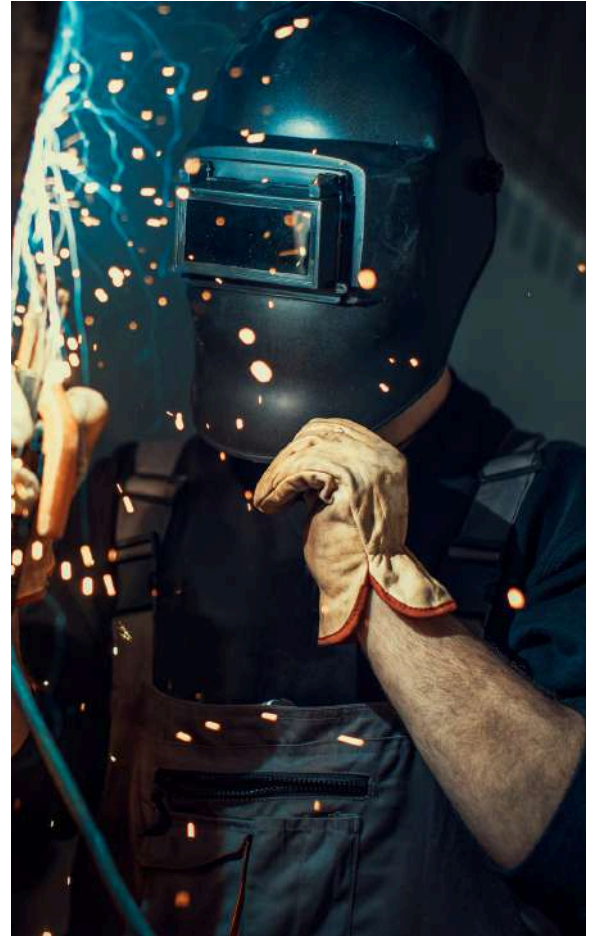
Students will be provided training on welding fundamentals, safety, Oxy-Fuel, Arc welding, Gas Metal Arc (MIG), Gas Tungsten Arc (TIG), Shielded Metal Arc (Stick), welding symbols, nondestructive examination, welding codes, and basic metallurgy.

The Certified Welder Training Program from THEESEEDS Institute is a commitment to excellence in welding education, ensuring that participants not only grasp the theoretical foundations but also acquire the practical skills necessary for a successful and rewarding career in welding.

CERTIFIED WELDER TRAINING PROGRAM

PROGRAM BENEFITS

- **Hands-on Skill Development:** Welding training programs typically provide extensive hands-on training, allowing participants to develop practical welding skills using various welding processes, equipment, and materials.
- **Safety Training:** Safety is paramount in welding. These programs emphasize safety protocols, ensuring that participants are well-versed in safety measures and best practices to prevent accidents and injuries.
- **Welding Process Proficiency:** Participants can become proficient in a range of welding processes.



WHAT YOU WILL LEARN?

The program will provide students with the fundamental knowledge and skills significant for individuals interested in pursuing a career in welding or advancing their existing welding skills.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Discuss the roles and responsibilities of a welder.
- Ensure that safety aspects of welding processes and practices are understood and followed.
- Identify how to set-up and operate Oxy-Fuel equipment to perform groove and fillet welds in the flat and horizontal positions
- Demonstrate basic understanding of Gas Tungsten Arc Welding, Gas Metal Arc Welding, and Shielded Metal Arc Welding
- Read and interpret basic welding symbols
- identify the different welding inspection methods
- Promote welding code
- Understand the metallurgy of common alloys



*"88% of Millionaires in the
US are Self-Made
Entrepreneurs."
- Fidelity Investments*

Modules Covered:

Clock
Hours

1. Discuss the roles and responsibilities of a welder.	3
2. Ensure that safety aspects of welding processes and practices are understood and followed.	3
3. Identify how to set-up and operate Oxy-Fuel equipment to perform groove and fillet welds in the flat and horizontal positions	3
4. Demonstrate basic understanding of Gas Tungsten Arc Welding, Gas Metal Arc Welding, and Shielded Metal Arc Welding	3
5. Read and interpret basic welding symbols	3
6. identify the different welding inspection methods	3
7. Promote welding code	3
8. Understand the metallurgy of common alloys	3
9. Welding Code	3
10. Basic Metallurgy	3
Laboratory Hours	90



THEESEEDS PSYCHOEDUCATIONAL BEHAVIORAL PROGRAM COURSES

THEESEEDS PSYCHOEDUCATIONAL BEHAVIORAL PROGRAM EDUCATIONAL DEPARTMENT

TheeSeeds Psychoeducational Behavioral Program Educational Department is dedicated to addressing the unique needs of individuals facing financial hardships by focusing on personal growth and holistic well-being. Our department offers a range of programs designed to enhance emotional resilience, social skills, and psychological health.



TheeSeeds Psychoeducational Behavioral Program Courses

- Certified Peer Recovery Specialist Training Program (CPRS)
- Integrated Peer Recovery Specialist Training with Harm Reduction
- Community Health Worker Training Program
- Domestic Violence and Suicide Prevention
- Wellness Dimensions Training Program
- Direct Support Professional Training Program
- Public Health Development Studies
- Anger Management
- Behavioral Decision Making
- Managing Anxiety and mental Health
- Mind Control - Managing your mental health
- Mental Health Rehabilitation Technician Certificate
- Behavioral Health Technician (CBHT)
- Mental and Behavioral Health Worker Certification
- Correctional Behavioral Health Certification (Behavioral Specialty (CBHC)
- Substance Abuse Prevention and Treatment
- Addiction Recovery
- Depressive Disorder Recovery
- OCD & Anxiety
- Focus Depression Recovery
- Trauma Recovery (Post-Trauma Stress Disorder)
- Alzheimer's Disease and Related Dementias (ADRD)
- Disability Awareness and Inclusion Training

CERTIFIED PEER RECOVERY SPECIALIST TRAINING PROGRAM (CPRS)

Duration: 46 hours | 2-3 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

Embark on a journey of empowerment and support with THEESEEDS Institute's Certified Peer Recovery Specialist (CPRS) Training Program. This standardized and localized initiative is crafted to equip individuals with the foundational knowledge and skills required to thrive in the critical role of a Certified Peer Recovery Specialist. The program not only delves into the core responsibilities of a CPRS but also emphasizes effective collaboration and partnership within the recovery community.

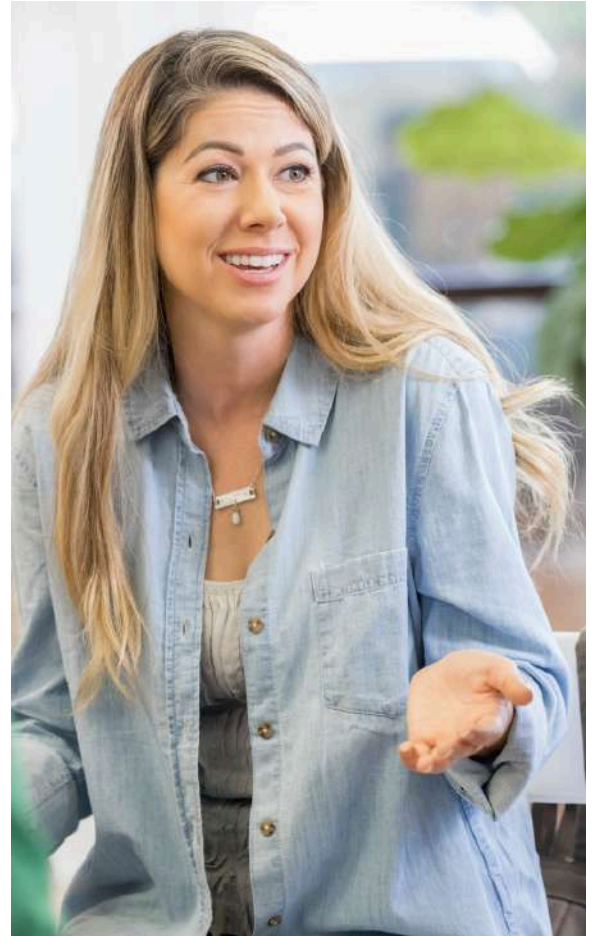
Students will be provided basic training on the role and responsibilities of a Certified Peer Recovery Specialist (CPRS), and how to partner with Certified Peer Recovery Specialists effectively.

The Certified Peer Recovery Specialist (CPRS) Training Program from THEESEEDS Institute embodies the organization's commitment to promoting recovery, resilience, and community support. Participants emerge not only as competent CPRS but as compassionate advocates contributing to the well-being of individuals on their journey to recovery.

CERTIFIED PEER RECOVERY SPECIALIST TRAINING PROGRAM (CPRS)

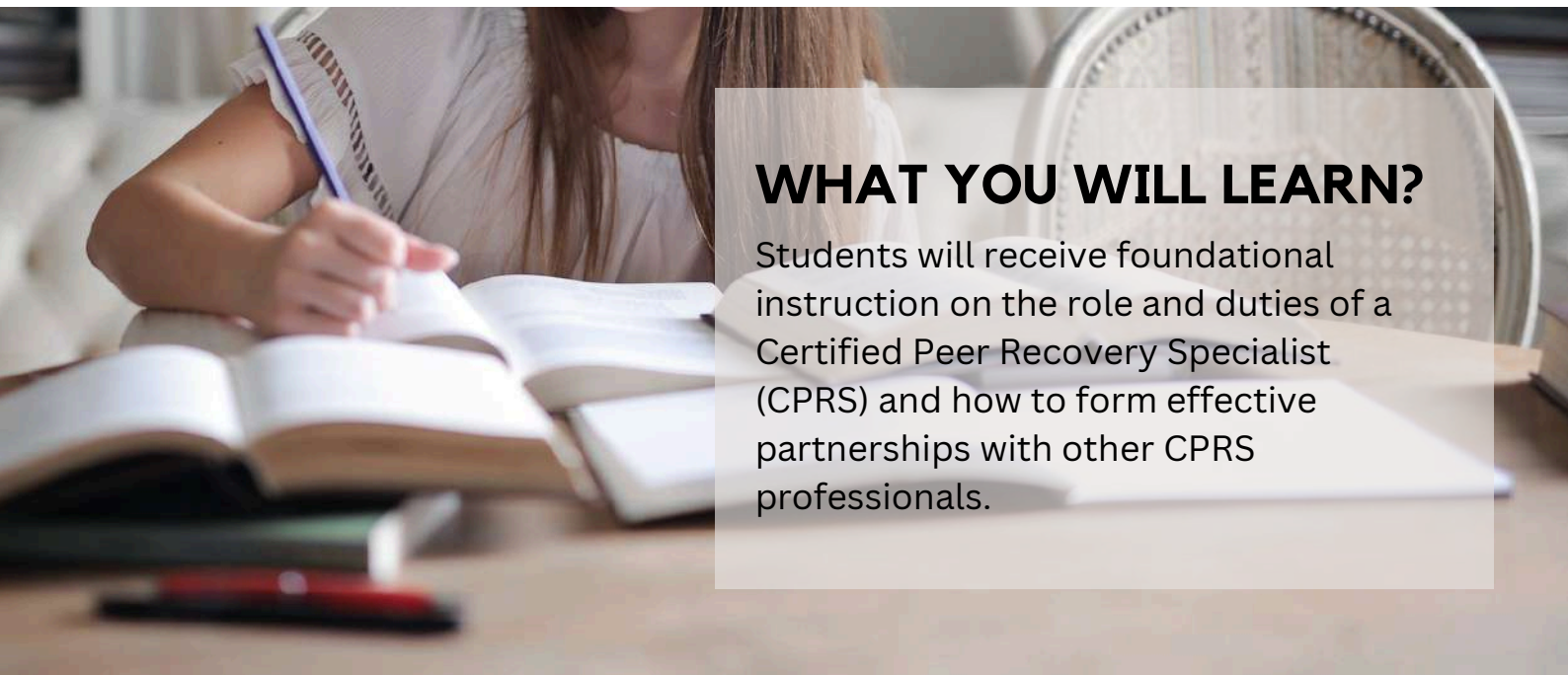
PROGRAM BENEFITS

- **Specialized Knowledge:** Participants gain a deep understanding of addiction and mental health issues, treatment modalities, and recovery support services
- **Ethical Guidelines:** Participants learn about ethical standards and boundaries in peer support, ensuring that they provide safe and ethical assistance to those in recovery.
- **Recovery-Oriented Approach:** Participants are trained to adopt a recovery-oriented approach, which focuses on an individual's strengths and resilience rather than their deficits or challenges.



WHAT YOU WILL LEARN?

Students will receive foundational instruction on the role and duties of a Certified Peer Recovery Specialist (CPRS) and how to form effective partnerships with other CPRS professionals.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Describe the roles, responsibilities, and skills of a Certified Peer Recovery Specialist (CPRS).
- Identify the ethical responsibilities of a Certified Peer Recovery Specialist (CPRS).
- Explain the importance of self-advocacy as a component of recovery/wellness.
- Recognize risk indicators that may affect the individual's welfare and safety.
- Serve as a role model for an individual and educate/mentor from shared experiences.
- Practice a strengths-based approach to recovery/wellness



*"People who have similar experiences can build trustful relationships easily, provide genuine understanding and empathy, and give experiential suggestions or information."
- Mead & MacNeil, 2006*

Modules Covered:

Clock
Hours

Advocacy for Certified Peer Recovery Specialist	10
• Introduction to Certified Peer Recovery Specialists • Relating to Individual as an Advocate • Individual's rights and responsibilities • Self-advocacy as a component of recovery/wellness • The traits, skills, and methods for successful advocacy as Peers	
Ethical Considerations for Certified Peer Recovery Specialists	16
• Peer support role and functions, and peer support standards • Responsibilities and limits of the roles • Fundamentals of Cultural Competency • Risk indicators that may affect the individual's welfare and safety • Legal Issues related to wellness/recovery • Ethical decision making	
Mentoring & Education for Certified Peer Recovery Specialists	10
• How to establish a respectful, trusting relationship with the individual • How to demonstrate various forms of self-care in recovery and wellness • Skills needed to self-advocate • Principles of Empowerment • Resource Linkage to community support and professional services	
Recovery/Wellness Support by Certified Peer Recovery Specialists	10
• How to recognize Multiple pathways to recovery • How to recognize Stages of change, stages of recovery/wellness, signs of distress, and the impact of Trauma • Assisting individual to set goals • Strength-based approach to recovery • Tools for effective outreach and continued support	

INTEGRATED PEER RECOVERY SPECIALIST TRAINING WITH HARM REDUCTION

Duration: 50 hours | 2-3 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

The Integrated Peer Recovery Specialist Training with Harm Reduction is a workforce development program aimed at preparing individuals to provide peer-based recovery support services while incorporating harm reduction principles. Participants gain knowledge and skills to assist those facing substance use disorders, mental health issues, and co-occurring conditions.

Key features of the curriculum include:

- Core functions of peer recovery support
- Practical harm reduction strategies promoting safety, dignity, empowerment, and person-centered care
- Advocacy for individuals in recovery
- Building supportive relationships and facilitating wellness planning
- Connecting to community resources and applying ethical decision-making

The program emphasizes a recovery-oriented, strengths-based approach, cultural responsiveness, trauma-informed engagement, and strategies to improve quality of life. Upon completion, participants will have foundational competencies for employment in behavioral health, recovery support, and community health sectors.

INTEGRATED PEER RECOVERY SPECIALIST TRAINING WITH HARM REDUCTION

PROGRAM BENEFITS

- **Specialized Knowledge:** Participants gain a deep understanding of addiction and mental health issues, treatment modalities, and recovery support services
- **Ethical Guidelines:** Participants learn about ethical standards and boundaries in peer support, ensuring that they provide safe and ethical assistance to those in recovery.
- **Recovery-Oriented Approach:** Participants are trained to adopt a recovery-oriented approach, which focuses on an individual's strengths and resilience rather than their deficits or challenges.



WHAT YOU WILL LEARN?

Students will receive foundational instruction on the role and responsibilities of a Certified Peer Recovery Specialist (CPRS), effective collaboration with peer professionals, and the application of harm reduction principles to support recovery, wellness, and person-centered care.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Describe the roles, responsibilities, and skills of a Certified Peer Recovery Specialist (CPRS).
- Identify the ethical responsibilities of a Certified Peer Recovery Specialist (CPRS).
- Explain the importance of self-advocacy as a component of recovery/wellness.
- Recognize risk indicators that may affect the individual's welfare and safety.
- Serve as a role model for an individual and educate/mentor from shared experiences.
- Practice a strengths-based approach to recovery/wellness
- Explain harm reduction principles and apply at least two strategies in a non-judgmental, person-centered manner for supporting individuals with substance use challenges.



"People who have similar experiences can build trustful relationships easily, provide genuine understanding and empathy, and give experiential suggestions or information."
- Mead & MacNeil, 2006

Modules Covered:

Clock
Hours

Advocacy for Certified Peer Recovery Specialist	10
• Introduction to Certified Peer Recovery Specialists • Relating to Individual as an Advocate • Individual's rights and responsibilities • Self-advocacy as a component of recovery/wellness • The traits, skills, and methods for successful advocacy as Peers	
Ethical Considerations for Certified Peer Recovery Specialists	16
• Peer support role and functions, and peer support standards • Responsibilities and limits of the roles • Fundamentals of Cultural Competency • Risk indicators that may affect the individual's welfare and safety • Legal Issues related to wellness/recovery • Ethical decision making	
Mentoring & Education for Certified Peer Recovery Specialists	10
• How to establish a respectful, trusting relationship with the individual • How to demonstrate various forms of self-care in recovery and wellness • Skills needed to self-advocate • Principles of Empowerment • Resource Linkage to community support and professional services	
Recovery/Wellness Support by Certified Peer Recovery Specialists	10
• How to recognize Multiple pathways to recovery • How to recognize Stages of change, stages of recovery/wellness, signs of distress, and the impact of Trauma • Assisting individual to set goals • Strength-based approach to recovery • Tools for effective outreach and continued support	
Harm Reduction for Certified Peer Recovery Specialist	4
• Introduction to Harm Reduction • Principle of Harm Reduction • Role of the Certified Peer Recovery Specialist (CPRS) in Harm Reduction	

COMMUNITY HEALTH WORKER TRAINING PROGRAM

Duration: 142 hours | 9-10 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

Empower yourself to make a difference in community health with THEESEEDS Institute's Community Health Worker Training Program. This standardized and localized initiative is designed to equip individuals with the foundational knowledge and essential skills needed for the vital role of a Community Health Worker (CHW). The program provides comprehensive training on community health concepts, resources, and the multifaceted responsibilities associated with the role.

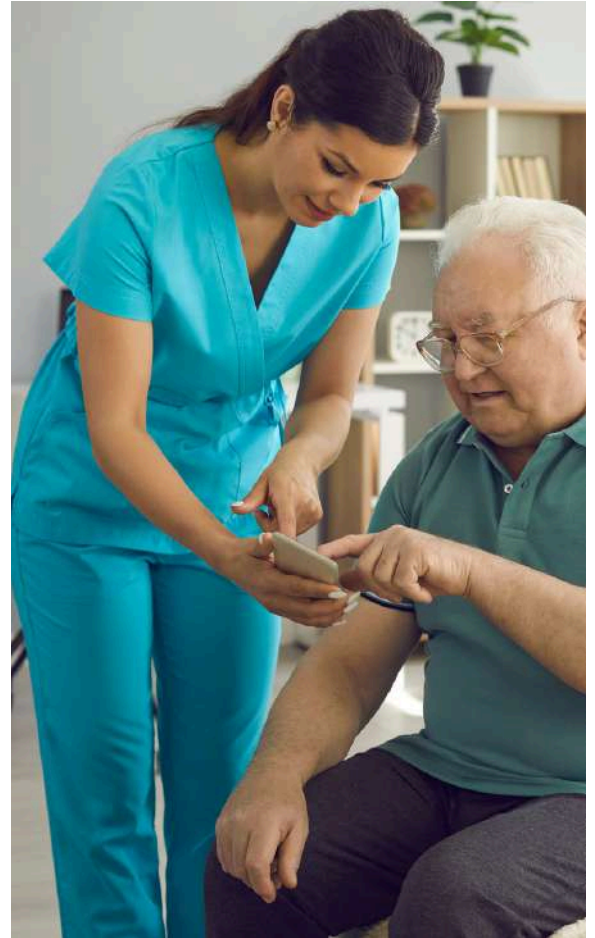
Students will be provided basic training on the role of community health workers by introducing community health concepts, resources, and skills related to the role and responsibilities of a Community Health Worker.

The Community Health Worker Training Program from THEESEEDS Institute reflects the organization's commitment to improving community health through education, advocacy, and support. Participants emerge not only as competent CHWs but as compassionate advocates contributing to the health and well-being of the communities they serve.

COMMUNITY HEALTH WORKER TRAINING PROGRAM

PROGRAM BENEFITS

- **Improved Health Education:** Community health workers are trained to educate individuals and communities about various health issues, leading to increased awareness and understanding of health-related modules.
- **Disease Prevention:** These programs can help in preventing the spread of diseases by promoting vaccination, regular health check-ups, and healthy lifestyle choices.
- **Community Outreach:** CHW training includes strategies for community mobilization, outreach, and organization, enabling trainees to identify needs and connect people with healthcare resources.



WHAT YOU WILL LEARN?

The program aims to provide training on the duties of Community Health Workers by presenting key community health principles, resources, and skills that align with the role and responsibilities of these healthcare professionals.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Describe the roles, responsibilities, and skills of a community health worker
- Identify, acquire and use available community resources to meet their needs and the client's needs
- Determine the effective communication techniques and provide solutions to barriers of effective communication
- Promote the use of culturally and linguistically appropriate services and resources within organizations with diverse colleagues and community partners
- Observe ethical and legal standards during community outreach activities including the understanding of confidentiality
- Obtain and share up-to-date eligibility requirements and other information about health insurance, public health programs, social services and additional resources to protect and promote health
- Identify the purpose and types of documentation and evaluation used by community health outreach programs
- Practice health promotion and disease prevention teaching or coaching strategies to support healthy behavior change
- Identify various outreach methods to engage individuals and groups in diverse settings
- Demonstrate general awareness of healthy lifestyles and self-care



"Working at the community level promotes healthy living, helps prevent chronic diseases, and brings the greatest health benefits to the greatest number of people in need."
- Centers for Disease Control and Prevention

Modules Covered:

Clock
Hours

1. Introduction and Orientation: Community Health Worker Training	4-5
2. Purpose, Roles, and Benefits of Community Health Workers	4-5
3. Basic Concepts of Health Promotion and Disease Prevention	4-5
4. Barriers to Access/Use of Health Care	4-5
5. Cultural Health Beliefs and Practices	4-5
6. Community Resources	4-5
7. Effective Communication; Solutions to Communication Barriers	8-10
8. Understanding and Practicing Limitations	8-10
9. Referrals and Links to Services	4-5
10. Health Care Financing	4-5
11. Legal Advocacy	4-5
12. Documentation	4-5
13. Broad Determinants of Health and Public Health	8-10
14. Health Disparities	4-5
15. Cultural Competency	4-5
16. Safety issues; Community Agency Visitation	4-5
17. Individual Presentations: Evaluations and Wrap up	4-5
18. Resume Writing	2

Practicum Hours

40

DOMESTIC VIOLENCE AND SUICIDE PREVENTION PROGRAM

Duration: 72 hours | 2-3 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

Take a stand against domestic violence and promote suicide prevention with THEESEEDS Institute's comprehensive Domestic Violence and Suicide Prevention Curriculum. This standardized and localized program is thoughtfully designed to equip individuals with the knowledge and skills necessary to understand, address, and prevent domestic violence while fostering a supportive environment for suicide prevention and empowerment.

The Domestic Violence and Suicide Prevention Curriculum from THEESEEDS Institute embodies the organization's commitment to fostering a culture of safety, support, and empowerment. Participants emerge not only with knowledge but with practical skills to make a meaningful difference in the lives of those affected by domestic violence and the risk of suicide.



DOMESTIC VIOLENCE AND SUICIDE PREVENTION PROGRAM

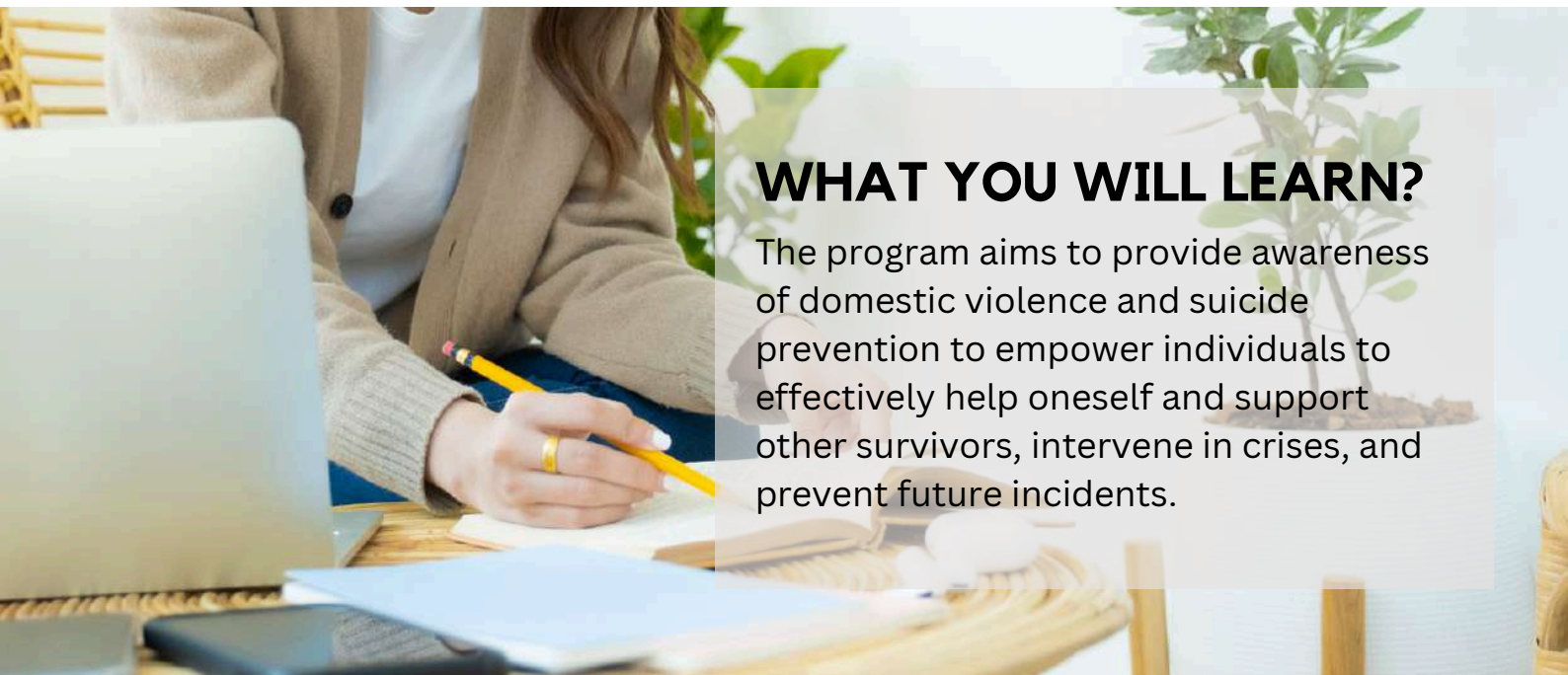
PROGRAM BENEFITS

- **Awareness and Recognition:** Training helps participants recognize the signs and symptoms of domestic violence and suicidal behavior, allowing for early intervention.
- **Safety Planning:** Participants learn how to create safety plans for survivors of domestic violence, offering practical guidance to ensure their safety.
- **Risk Assessment:** Training covers risk assessment for both domestic violence and suicide, allowing participants to identify high-risk situations and respond appropriately.
- **Crisis Intervention:** Program equips participants with the skills to intervene during crises effectively, including how to engage with individuals in immediate danger.



WHAT YOU WILL LEARN?

The program aims to provide awareness of domestic violence and suicide prevention to empower individuals to effectively help oneself and support other survivors, intervene in crises, and prevent future incidents.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Define domestic violence and its risk factors
- Identify the types of domestic violence
- Connect Domestic Violence to increasing Suicide cases
- Determine the warning signs of domestic abuse
- Define suicide and summarize facts about suicide
- Risk and Protective Factors of suicide
- Enumerate strategies and approaches how to prevent suicide
- Determine the ways to work together to Prevent Suicide
- Identify various empowerment for victims/survivors
- Demonstrate the practice of self-care



"Suicide is preventable and everyone has a role to play to save lives and create healthy and strong individuals, families, and communities."
- Centers for Disease Control and Prevention

Modules Covered:

Clock
Hours

1. Introduction to the Course: Domestic Violence and Its Risk Factors	4
2. The Human Mind: Impact of Trauma on Mental Health	4
3. Types of Domestic Violence	4
4. Warning Signs of Domestic Abuse	4
5 Connection of Domestic Violence to Increasing Suicide Cases	4
6 Suicide, Suicide Attempt, and Suicide Ideation	4
7 Risk and Protective Factors of Suicide	4
8 Strategies and Approaches to Prevent Suicide	4
9 Building a Domestic Violence and Suicide Prevention Awareness Campaign	4
10 Engagement and Empowerment to Prevent Suicidal Behavior	4
11 The Practice of Self-care	4
13 Legal Frameworks Surrounding Domestic Violence	4
12 Various Empowerment for Domestic Violence Victims and Suicide Attempt Survivors	4
14 Psychological Impact on Children Witnessing Domestic Violence	4
15 Community Resources for Victims of Domestic Abuse	4
16 Crisis Intervention Techniques	4
17 Long-term Recovery Strategies for Survivors	4
18 Project-Based Activity: In-Depth Analysis & Action Plan	4

WELLNESS DIMENSIONS TRAINING PROGRAM

Duration: 72 hours | 5-6 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

Embark on a transformative journey to holistic well-being with THEESEEDS Institute's Wellness Dimensional Training Curriculum. This standardized and localized program is designed to empower individuals with the knowledge and practical skills needed to enhance various dimensions of wellness, including mental, emotional, and physical well-being.

The curriculum addresses key aspects such as wellness dimensions, self-care strategies, stress management, recognizing signs of depression, and navigating the new realities post-COVID-19.

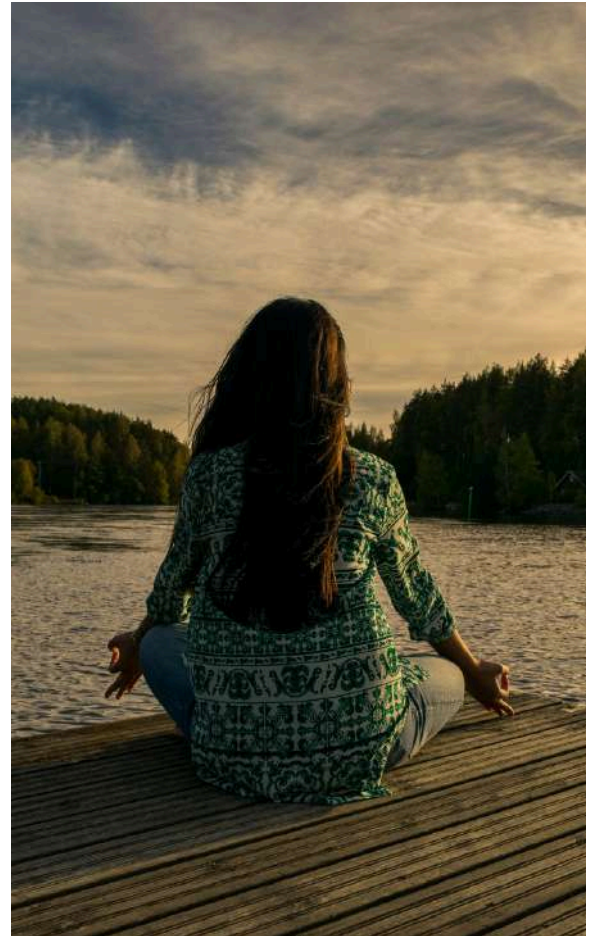
The Wellness Dimensional Training Curriculum from THEESEEDS Institute exemplifies the organization's commitment to fostering holistic well-being. Participants emerge not only with a deep understanding of wellness dimensions but also with practical tools to lead balanced and fulfilling lives in the face of contemporary challenges.



WELLNESS DIMENSIONS TRAINING PROGRAM

PROGRAM BENEFITS

- **Holistic Well-Being:** Training in wellness dimensions can provide a comprehensive understanding of various aspects of well-being, including physical, mental, emotional, social, and spiritual dimensions.
- **Stress Reduction:** Participants can learn techniques to manage and reduce stress in their lives, improving their overall well-being.
- **Goal Setting and Planning:** Training often includes tools and strategies for setting and achieving personal and wellness-related goals.
- **Self-Care:** Participants learn the importance of self-care and practical self-care techniques to prioritize their well-being.



WHAT YOU WILL LEARN?

The program aims to educate students on the wellness dimensions and self-care to improve their behavioral health and holistic well-being.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Define the meaning of wellness
- Identify the eight dimensions of wellness
- Distinguish each dimension of wellness
- Practice self-care for each wellness dimension
- Plan on how to manage stress
- Determine the signs of depression
- Summarize how to rebuild better after the pandemic



"Breathing deeply can improve circulation, decrease anxiety levels and reduce blood pressure."
- University of Michigan

Modules Covered:

Clock
Hours

1. Introduction to the Course; Wellness dimensional training	3-4
2. Human Mind and Wellness Integration: A Framework for Sustainable Mental Health Practices	3-4
3. Emotional & Intellectual Dimension of Wellness	3-4
4. Spiritual Dimension of Wellness	3-4
5. Physical Dimension of Wellness	3-4
6. Environmental Dimension of Wellness	3-4
7. Financial Dimension of Wellness	3-4
8. Occupational Dimension of Wellness	3-4
9. Wellness in Focus: Crafting Dimensional Health Through the Art of Video Editing	3-4
10. Social Dimension of Wellness	3-4
11. Creative and Recreational Wellness	3-4
12. Stress Management and Techniques	3-4
13. Digital Wellness and Media Hygiene	3-4
14. Mindfulness and Stress Management Techniques	3-4
15. Relationship and Communication Skills	3-4
16. Cultural and Community Wellness	3-4
17. Life Purpose and Personal Growth	3-4
18. Project-Based Activity: In-Depth Analysis & Action Plan	3-4

DIRECT SUPPORT PROFESSIONAL TRAINING PROGRAM

Duration: 72 hours | 5-6 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

Embark on a rewarding journey in the field of care and support with THEESEEDS Institute's standardized and localized Direct Support Professional (DSP) Training Curriculum. This comprehensive program is thoughtfully crafted to equip individuals with the essential knowledge and skills required to excel in the role of a DSP. Covering a wide range of modules, from developmental disabilities to human rights and health safety, this curriculum ensures that participants are well-prepared to provide compassionate and effective support.

Students will learn the role of DSP, Developmental Disabilities, Human Rights, Abuse and Neglect Prevention, recognition and Intervention, Human Interaction and Communication, Service Plan Development and Implementation, First Aid and CPR, and Basic Health and Safety.

The Direct Support Professional (DSP) Training Curriculum from THEESEEDS Institute reflects the organization's commitment to providing quality education in the care and support sector. Participants emerge not only with theoretical knowledge but with practical skills and a compassionate approach to enhance the lives of individuals with developmental disabilities.

DIRECT SUPPORT PROFESSIONAL TRAINING PROGRAM

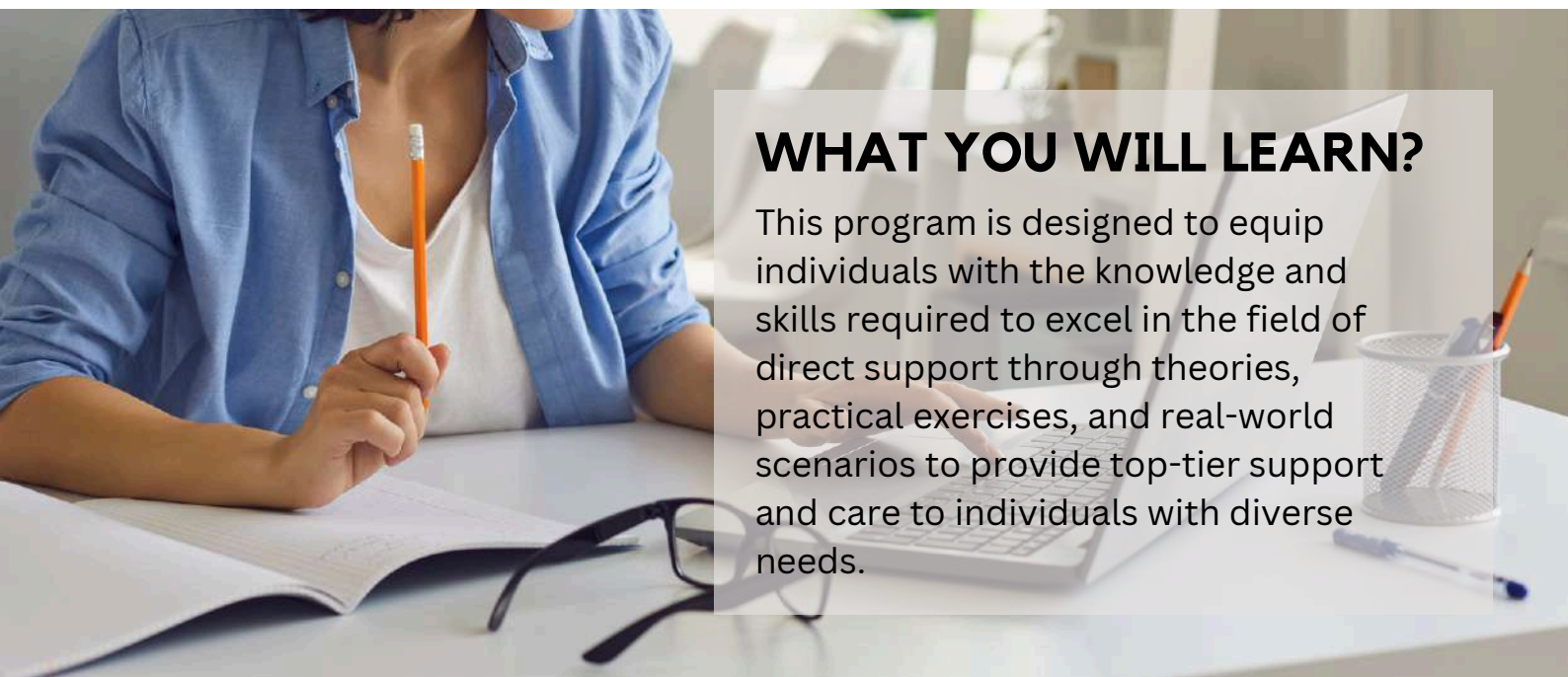
PROGRAM BENEFITS

- **Improved Quality of Care:** The course will empower DSPs to provide person-centered, high-quality care to individuals with disabilities, positively impacting their lives and well-being.
- **Ethical and Professional Practice:** DSPs will understand the importance of ethical and professional practice, ensuring that they provide care that is respectful, responsible, and safe.
- **Crisis Management:** The training will prepare DSPs to handle emergency situations with confidence, ensuring the safety and well-being of the individuals they support.



WHAT YOU WILL LEARN?

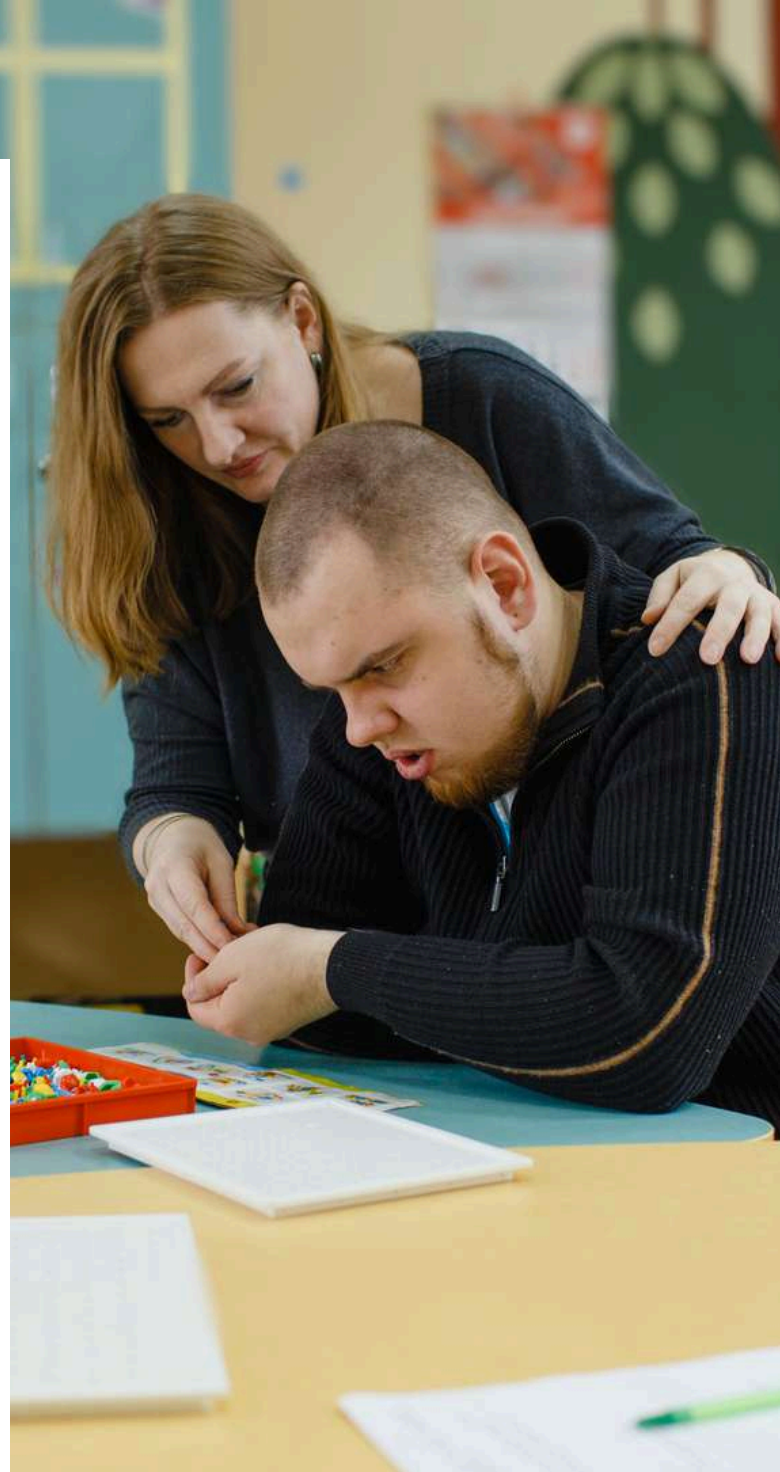
This program is designed to equip individuals with the knowledge and skills required to excel in the field of direct support through theories, practical exercises, and real-world scenarios to provide top-tier support and care to individuals with diverse needs.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Discuss the roles and responsibilities of a Direct Support Professional.
- Identify the Developmental Disabilities
- Determine ways to promote human rights in healthcare.
- Identify abuse and neglect prevention, recognition, and intervention
- Practice human interaction and communication
- Discuss service plan development and implementation
- Demonstrate First Aid and CPR
- Enumerate Basic Health and Safety



*"DSPs are essential to society as they work to enhance the quality of life for those with disabilities and illnesses."
- Norma Dawson*

Modules Covered:

Clock
Hours

1. Understanding the Direct Support Professional	4
2. The Role of Direct Support Professionals	4
3. The Human Mind in Direct support professionals	4
4. Introduction to Developmental Disabilities	4
5. Human Rights & Advocacy	4
6. Abuse and Neglect Prevention, Recognition and Intervention	4
7. Daily Living Support Skills	4
8. A project based: Person-Centered Planning and Support	4
9. Human Interaction and Communication	4
10. Some Causes of Communication Challenges	4
11. Service Plan Development and Implementation	4
12. A Project Based: My Life, My Plan” – Creating a Person-Centered Service Plan	4
13. First Aid and CPR	4
14. Basic Health and Safety	4
15. Environmental And Individual Safety	4
16. Trauma-Informed Care	4
17. Community Integration and Inclusion	4
18. Career Development for DSPs	4

PUBLIC HEALTH DEVELOPMENT STUDIES

Duration: 75 hours | 5 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

Empower yourself to make a lasting impact on women's well-being with THEESEEDS Institute's Public Health Development Studies Course. This transformative program introduces students to a comprehensive spectrum of public health concepts, behavioral sciences, health care administration, medical ethics, and social work. The course is strategically designed to enhance skills and awareness, enabling women to actively contribute to the empowerment of their peers. It particularly focuses on preparing individuals to serve as volunteer helpers and professional counselors in psychosocial, legal, or health sectors, aligning with the principles of participation and inclusivity.

The Public Health Development Studies Course from THEESEEDS Institute is a commitment to fostering a generation of women who are not only informed advocates but also skilled professionals contributing to the holistic well-being and empowerment of women in diverse communities.



PUBLIC HEALTH DEVELOPMENT STUDIES

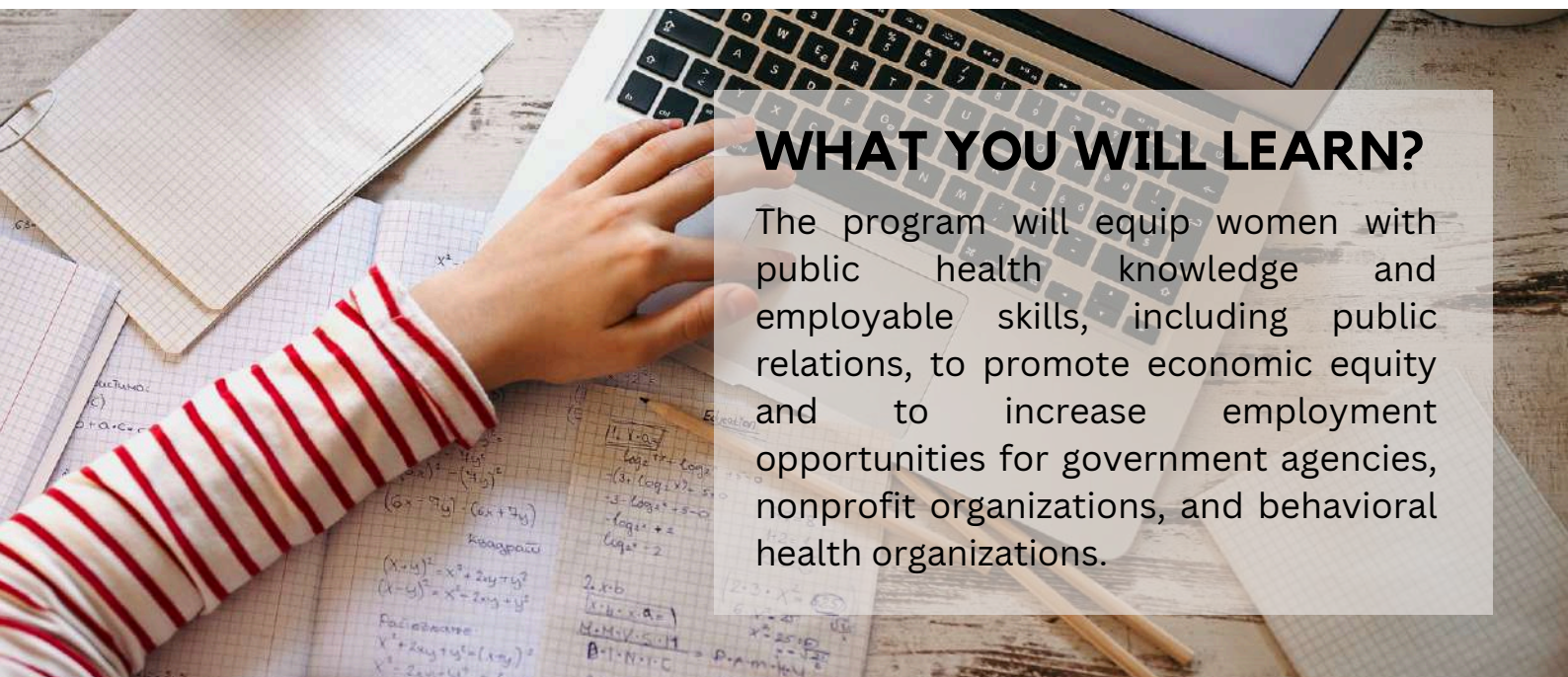
PROGRAM BENEFITS

- **Improved Public Health Knowledge:** Participants in the program gain a deep understanding of public health principles, policies, and practices, equipping them with the knowledge to address various health-related challenges.
- **Health Promotion and Disease Prevention:** This includes strategies for health promotion, disease prevention, and the management of public health issues, contributing to healthier communities.
- **Public Health Advocacy:** Participants are prepared to advocate for public health funding, resources, and policies that benefit the greater good.



WHAT YOU WILL LEARN?

The program will equip women with public health knowledge and employable skills, including public relations, to promote economic equity and to increase employment opportunities for government agencies, nonprofit organizations, and behavioral health organizations.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Demonstrate an understanding of Public Health, Public Health Data, and Communications
- Identify Social and Behavioral Sciences, Health Law, Policy, and Ethics
- Differentiate Noncommunicable Diseases from Communicable Diseases
- Determine Environmental Health and Safety
- Discuss Health Insurance and Healthcare Systems
- Understand Food and Drugs as Public Health Issues
- Differentiate Human Growth and Personality Development
- Distinguish Health Leadership and Management, and Social Policy
- Understand The Future of Public Policy Work and Digital Collaboration
- Compare and Contrast Health Disparities and Health Inequality



"Public health is the science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations, public and private, communities and individuals" - Winslow

Modules Covered:

Clock
Hours

1. Public Health: The Population Health Approach; Evidence-Based Public Health	4
2. Public Health Data and Communications	4
3. Social and Behavioral Sciences and Public Health	4
4. Health Law, Policy, and Ethics	4
5. Noncommunicable Diseases	4
6. Communicable Diseases	4
7. Environmental Health and Safety	4
8. Health Professionals and the Health Workforce; Healthcare Institutions	4
9. Health Insurance and Healthcare Systems	4
10. Public Health Institutions and Systems	4
11. Food and Drugs as Public Health Issues	4
12. From Single Solutions to Systems Thinking - The Future of Population Health	4
13. Human Growth and Personality Development	4
14. Social and Cultural Foundation and Tools for Growth	4
15. Health Leadership and Management, and Social Policy	4
16. Improve Policy's Adoption, Development and Implementation	4
17. The Future of Public Policy Work and Digital Collaboration	4
18. Health Disparities and Health Inequality	4



ANGER MANAGEMENT

Duration: 72 hours | 5-6 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

Navigate the powerful currents of anger with grace and effectiveness through THEESEEDS Institute's Anger Management Mastery Course. This transformative program recognizes anger as a natural emotion but emphasizes the importance of managing it effectively to prevent destructive consequences for individuals and their relationships. Designed to equip participants with comprehensive knowledge, practical skills, and proven strategies, this course is a guide to understanding, controlling, and channeling anger in a healthy and constructive manner.

The Anger Management Mastery Course from THEESEEDS Institute is a transformative journey towards mastering the art of anger management. Participants not only gain valuable insights into their emotional responses but also acquire practical skills to lead a more balanced and harmonious life, enhancing both personal and professional relationships.

ANGER MANAGEMENT

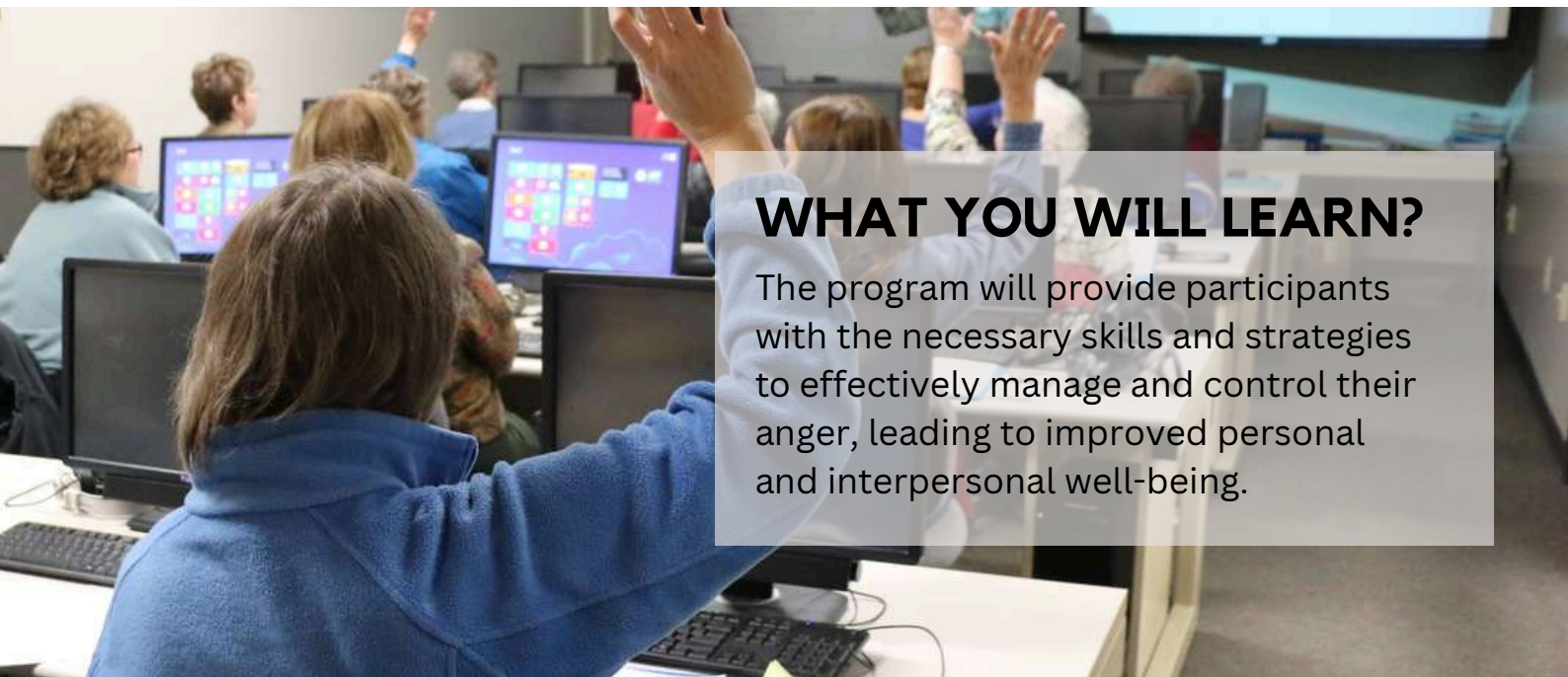
PROGRAM BENEFITS

- **Improved Emotional Regulation:** Participants will learn how to identify and manage their anger effectively, reducing emotional outbursts and impulsivity.
- **Enhanced Self-Awareness:** The program will help individuals understand the underlying causes of their anger, making it easier to control and manage.
- **Healthier Relationships:** Improved communication and conflict resolution skills will lead to healthier and more satisfying personal and professional relationships.



WHAT YOU WILL LEARN?

The program will provide participants with the necessary skills and strategies to effectively manage and control their anger, leading to improved personal and interpersonal well-being.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Explore the psychological and physiological aspects of anger, including its triggers, manifestations, and the impact it has on individuals and those around them.
- Develop self-awareness to recognize early signs of anger and its root causes, enabling participants to address issues before they escalate.
- Learn techniques and exercises to regulate emotions effectively, including deep breathing, mindfulness, and relaxation methods.
- Enhance interpersonal communication skills, with an emphasis on assertive communication and active listening to prevent misunderstandings and conflicts.
- Discover strategies for resolving conflicts in a constructive and non-aggressive manner, fostering healthier relationships with colleagues, friends, and family members.
- Understand the relationship between stress and anger, and acquire stress-reduction techniques to manage daily pressures more effectively.
- Explore how thought patterns contribute to anger and learn cognitive-behavioral techniques to reframe negative thinking.
- Develop empathy and perspective-taking skills to better understand the emotions and viewpoints of others, fostering empathy-driven responses.



"Anger can be suppressed, and then converted or redirected. This happens when you hold in your anger, stop thinking about it, and focus on something positive."
- American Psychological Association

Modules Covered:

Clock
Hours

1. Understanding Anger	4
2. Understanding Human Mind in Anger Management	4
3. Do's and Don'ts	4
4. Gaining Control	4
5. Separate the People from the Problem	4
6. Working on the Problem	4
7. Solving the Problem	4
8. Personal Plan	4
9. Transforming Anger Into Growth: A Project Based	4
10. The Triple A Approach	4
11. Dealing with Angry People	4
12. Presentation: Personal Growth Plan	4
13. Anger Management in Different Contexts	4
14. Pulling it All Together	4
15. Preventing Anger Escalation and Promoting Emotional Regulation	4
16. Anger Management for Workplace Success	4
17. The Future of Anger Management Mastery: Trends and Strategies in a Changing World	4
18. Project-based activity: Promoting Emotional Regulations	4

PSYCHOEDUCATIONAL BEHAVIORAL PROGRAM DECISION MAKING

Duration: 50 hours | 3-4 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

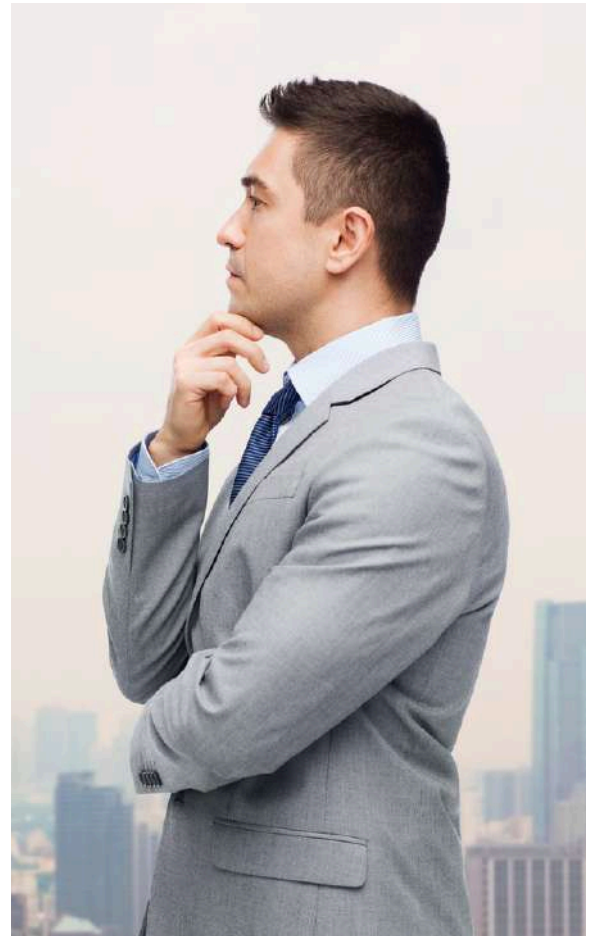
Embark on a captivating exploration of the intricacies of decision-making with THEESEEDS Institute's Behavioral Decision-Making Course. This dynamic program delves into the fascinating intersection of psychology, economics, and neuroscience, offering a comprehensive understanding of how individuals navigate the complexities of decision-making in a multifaceted world. Through a blend of theoretical foundations, practical applications, and real-world case studies, students will acquire profound insights into the factors that shape decision-making processes and the implications of these insights for both individuals and organizations.

The Psychoeducational Behavioral Program from THEESEEDS Institute is a dynamic journey into the science and application of decision-making. Participants emerge not only with a deep understanding of the theoretical underpinnings but also with practical skills to navigate the complexities of decision-making in a variety of personal and professional contexts.

BEHAVIORAL DECISION MAKING

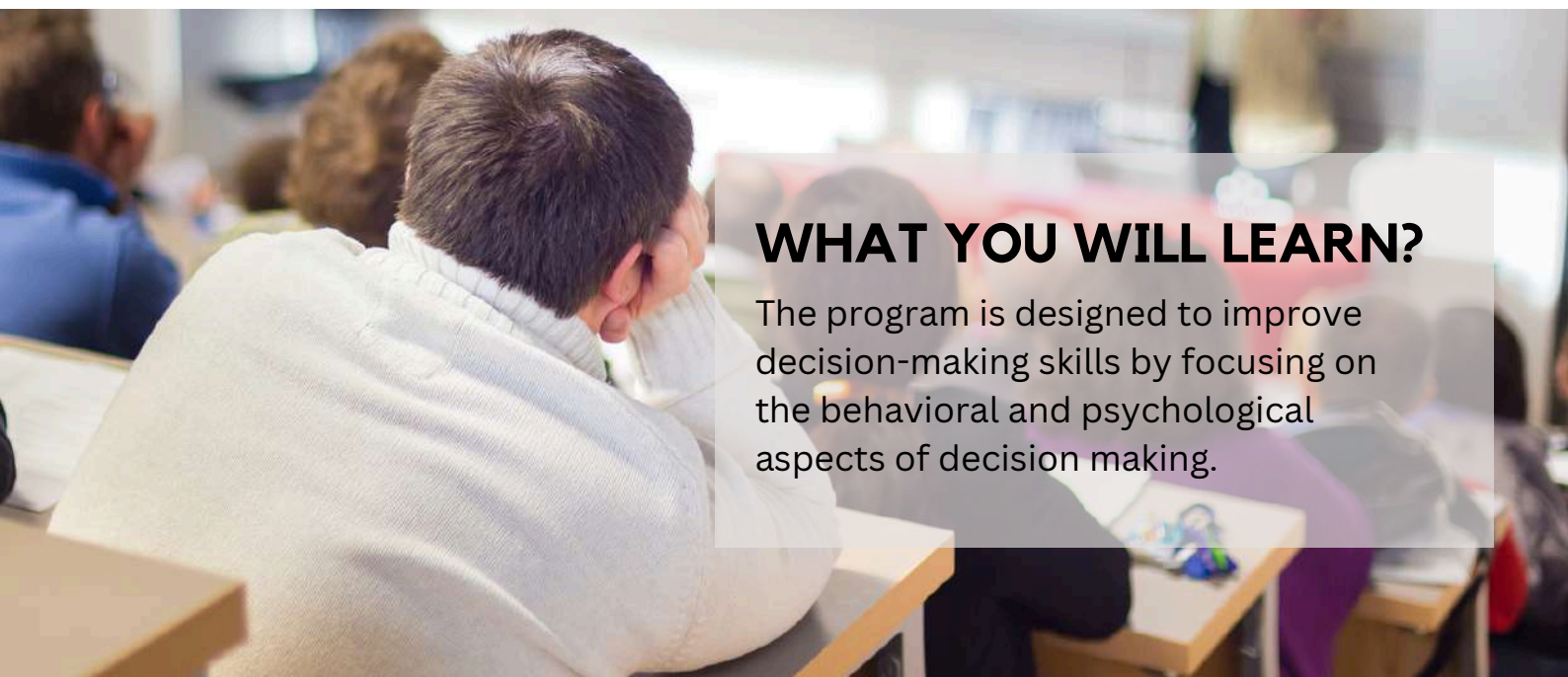
PROGRAM BENEFITS

- **Enhanced Decision-Making Skills:** It provides tools and strategies to make better decisions by considering cognitive biases, emotions, and other factors that can influence choices.
- **Enhanced Problem-Solving:** It includes problem-solving techniques that can be applied to various situations, helping individuals identify and address complex issues more effectively.
- **Higher Quality Outcomes:** Improved decision-making typically results in higher quality outcomes, as individuals are better equipped to select the most appropriate courses of action.



WHAT YOU WILL LEARN?

The program is designed to improve decision-making skills by focusing on the behavioral and psychological aspects of decision making.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Understand the key theories and concepts in Psychoeducational Behavioral Program.
- Analyze how cognitive biases and heuristics affect decision-making.
- Apply Psychoeducational Behavioral Program principles to real-life scenarios.
- Recognize the impact of emotions on decision-making.
- Evaluate the ethical implications of decision-making processes.
- Demonstrate the ability to make more informed and effective decisions.



*"Make decisions when you are calm.
Other emotions may get in the way
of you making the right choice."
- Colorado Family Education,
Resources & Training (CFERT)*

Modules Covered:

Clock
Hours

1. Introduction to Behavioral Decision Making	4
2. Human Mind in Behavioral Decision Making	4
3. Decision-Making Models	4
4. Emotions and Decision Making	4
5. Decision Making in Risky Environments	4
6. Framing and Presentation Effects	4
7. Cultural and Environmental Factors	4
8. Impulse Control and Self-Regulation	4
9. Project Based- Decide Better: Redesigning Real- Life Choices	4
10. Group Decision Making	4
11. Ethical Considerations in Decision Making	4
12. Applications of Behavioral Decision Making	4
13. Becoming a Better Decision Maker	4
14. Accountability and Personal Responsibility	4
15. Behavioral Economics and Nudging	4
16. Neuroscience and Decision Making	4
17. Cognitive Biases and Heuristics	4
18. The Future of Behavioral Decision Making: Integrating Psychology, Technology, and Ethical Considerations"	4

MANAGING ANXIETY AND MENTAL HEALTH

Duration: 72 hours | 5-6 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

Embark on a transformative journey towards mental well-being with THEESEEDS Institute's Managing Anxiety and Promoting Mental Well-Being Course. This dynamic program is meticulously designed to equip students with a comprehensive understanding of anxiety and mental health, offering a blend of theoretical foundations, practical exercises, and discussions. Participants will gain valuable insights into the factors contributing to anxiety and learn evidence-based strategies and techniques for not only managing but also promoting mental well-being.

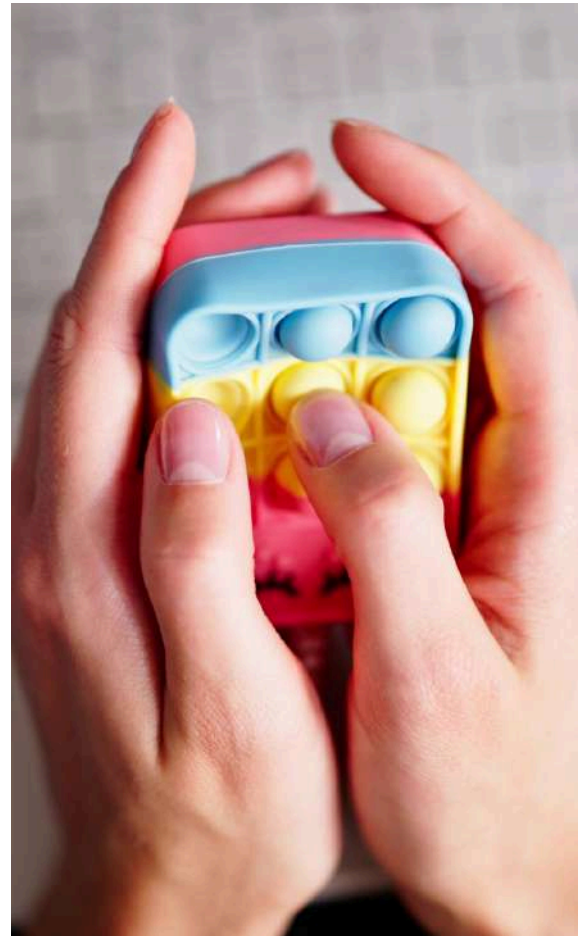
The Managing Anxiety and Promoting Mental Well-Being Course from THEESEEDS Institute is a holistic exploration of mental health, offering participants not only tools for managing anxiety but also a deeper understanding of the factors that contribute to mental well-being. Participants emerge with practical skills to navigate life's challenges and contribute positively to their own mental health and that of their communities.



MANAGING ANXIETY AND MENTAL HEALTH

PROGRAM BENEFITS

- **Reduced Stigma:** This training can help reduce the stigma surrounding mental health issues, making it easier for individuals to seek help and support.
- **Better Coping Skills:** Training equips individuals with effective coping skills to manage stress and anxiety, leading to improved resilience and emotional stability.
- **Empowerment and Self-Efficacy:** Individuals feel more empowered and capable of taking control of their mental health and well-being.



WHAT YOU WILL LEARN?

This program will provide participants with valuable knowledge and skills to understand, cope with, and improve mental health and well-being.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Understand the concept of mental health and its significance.
- Identify common anxiety disorders and their symptoms.
- Recognize the impact of stress and lifestyle factors on mental health.
- Develop coping strategies and resilience.
- Reflect on the importance of managing anxiety and mental health
- Promote self-care and well-being practices.
- Support and communicate effectively with individuals experiencing anxiety and mental health challenges.



"Extensive research has found that mindfulness reduces stress and anxiety. It can also help you to concentrate, relax, and be more productive." - American Psychological Association

Modules Covered:

Clock
Hours

1. Introduction to Mental Health	4
2. Decoding the Human Mind: Strategies for Anxiety and Mental Health	4
3. Understanding Anxiety	4
4. Stress & Its Impact on Mental Health	4
5. Coping Strategies for Anxiety	4
6. Building Resilience	4
7. Lifestyle and Mental Health	4
8. Self-Care and Well-Being Practices	4
9. Lights, Camera, Coping: Creating a Powerful Video on Anxiety and Mental Wellness	4
10. Communication and Support	4
11. Cultural and Social Factors	4
12. Promoting Mental Health in Society	4
13. Positive Psychology and the Science of Happiness	4
14. Maintaining Mental Health in Challenging Times	4
15. Technology, Social Media, and Their Influence on Mental Health	4
16. Creating a Personalized Mental Health Routine for Long-Term Well-Being	4
17. Future Trends in Managing Anxiety and Mental Health: Innovations and Challenges in a Changing World	4
18. Project-Based Activity: In-Depth Analysis & Action Plan	4

MIND CONTROL - MANAGING YOUR MENTAL HEALTH

Duration: 72 hours | 5-6 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

Embark on a transformative journey towards emotional well-being and resilience with THEESEEDS Institute's Mind Control - Managing Your Mental Health Course. This specialized program is designed to immerse students in the principles of mental health management, providing a comprehensive exploration of techniques and strategies for maintaining overall mental fitness. Through a carefully crafted curriculum, participants will delve into various modules related to mental health, learn practical tools for stress management and overcoming negative thought patterns, and ultimately develop a personalized mental health plan for enduring well-being.

The Mind Control - Managing Your Mental Health Course from THEESEEDS Institute is a transformative experience that not only equips participants with practical tools for managing mental health but also fosters a deeper understanding of the resilience-building strategies essential for navigating life's challenges. Participants emerge not only with a certificate but with a strengthened mental well-being that enhances their personal and professional lives.

MIND CONTROL - MANAGING YOUR MENTAL HEALTH

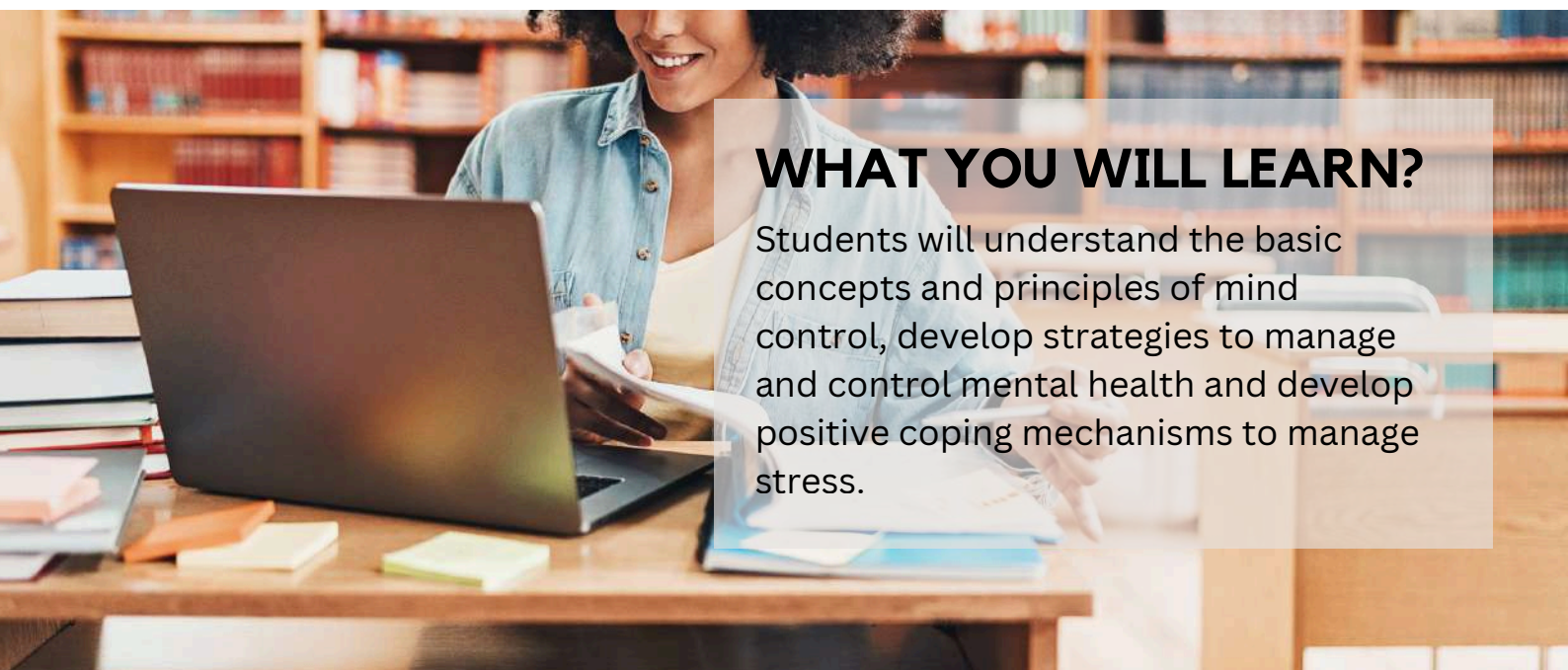
PROGRAM BENEFITS

- **Mindfulness:** It will help participants learn how to become more mindful and aware of their thoughts and feelings. This will help them better understand their mental health and be more in control of their emotions.
- **Mental Health Education:** It will provide participants with the knowledge and resources to better understand their mental health. Participants will learn about different mental health conditions, treatments, and how to better manage their mental health.
- **Stress Management:** Participants will learn how to recognize and address their stress triggers, as well as develop coping strategies for managing stress.



WHAT YOU WILL LEARN?

Students will understand the basic concepts and principles of mind control, develop strategies to manage and control mental health and develop positive coping mechanisms to manage stress.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Understand the importance of mental health and its impact on overall well-being.
- Recognize common signs and symptoms of stress, anxiety, and depression.
- Develop skills to manage stress and regulate emotions effectively.
- Cultivate mindfulness and self-awareness.
- Foster positive relationships and communication for mental well-being.
- Create and implement a personalized mental health action plan.



"People with mental health conditions can be just as productive as other employees, especially when they are able to manage their mental health condition well."
- SAMHSA

Modules Covered:

Clock
Hours

1. Introduction to Mental Health	4
2. The Human Mind In Managing your Mental Health	4
3. Stress Management	4
4. Anxiety and Its Management	4
5. Understanding Depression	4
6. Mindfulness and Self-Awareness	4
7. Positive Relationships and Communication	4
8. Activity: The Mental Filter & Connection Loop	4
9. Personalized Mental Health Action Plan	4
10. Lifestyle and Well-Being	4
11. A Project Based: Design Your Best Life: A Lifestyle & Wellbeing Blueprint	4
12. Seeking Help and Professional Support	4
13. Sustaining Mental Health Beyond the Course	4
14. Social Connection and Loneliness	4
15. Nutrition and Mental Health	4
16. Sleep and Mental Health: Resetting the Mind	4
17. A Project Based: Design Your Personal Sleep-Well Plan	4
18. The Future of Mind Control: Leveraging Technology for Enhanced Mental Health Management	4

MENTAL HEALTH REHABILITATION TECHNICIAN CERTIFICATE

Duration: 72 hours | 5-6 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

Embark on a meaningful career path supporting individuals with mental health challenges on their journey to recovery with THEESEEDS Institute's Mental Health Rehabilitation Technician Certificate Program. This comprehensive and specialized program is meticulously crafted to equip students with the knowledge and skills essential for providing effective support in the field of mental health rehabilitation. Covering diverse aspects, from assessment to ethical considerations, the program integrates classroom instruction, practical training, and hands-on experience to ensure students are well-prepared for fulfilling careers as Mental Health Rehabilitation Technicians.

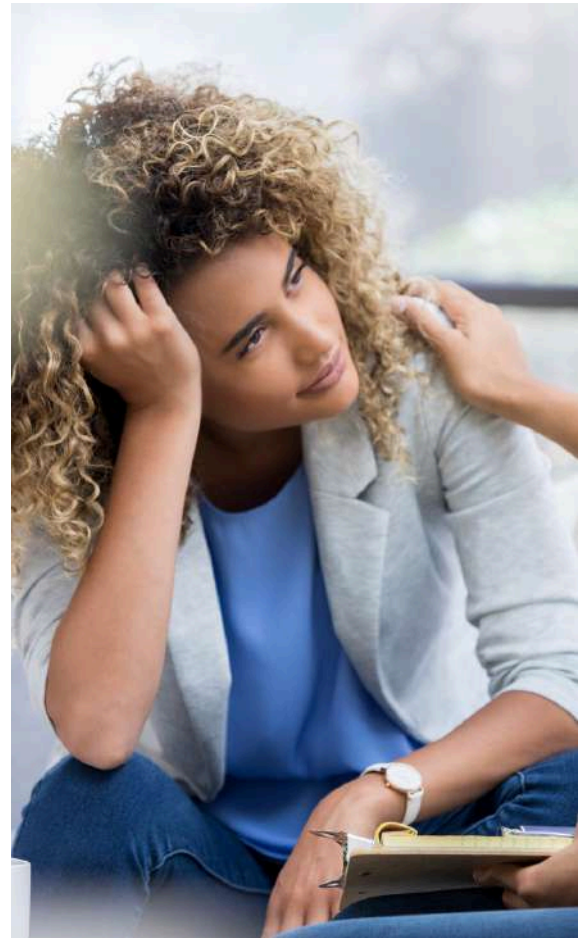
The Mental Health Rehabilitation Technician Certificate Program from THEESEEDS Institute is a transformative educational experience, providing aspiring professionals with the skills and knowledge to make a meaningful impact on the lives of individuals on their journey to mental health recovery. Participants emerge not only with a certificate but with the practical competence and compassion needed for a rewarding career in mental health rehabilitation.



MENTAL HEALTH REHABILITATION TECHNICIAN CERTIFICATE

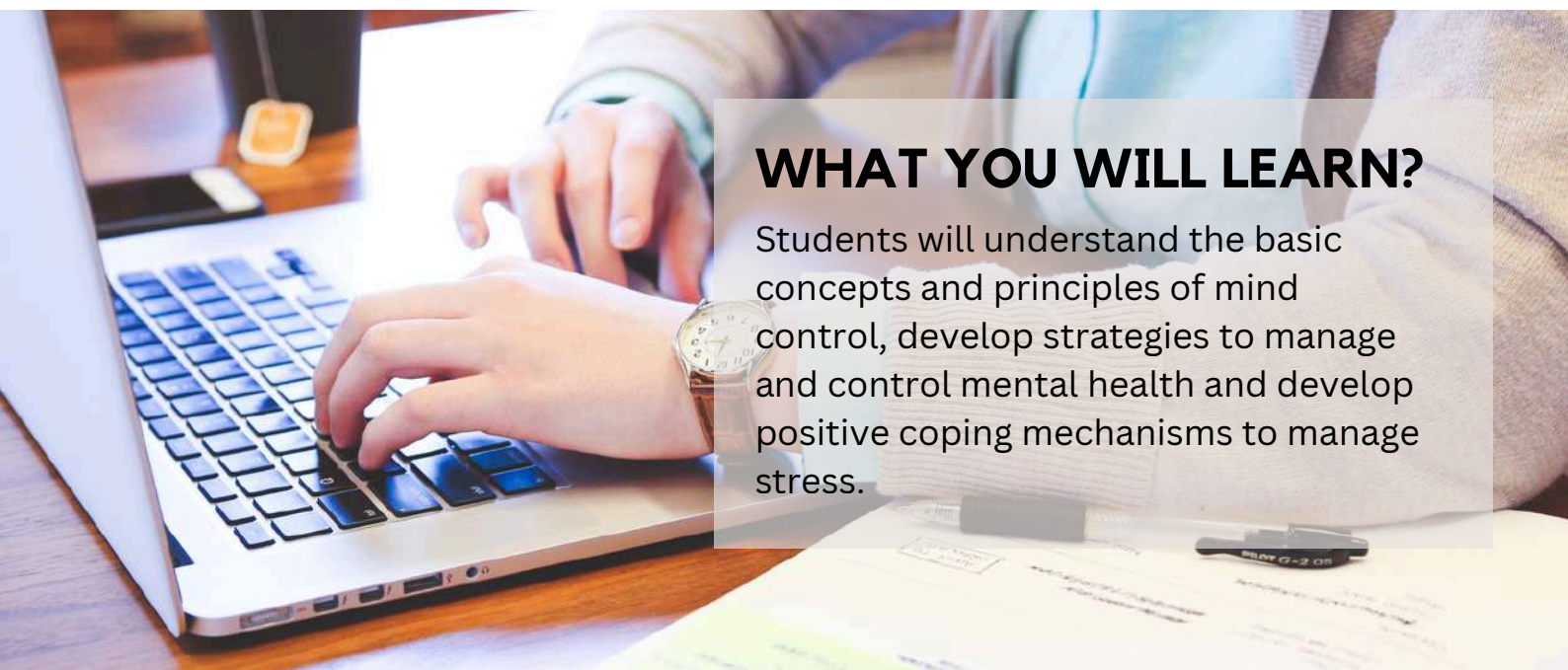
PROGRAM BENEFITS

- **Mental Health Education:** Gain a comprehensive understanding of mental illness and how to provide specialized care
- **Ethical Guidelines:** Understand ethical considerations related to working with individuals with mental illness.
- **Specialized Skills:** Become knowledgeable about the principles and processes of mental health rehabilitation and develop the skills to promote mental health and wellness in individuals with mental illness.



WHAT YOU WILL LEARN?

Students will understand the basic concepts and principles of mind control, develop strategies to manage and control mental health and develop positive coping mechanisms to manage stress.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Understand the principles of mental health rehabilitation.
- Demonstrate effective communication and interpersonal skills.
- Assess the needs and strengths of individuals with mental health challenges.
- Develop and implement individualized treatment plans.
- Utilize evidence-based interventions for mental health recovery.
- Practice ethical standards and maintain professional boundaries when working as mental rehabilitation technician.



*"Mental health technicians play a critical role and are more needed in 2021 than ever before as the rates of diagnosed mental illnesses are on the rise."
- NOW Insurance agency*

Modules Covered:

Clock
Hours

1. Introduction to Mental Health Rehabilitation	4
2. The Human Mind as a Pillar in Mental Health Rehabilitation: Foundations for Professional Practice	4
3. Mental Health Assessment and Diagnosis	4
4. Treatment Planning and Goal Setting	4
5. Communication and Interpersonal Skills	4
6. Therapeutic Interventions	4
7. Medication Management and Side Effects	4
8. Co-Occurring Disorders	4
9. Bringing Mental Health Rehabilitation to Life: A Video Exploration of Key Concepts	4
10. Family and Community Support	4
11. Ethical and Legal Considerations	4
12. Cultural Competence and Diversity	4
13. Trauma-Informed Care	4
14. Psychosocial Rehabilitation	4
15. The Future of Mental Health Rehabilitation Technician Certificate Programs: Preparing for Evolving Mental Health Needs	4
16. Collaboration with Mental Health Professionals	4
17. Preventing Burnout: Self-Care for Mental Health Rehabilitation Technicians (MHRTs)	4
18. Project-Based Activity: In-Depth Analysis & Action Plan	4

PSYCHOEDUCATIONAL BEHAVIORAL HEALTH TECHNICIAN (PBHT)

Duration: 72 hours | 5-6 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

The journey to a rewarding career in behavioral health begins with THEESEEDS Institute Psychoeducational Behavioral Health Technician Program. This comprehensive course is expertly designed to provide individuals with the essential knowledge and skills required to work effectively as Behavioral Health Technicians. Encompassing various facets of behavioral health, from assessment to crisis management and ethical considerations, the program integrates classroom instruction, practical training, and hands-on experience to ensure students are well-prepared to embark on a fulfilling career in the dynamic field of behavioral health.

The Certified Psychoeducational Behavioral Health Technician Program from THEESEEDS Institute is a transformative educational experience, providing aspiring professionals with the skills and knowledge to make a meaningful impact on the behavioral health and well-being of individuals. Participants emerge not only with a certificate but with the practical competence and empathy needed for a rewarding and impactful career in behavioral health.

PSYCHOEDUCATIONAL BEHAVIORAL HEALTH TECHNICIAN (BHT)

PROGRAM BENEFITS

- **Psychoeducational Behavioral Health Education:** Develop an understanding of the relationship between mental health and substance abuse disorders.
- **Ethical Guidelines:** Develop an understanding of legal and ethical standards governing the practice of behavioral health
- **Crisis Management:** Develop skills in crisis intervention and de-escalation



WHAT YOU WILL LEARN?

The program will provide individuals with knowledge and skills in providing basic care to individuals, including monitoring their mental and physical health, assisting with daily living activities, and providing support to individuals and families.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Understand the core principles and concepts of behavioral health.
- Apply evidence-based techniques for assessing and addressing behavioral health issues.
- Effectively communicate and interact with individuals experiencing behavioral health challenges.
- Demonstrate crisis intervention and de-escalation skills.
- Adhere to ethical standards and maintain professional boundaries in behavioral health settings.
- Prepare for the Certified Behavioral Health Technician (CBHT) certification exam.



*"I found that treating the person, talking to the person, seeing the person was the best and most effective way to deliver care."
- Dominique Castro*

Modules Covered:

Clock
Hours

1. Introduction to Behavioral Health	4
2. The Human Mind and Behavior: Foundational Concepts for Behavioral Health Technician	4
3. Assessment and Diagnosis	4
4. Behavioral Health Intervention	4
5. Crisis Intervention and De-Escalation	4
6. Communication and Interpersonal Skills	4
7. Medication Management	4
8. Ethical and Legal Considerations	4
9. Framing Care: The BHT Story Through Video	4
10. Co-Occurring Disorders	4
11. Family and Community Support	4
12. Self-Care and Burnout Prevention for Behavioral Health Technicians	4
13. Technology and Digital Tools in Behavioral Health	4
14. Cultural Competence and Diversity	4
15. Treatment Planning and Goal Setting	4
16. Professional Development and Certification	4
17. The Future of Behavioral Health Technicians: Evolving Roles and Opportunities in Mental Health Care	4
18. Project-Based Activity: In-Depth Analysis & Action Plan	4



MENTAL AND PSYCHOEDUCATIONAL BEHAVIORAL HEALTH WORKER CERTIFICATION

Duration: 72 hours | 3-4 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

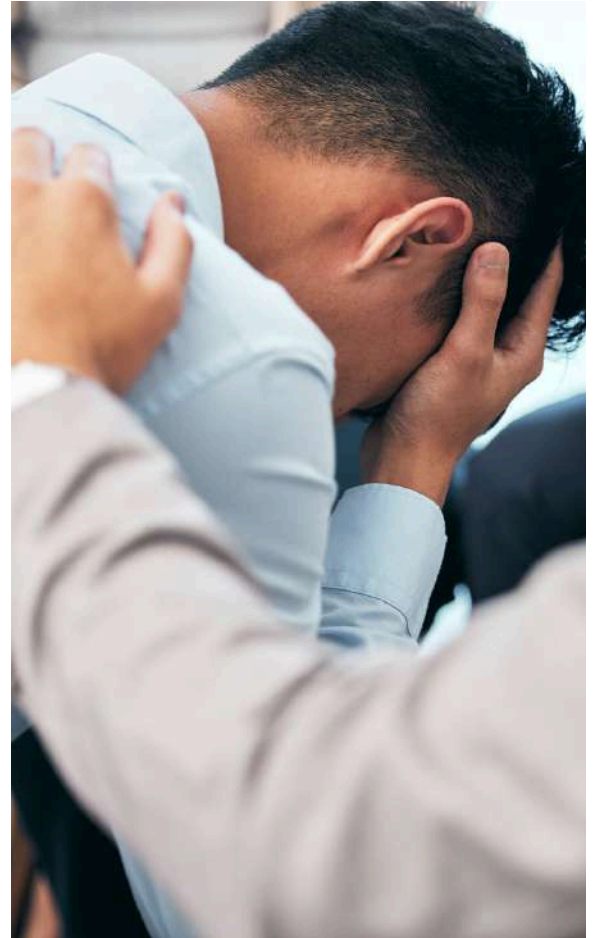
Unlock a fulfilling career in the vital field of mental and Psychoeducational behavioral health with THEESEEDS Institute's Mental and Behavioral Health Worker Certification Program. This comprehensive certification course is thoughtfully designed to empower individuals with the knowledge and skills essential for success as mental and behavioral health professionals. Encompassing diverse aspects, from mental health principles to ethical considerations, the program seamlessly integrates classroom instruction, practical training, and hands-on experience to ensure that students are well-prepared for a rewarding career in the dynamic and impactful field of mental and behavioral health.

The Mental and Psychoeducational Behavioral Health Worker Certification Program from THEESEEDS Institute is an immersive educational journey, providing aspiring professionals with the skills and knowledge to make a meaningful impact on the mental and behavioral well-being of individuals and communities. Participants emerge not only with a certificate but with the practical competence and empathy needed for a rewarding and impactful career in mental and behavioral health.

MENTAL AND PSYCHOEDUCATIONAL BEHAVIORAL HEALTH WORKER CERTIFICATION

PROGRAM BENEFITS

- **Expertise and Knowledge:** You'll be well-prepared to work with individuals struggling with various mental health challenges.
- **Impactful Work:** You can play a crucial role in helping individuals manage their mental health issues and improve their overall well-being.
- **Community Contribution:** Mental and behavioral health workers often serve their communities by providing essential services to those in need.



WHAT YOU WILL LEARN?

The program will provide individuals with the knowledge, skills, and training necessary to work effectively in the field of mental health and behavioral health. solid understanding of mental health conditions, behavioral disorders, and the factors that contribute to them.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Understand the core principles and concepts of mental and behavioral health.
- Apply evidence-based techniques for assessing and addressing mental and behavioral health issues.
- Effectively communicate and interact with individuals experiencing mental and behavioral health challenges.
- Demonstrate crisis intervention and de-escalation skills.
- Adhere to ethical standards and maintain professional boundaries in mental and behavioral health settings.
- Prepare for the Mental and Behavioral Health Worker certification exam.



*"Just because no one else can
heal or do your inner work for you
doesn't mean you can, should, or
need to do it alone."
- Lisa Olivera*

Modules Covered:

Clock
Hours

1. Introduction to Mental and Behavioral Health	4
2. Understanding the Human Mind in Behavioral Health Workers	4
3. Assessment and Diagnosis	4
4. Behavioral Health Interventions	4
5. Crisis Intervention and De-escalation	4
6. Communication and Interpersonal Skills	4
7. Medication Management	4
8. Ethical and Legal Considerations	4
9. From Assessment to Action: Building a Behavioral Health Support Plan (PBL)	4
10. Co-occurring Disorders	4
11. Family and Community Support	4
12. Cultural Competence and Diversity in Behavioral Health	4
13. Trauma-Informed Care in Mental Health	4
14. Recovery-Oriented and Strengths-Based Approaches	4
15. Professional Development and Certification Preparation	4
16. Emerging Trends and Challenges in the Role of Certified Mental and Behavioral Health Workers	4
17. Promoting Holistic Wellness through Peer Advocacy	4
18. Walking in Their Shoes” – Designing a Trauma- Informed Care Plan	4

CORRECTIONAL PSYCHOEDUCATIONAL BEHAVIORAL HEALTH CERTIFICATION (BEHAVIORAL SPECIALTY)

Duration: 72 hours | 3-4 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

Embark on a specialized and impactful career path within correctional facilities with THEESEEDS Institute's Correctional Psychoeducational Behavioral Health Certification (Behavioral Specialty) Program. This comprehensive certification program is meticulously crafted to equip professionals working in correctional settings with specialized knowledge and skills to address the unique behavioral health needs of incarcerated individuals. Covering diverse aspects of behavioral health assessment, intervention, and support within the correctional context, the program seamlessly integrates theoretical foundations, practical training, and hands-on experience to ensure that professionals are well-prepared to navigate the complex and challenging field of correctional behavioral health.

The Correctional Psychoeducational Behavioral Health Certification (Behavioral Specialty) Program from THEESEEDS Institute is a transformative educational experience, providing professionals with the skills and knowledge to make a meaningful impact on the behavioral well-being of incarcerated individuals. Participants emerge not only with a certificate but with the practical competence and empathy needed for a rewarding and impactful career in correctional behavioral health.



CORRECTIONAL PSYCHOEDUCATIONAL BEHAVIORAL HEALTH CERTIFICATION (BEHAVIORAL SPECIALTY)

PROGRAM BENEFITS

- **Specialized Knowledge:** You'll learn how to address the specific needs of incarcerated individuals.
- **Crisis Intervention:** You'll learn crisis intervention techniques that can be valuable in your professional and personal life.
- **Legal and Ethical Understanding:** Gain a strong understanding of the legal and ethical considerations involved in working with incarcerated populations.



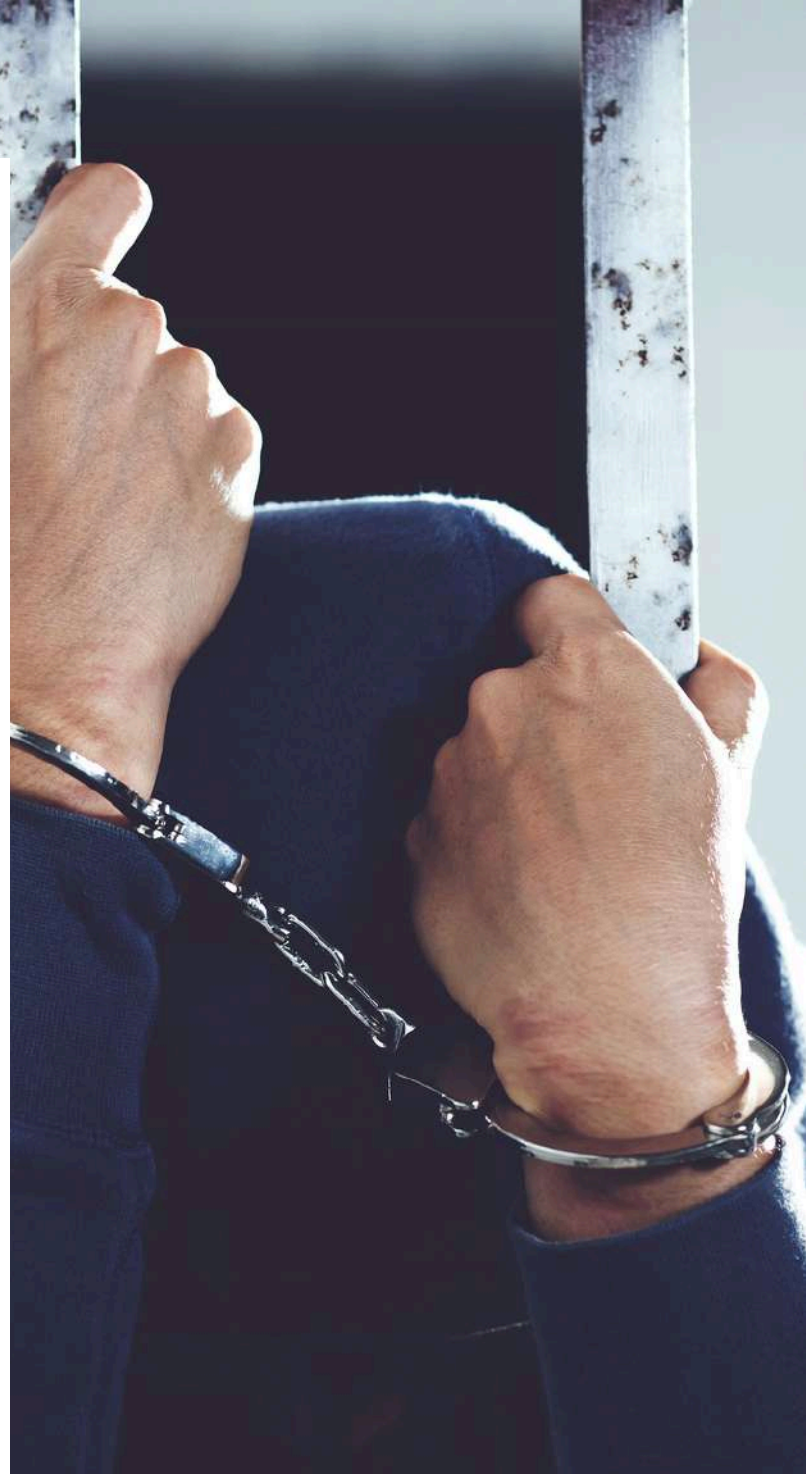
WHAT YOU WILL LEARN?

The program covers a range of modules related to mental health, addiction, and the criminal justice system, with a specific focus on the unique challenges of working within these environments.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Understand the specific behavioral health challenges faced by incarcerated individuals.
- Apply evidence-based assessment and intervention strategies in a correctional setting.
- Develop and implement behavioral health treatment plans tailored to the correctional environment.
- Effectively communicate and collaborate with inmates, correctional staff, and mental health professionals.
- Recognize and address ethical considerations and boundaries in correctional behavioral health.
- Prepare for the Correctional Behavioral Health Certification (Behavioral Specialty) examination.



*"Many justice-involved individuals have pre-existing mental health issues. And some individuals who were considered mentally healthy prior to their arrest develop mental health symptoms once they are in prison."
- Amy Morin*

Modules Covered:

Clock
Hours

1 Introduction to Correctional Behavioral Health	4
2 Neuroplasticity and Behavioral Health	4
3 Behavioral Health Assessment in Correctional Settings	4
4 Evidence-Based Behavioral Health Interventions	4
5 Crisis Intervention and De-Escalation	4
6 Effective Communication and Collaboration	4
7 Medication Management and Psychopharmacology	4
8 Substance Use and Co-Occurring Disorders	4
9 Project Based: Developing a Program Plan	4
10 Special Populations and Cultural Competence	4
11 Ethical Considerations and Boundaries	4
12 Suicide Prevention and Risk Assessment in Correctional Facilities	4
13 Staff Training and Well-being	4
14 Preparation for Certification	4
15 The Evolving Landscape of Correctional Behavioral Health Certification: Innovations and Challenges Ahead	4
16 Professional Development and Continuing Education for CBHC	4
17 Correctional Behavioral Health and its Futures	4
18 Project-Based: Implementing Mindfulness-Based Stress Reduction Programs in Prison	4

SUBSTANCE ABUSE PREVENTION AND TREATMENT

Duration: 72 hours | 3-4 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

Embark on a journey towards combating substance abuse and fostering recovery with THEESEEDS Institute's Substance Abuse Prevention and Treatment Course. This comprehensive course is meticulously designed to provide students with a profound understanding of substance abuse, its prevention, and evidence-based treatment strategies. Covering a spectrum of aspects, from the causes and effects of substance abuse to prevention approaches and recovery modalities, the program seamlessly integrates theoretical foundations, practical exercises, and discussions. Students will acquire the knowledge and skills necessary to address substance abuse issues effectively in individuals and communities, contributing to the well-being and recovery of those affected.

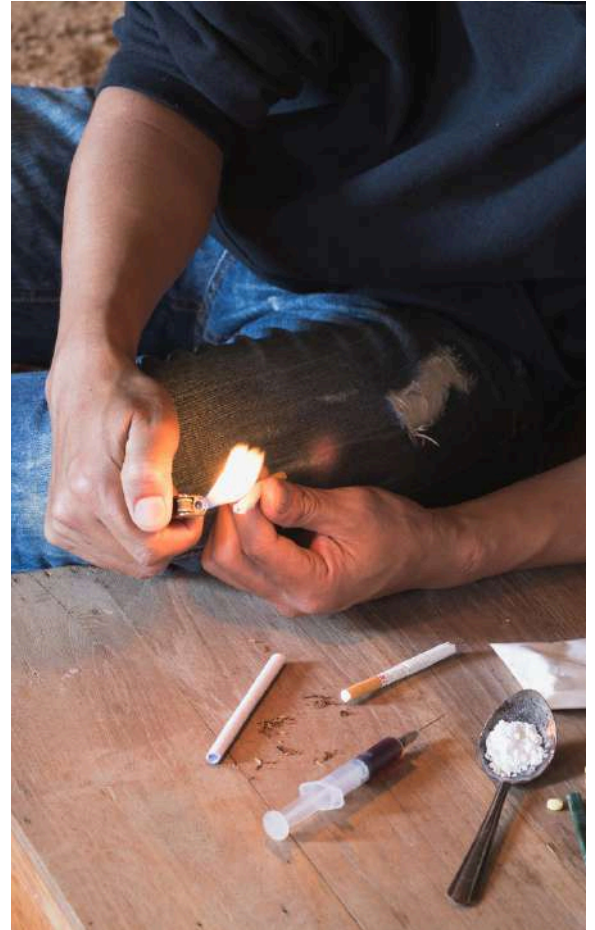
The Substance Abuse Prevention and Treatment Training is more than an educational program; it's a commitment to creating positive change in the lives of individuals affected by substance abuse. Participants emerge not only with a certificate but with the practical competence and empathy needed for a fulfilling career in substance abuse prevention and treatment.



SUBSTANCE ABUSE PREVENTION AND TREATMENT

PROGRAM BENEFITS

- **Expertise in Addiction Science:** This provides a deep understanding of addiction, including the physiological, psychological, and social aspects of substance abuse.
- **Supporting Recovery:** You will play a critical role in supporting individuals on their journey to recovery and sobriety.
- **Crisis Intervention:** Training in this field equips you to handle crisis situations, as individuals dealing with addiction may experience severe emotional and behavioral crises.



WHAT YOU WILL LEARN?

The program will equip participants with the knowledge and skills required to assist individuals struggling with substance use disorders and promote strategies for prevention.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Understand the fundamentals of substance abuse and its impact on individuals and society.
- Recognize the signs and symptoms of different substance use disorders.
- Develop and implement effective substance abuse prevention programs.
- Evaluate evidence-based treatment approaches for various substances.
- Foster cultural competence in substance abuse prevention and treatment.
- Promote recovery and support for individuals with substance use disorders.



"Prevention activities work to educate and support individuals and communities to prevent the use and misuse of drugs and the development of substance use disorders." - SAMHSA

Modules Covered:

Clock
Hours

1. Introduction to Substance Abuse	4
2. Human Mind: Neuropsychological Effects of Substance Abuse	4
3. Types of Substances and Their Effects	4
4. Causes and Risk Factors	4
5. Prevention Strategies	4
6. Screening and Assessment	4
7. Evidence-Based Treatment Modalities	4
8. Relapse Prevention	
9. Project Based: Designing a Public Awareness Campaign on Substance Abuse Prevention	4
10. Cultural Competence in Prevention and Treatment	4
11. Ethical and Legal Considerations	4
12. Recovery and Support	4
13. Policy Implications and Advocacy	4
14. LGBTQ+ and Substance Abuse	4
15. Community-Based Prevention Program	4
16. Substance Abuse in Adolescents	4
17. Innovations and Challenges in the Future of Substance Abuse Prevention and Treatment	4
18. Project-Based: Developing A Treatment Plan for A Hypothetical Patient with Substance Use Disorder	4

ADDICTION RECOVERY

Duration: 72 hours | 5-6 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

Embark on a transformative journey into the realm of addiction recovery with THEESEEDS Institute's Addiction Recovery Course. This comprehensive program is thoughtfully designed to provide students with a profound understanding of addiction, the recovery process, and evidence-based strategies for supporting individuals in overcoming substance use disorders. Covering diverse aspects of addiction recovery, including the stages of change, relapse prevention, treatment modalities, and the crucial role of support networks, the course seamlessly integrates theoretical foundations, practical exercises, and discussions. Students will acquire the knowledge and skills necessary to facilitate successful addiction recovery, making a positive impact on the lives of individuals on the path to healing.

The Addiction Recovery Course from THEESEEDS Institute is not just an educational endeavor; it's a commitment to being a catalyst for positive change in the lives of individuals seeking recovery. Participants emerge not only with a certificate but with the practical competence and empathy needed for a fulfilling and impactful career in addiction recovery support.

ADDICTION RECOVERY

PROGRAM BENEFITS

- **Sobriety and Reduced Relapse:** The primary benefit is helping individuals achieve and maintain sobriety.
- **Improved Mental Health:** Participants learn how to manage their mental health issues, such as depression and anxiety, which often co-occur with addiction.
- **Enhanced Coping Skills:** Recovery training teaches effective coping strategies to deal with stress, triggers, and challenging emotions without turning to substances.



WHAT YOU WILL LEARN?

This course is a comprehensive educational and skill-building program designed to help individuals overcome substance abuse and addiction.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Understand the nature of addiction and its impact on individuals and communities.
- Recognize the stages of change in addiction recovery.
- Identify evidence-based treatment modalities for substance use disorders.
- Develop relapse prevention strategies and recovery plans.
- Promote the importance of support networks and peer recovery.
- Apply ethical and culturally competent principles in addiction recovery.



*"Educating oneself and others about the realities of addiction can help break down stereotypes, promote empathy, and encourage more effective policies and treatments."
- Crest View Recovery Center*



Modules Covered:

Clock
Hours

1. Introduction to Addiction and Recovery	4
2. Understanding the Human Mind in Addiction Recovery	4
3. The Stages of Change	4
4. Evidence-Based Treatment Modalities	4
5. Relapse Prevention	4
6. Support Networks and Peer Recovery	4
7. Co-Occurring Disorders	4
8. Ethical and Cultural Considerations	4
9. Breaking Free: A Project-Based Journey to Addiction Recovery	4
10. Spirituality and Meaning in Recovery	4
11. Recovery-Oriented Systems of Care	4
12. Community Resources	4
13. Rebuilding Relationships	4
14. Identifying Triggers and Managing Cravings	4
15. Life Skills Development for Sustainable Recovery	4
16. Long-Term Recovery Planning	4
17. Innovations and Challenges in the Future of Addiction Recovery Support Services	4
18. Project-Based Activity: In-Depth Analysis & Action Plan	4

DEPRESSIVE DISORDER RECOVERY

Duration: 72 hours | 3-4 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

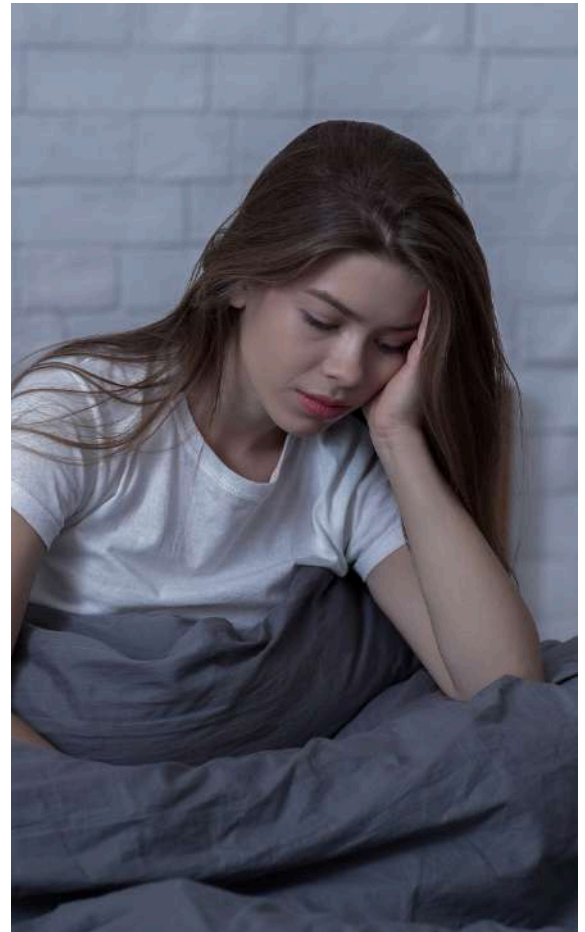
The Depressive Disorder Recovery Course offered by THEESEEDS Institute is a comprehensive and transformative program designed to empower students with the knowledge and skills needed to comprehend, manage, and support individuals navigating depressive disorders. This course goes beyond theoretical understanding, delving into practical strategies and holistic approaches to facilitate the recovery journey. Covering diverse aspects, including causes, symptoms, diagnosis, treatment options, and recovery strategies, this course provides a nuanced and multidimensional understanding of depressive disorders.

The Depressive Disorder Recovery Course from THEESEEDS Institute is not merely an educational journey; it's a commitment to preparing compassionate and knowledgeable professionals who can make a positive impact on the lives of individuals grappling with depressive disorders. Participants emerge with both a certificate and the practical competence to contribute to the well-being and recovery of those they serve.

DEPRESSIVE DISORDER RECOVERY

PROGRAM BENEFITS

- **Symptom Reduction:** One of the primary goals of recovery training is to reduce the severity of depressive symptoms, including persistent sadness, fatigue, and loss of interest in activities.
- **Decreased Relapse Risk:** Learning to recognize early signs of depression and employing relapse prevention strategies can help reduce the risk of recurrent episodes.
- **Enhanced Quality of Life:** Recovery training equips individuals with tools to improve their overall well-being, leading to a higher quality of life.



WHAT YOU WILL LEARN?

This program encompasses a range of therapeutic and educational interventions designed to address and manage depression effectively.



COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- To provide a thorough understanding of depressive disorders, including their types, prevalence, and impact on individuals and society.
- To explore the biological, psychological, and environmental factors contributing to depressive disorders.
- To discuss the diagnostic criteria and assessment tools used in the evaluation of depressive disorders.
- To analyze evidence-based treatment options, including psychotherapy, medication, and alternative therapies.
- To emphasize the importance of self-care and lifestyle changes in promoting recovery.
- To foster empathy and communication skills for supporting individuals with depressive disorders.
- To address the stigma associated with mental health and promote mental health awareness.
- To encourage the development of resilience and coping strategies for individuals with depressive disorders.



*"Depression can happen to anyone. People who have lived through abuse, severe losses or other stressful events are more likely to develop depression."
- World Health Organization*

Modules Covered:

Clock
Hours

1. Introduction to Depressive Disorders	4
2. The Human Mind: In Depressive Disorders	4
3. Causes and Risk Factors	4
4. Diagnosis and Assessment	4
5. Treatment Approaches	4
6. Holistic Recovery	4
7. Creative Expression and Art Therapy	4
8. Support and Communication	4
9. Overcoming Stigma and Promoting Awareness	4
10. Building Resilience and Coping Strategies	4
11. Case Studies and Practical Application	4
12. Medication Management	4
13. Nutrition and Mental Health	4
14. Sleep and Mental Health	4
15. Support Networks and Resources	4
16. Long-Term Recovery and Maintenance	4
17. The Future of Depressive Disorder Recovery: Emerging Trends and Innovations	4
18. Technology and Mental Health	4

OBSESSIVE-COMPULSIVE DISORDER (OCD) AND ANXIETY

Duration: 72 hours | 5-6 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

The Obsessive-Compulsive Disorder (OCD) and Anxiety Disorders Course offered by THEESEEDS Institute is a comprehensive and enlightening program designed to provide students with a profound understanding of these mental health conditions. This course not only explores the causes and symptoms of OCD and anxiety disorders but also delves into evidence-based treatment strategies. Emphasizing practical skills for managing anxiety and OCD, the course also addresses the ethical considerations inherent in the treatment and support of individuals experiencing these disorders.

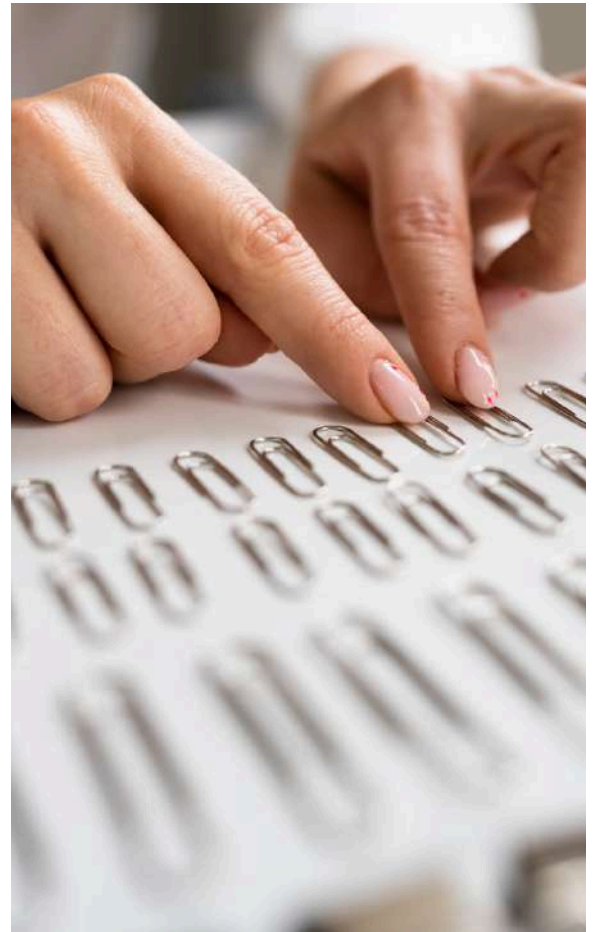
The Obsessive-Compulsive Disorder (OCD) and Anxiety Disorders Course from THEESEEDS Institute is a commitment to preparing compassionate and knowledgeable professionals who can make a positive impact on the lives of individuals dealing with these mental health challenges. Participants emerge not only with a certificate but also with practical competence to contribute to the well-being and recovery of those they serve.



OBSESSIVE-COMPULSIVE DISORDER (OCD) AND ANXIETY

PROGRAM BENEFITS

- **Symptom Management:** One of the primary benefits is effectively managing and reducing the severity of OCD and anxiety symptoms, which can significantly improve an individual's quality of life.
- **Enhanced Coping Skills:** Participants learn valuable coping mechanisms to handle distressing thoughts, obsessions, and anxiety-provoking situations without resorting to compulsive behaviors.
- **Improved Relationships:** Training can help individuals communicate their challenges with loved ones and reduce the strain these conditions may have on relationships.



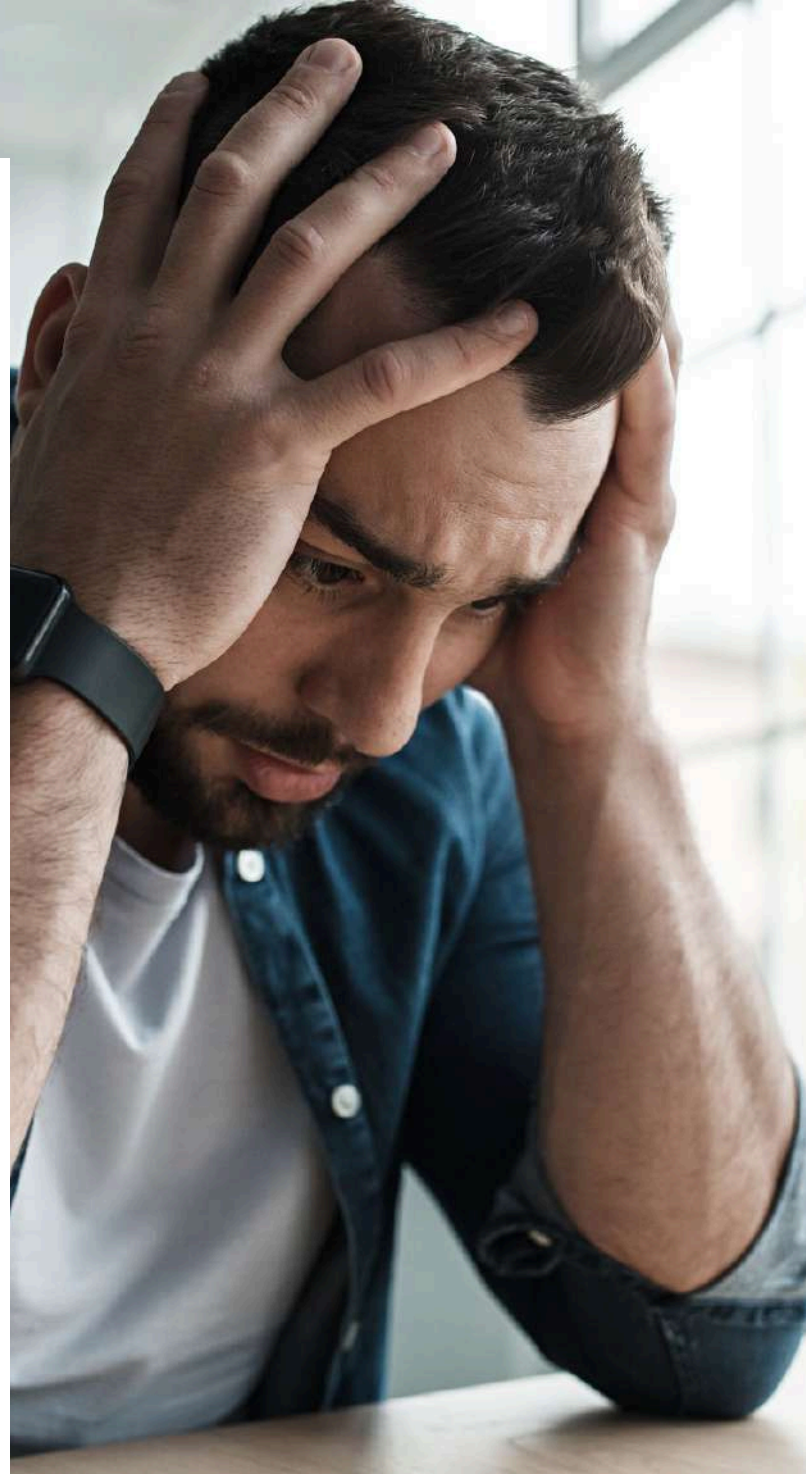
WHAT YOU WILL LEARN?

The program encompasses a range of therapeutic approaches and strategies to help individuals manage and overcome obsessive-compulsive disorder and various anxiety disorders.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- To provide an in-depth understanding of OCD and various anxiety disorders.
- To explore the causes, risk factors, and comorbidities associated with OCD and anxiety.
- To introduce evidence-based assessment tools and diagnostic criteria for OCD and anxiety disorders.
- To analyze contemporary treatment approaches, including psychotherapy, medication, and alternative therapies.
- To teach practical skills for managing anxiety and OCD symptoms.
- To discuss the ethical considerations and stigma associated with these disorders.
- To encourage empathy and effective communication in supporting individuals with OCD and anxiety disorders.



*"Anxiety disorders increase the risk for depression and substance use disorders as well as the risk of suicidal thoughts and behaviors."
- World Health Organization*

Modules Covered:

Clock
Hours

1. Introduction to OCD and Anxiety Disorders	4
2. The Human Mind and Its Complex Interplay with OCD and Anxiety	4
3. Causes and Risk Factors	4
4. Diagnosis and Assessment	4
5. Treatment Approaches	4
6. Practical Skills for Managing Anxiety and OCD	4
7. Ethical Considerations and Stigma Reduction	4
8. Support Systems and Communication	4
9. Understanding OCD and Anxiety Disorders: A Comprehensive Guide Through Video Presentation	4
10. Emerging Trends and Future Directions	4
11. Case Studies and Practical Application	4
12. Childhood OCD and Anxiety	4
13. Resilience and Coping Strategies	4
14. Impact of Lifestyle and Environmental Factors on OCD and Anxiety	4
15. Cultural Perspectives on OCD and Anxiety	4
16. Course Conclusion and Next Steps	4
17. The Future of OCD and Anxiety: Emerging Trends, Therapies, and Innovations	4
18. Project-Based Activity: In-Depth Analysis & Action Plan	4

FOCUS DEPRESSION RECOVERY

Duration: 72 hours | 5-6 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

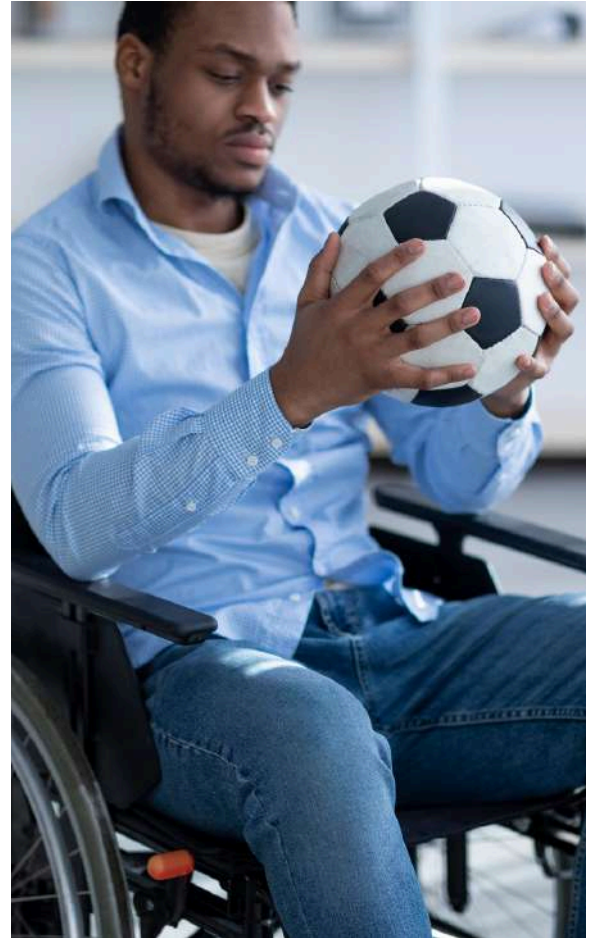
The Focus Depression Recovery Course by THEESEEDS Institute is a specialized and transformative program meticulously designed to equip students with comprehensive knowledge and practical skills for understanding, managing, and supporting individuals with focus-related depressive disorders. This course takes a holistic approach, addressing not only the mental but also the cognitive aspects of depression recovery. Participants will gain insights into the intricacies of focus-related depressive disorders, learning evidence-based strategies to facilitate recovery and foster a holistic sense of well-being.

The Focus Depression Recovery Course from THEESEEDS Institute is a commitment to preparing compassionate and knowledgeable professionals who can make a positive impact on the lives of individuals dealing with focus-related depressive disorders. Participants emerge not only with a certificate but with practical competence to contribute to the well-being and cognitive recovery of those they serve.

FOCUS DEPRESSION RECOVERY

PROGRAM BENEFITS

- **Improved Resilience:** Learning coping mechanisms and self-care practices can enhance personal resilience and emotional strength.
- **Reduced Stigma:** Education about depression can contribute to reducing the stigma associated with mental health conditions, promoting more open and supportive conversations.
- **Potential Career Enhancement:** For those in healthcare or counseling fields, this type of training could be valuable in assisting clients with depression.



WHAT YOU WILL LEARN?

The program will provide individuals with the knowledge, skills, and strategies to help themselves or others recover from depression and improve mental well-being.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- To provide an in-depth understanding of focus-related depressive disorders, including their types, causes, and symptoms.
- To explore the impact of focus-related depression on an individual's daily life, work, and relationships.
- To introduce assessment tools and diagnostic criteria for identifying focus-related depressive disorders.
- To analyze evidence-based treatment options, including cognitive-behavioral therapies and medication.
- To teach practical techniques for improving focus and cognitive functioning in individuals with depression.
- To emphasize the importance of self-care, stress management, and lifestyle changes in promoting focus and recovery.
- To encourage empathy and communication skills for supporting individuals with focus-related depression.
- To address the stigma associated with mental health and promote mental health awareness specific to focus-related depressive disorders.



*"Depression results from a complex interaction of social, psychological, and biological factors."
- World Health Organization*



Modules Covered:

Clock
Hours

1. Introduction to Focus-Related Depressive Disorders	4
2. The Human Mind and Its Role in Depression Recovery	4
3. Causes and Risk Factors	4
4. Diagnosis and Assessment	4
5. Treatment Approaches	4
6. Cognitive Enhancement Techniques	4
7. Lifestyle Changes and Self-Care	4
8. Support and Communication	4
9. Unlocking Focus: A Project-Based Video Journey to Overcoming Depression Through Video Editing	4
10. Stigma Reduction and Mental Health Advocacy	4
11. Case Studies and Practical Application	4
12. Building a Supportive Environment for Recovery	4
13. Mindfulness and Meditation Practices for Focus and Emotional Balance	4
14. Medication Management	4
15. Social Support Networks in Focus Depression Recovery	4
16. Long-Term Recovery and Maintenance	4
17. The Future of Focus Depression Recovery: Emerging Trends and Innovations	4
18. Project-Based Activity: In-Depth Analysis & Action Plan	4

TRAUMA RECOVERY (POST-TRAUMA STRESS DISORDER)

Duration: 72 hours | 3-4 weeks

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

The Trauma Recovery course offered by THEESEEDS Institute is an in-depth and transformative program designed to equip students with a comprehensive understanding of trauma, its effects, and evidence-based approaches to recovery and healing, with a specific focus on Post-Traumatic Stress Disorder (PTSD). This course goes beyond theoretical knowledge, providing practical tools and strategies for supporting individuals on their journey to recovery from trauma.

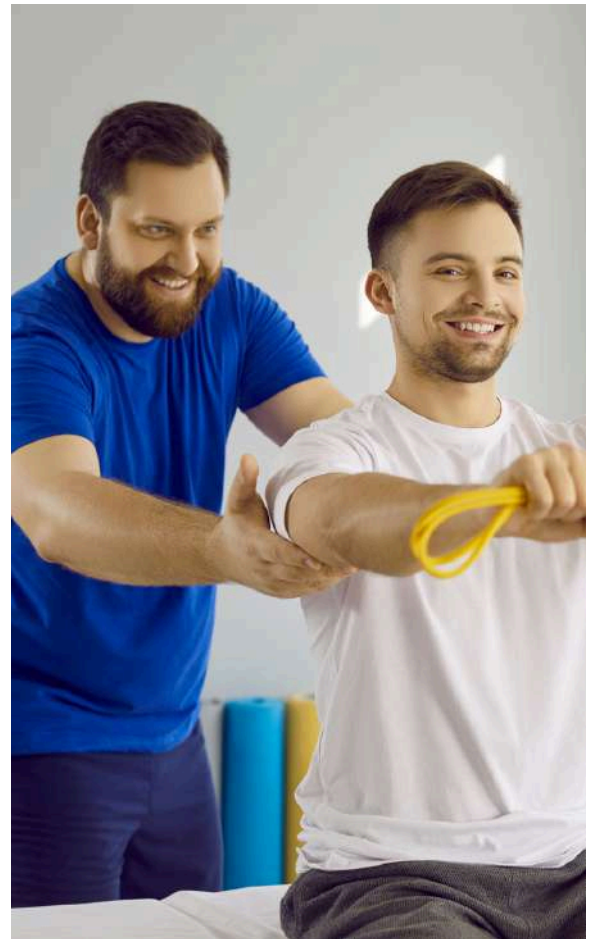
The Trauma Recovery course from THEESEEDS Institute is not just an educational program; it's a commitment to preparing compassionate and knowledgeable professionals who can make a positive impact on the lives of individuals recovering from trauma. Participants emerge not only with a certificate but with practical competence to contribute to the well-being and recovery of those they serve.



TRAUMA RECOVERY (POST-TRAUMA STRESS DISORDER)

PROGRAM BENEFITS

- **Expertise in Trauma:** Gain a deep understanding of trauma, particularly in the context of PTSD, allowing you to work effectively with trauma survivors.
- **Career Opportunities:** For mental health professionals, such training can open up career opportunities in counseling, therapy, and trauma-focused roles.
- **Personal Healing:** For individuals who have experienced trauma, training can provide valuable insights into their own healing process.



WHAT YOU WILL LEARN?

The program is designed to help individuals, including mental health professionals, better understand and address the effects of trauma, specifically post-traumatic stress disorder (PTSD).

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- To gain a deep understanding of trauma and its impact on individuals.
- To explore the diagnostic criteria, assessment, and prevalence of Post-Traumatic Stress Disorder (PTSD).
- To analyze the biological, psychological, and social factors contributing to trauma and PTSD.
- To examine evidence-based treatment approaches, including psychotherapy, medication, and alternative therapies.
- To teach practical coping strategies and resilience-building techniques for individuals with PTSD.
- To emphasize the importance of trauma-informed care and cultural sensitivity.
- To foster empathy and effective communication skills for supporting trauma survivors.
- To address the stigma associated with trauma and mental health, promoting awareness and advocacy.



"PTSD results from innate biological and physiological mechanisms. It is not the result of moral failing or weakness in character."
- VA San Diego Healthcare System



Modules Covered:

Clock
Hours

1.Introduction to Trauma and PTSD	4
2.Psychological Impact of Trauma on Cognitive Functions	4
3.Causes and Risk Factors	4
4.Diagnosis and Assessment	4
5.Treatment Approaches	4
6.Coping Strategies and Resilience	4
7.Trauma-Informed Care and Cultural Sensitivity	4
8.Support Systems and Communication	4
9.Visual Healing: Empowering PTSD Recovery Through Video Creation	4
10. Stigma Reduction and Mental Health Advocacy	4
11. Case Studies and Practical Application	4
12. Lifestyle Factors and Cognitive Health	4
13. Mindfulness and Cognitive Training	4
14. Long-Term Recovery and Maintenance	4
15. Innovations in Integrated Care: The Future of Recovery for OCD & Anxiety with Trauma (PTSD)	4
16. Neurobiology of Trauma: Understanding Brain Changes Post-Trauma	4
17. Pharmacological Intervention in PTSD Treatment	4
18. Project-Based: Creating a Comprehensive Treatment Plan for a Hypothetical Patient with PTSD	4

ALZHEIMER'S DISEASE AND RELATED DEMENTIAS (ADRD)

Duration: 72 hours | 4-5 weeks

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

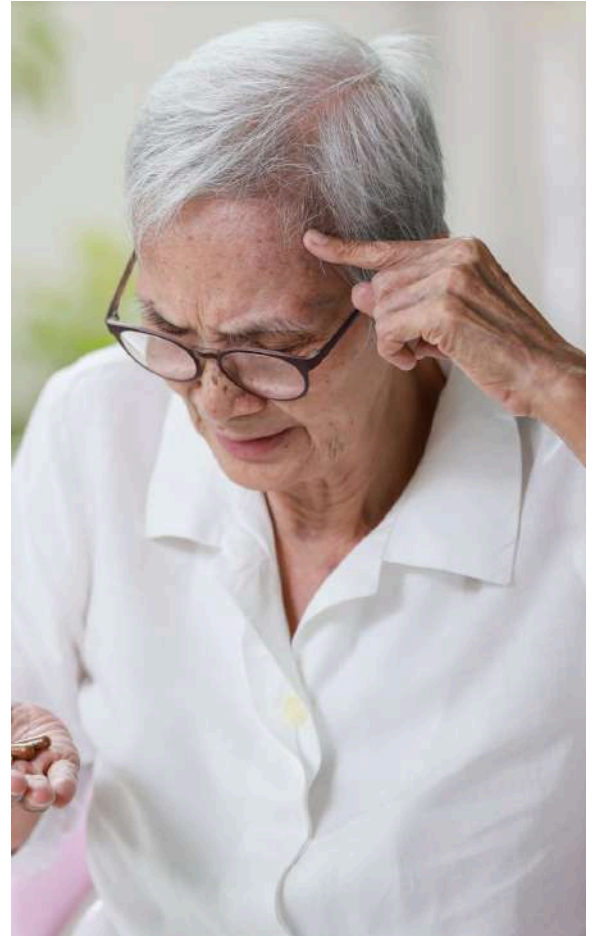
Embark on a transformative journey into the world of dementia care with THEESEEDS Institute's Comprehensive Dementia Care Course. This program is meticulously designed to equip participants with the knowledge and skills needed to comprehend Alzheimer's disease and related illnesses while providing high-quality and compassionate care. Covering various forms of dementia, behavioral challenges, diagnostic procedures, therapeutic interventions, and the intricacies of managing a dementia care unit, this course goes beyond theoretical understanding to offer practical strategies for effective care delivery.

The Comprehensive Dementia Care Course from THEESEEDS Institute is not merely an educational journey; it's a commitment to preparing compassionate and knowledgeable professionals who can make a positive impact on the lives of individuals and families affected by dementia. Participants emerge not only with a certificate but with practical competence to contribute to the well-being and quality of life of those they serve.

ALZHEIMER'S DISEASE AND RELATED DEMENTIAS (ADRD)

PROGRAM BENEFITS

- **Expertise in Dementia Care:** Gain a deep understanding of dementia, its subtypes, and effective care strategies.
- **Career Opportunities:** This training can open doors to careers in geriatric care, nursing, psychology, and other related fields.
- **Personal Caregiving Skills:** For family members and caregivers, training equips you with the knowledge and skills to provide better care to your loved ones.



WHAT YOU WILL LEARN?

The program is designed to educate individuals, caregivers, and healthcare professionals about the complex and challenging conditions associated with Alzheimer's and other forms of dementia.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Demonstrate knowledge of Alzheimer's disease and related disorders, to include symptoms and stages of the disease process, genetics, treatment, and current research,
- Familiarize stress management for caregivers,
- Identify the role of diversity in dementia care,
- Differentiate mild cognitive impairment and other causes for memory loss,
- Discuss personal care communication,
- Determine the characteristics of Alzheimer's caregivers,
- Interpret treatments for Alzheimer's disease,
- Explain the significance of ADRDTP,
- Analyze ethical issues surrounding the care and treatment of people with Alzheimer's disease; and
- Write a comprehensive resume.



"Alzheimer's is not a normal part of aging. Alzheimer's disease is an irreversible degeneration of the brain that causes disruptions in memory, cognition, personality, and other functions that eventually lead to death from complete brain failure."
- Alzheimer's Disease Research

Modules Covered:

Clock
Hours

1. Introduction to Alzheimer's Disease and Related Dementia	4
2. Mild Cognitive Impairment, Other Causes for Memory Loss	4
3. Early signs and indicators of dementia; Testing, Diagnosing, and Preventing Alzheimer's	4
4. Understanding Early-Stage Dementia	4
5. Understanding Middle-Stage Dementia	4
6. Understanding Late-Stage Dementia	4
7. Value of Early Diagnosis and Related Treatment/Management Pathways	4
8. Alzheimer's Disease Behaviors and Alternative Treatments	4
9. Disparities in Dementia Risk, Personal Care and Communication	4
10. Alzheimer's Disease Caregivers and Stress management for caregivers	4
11. Ethical issues surrounding the care and treatment of people with Alzheimer's disease	4
12. Other Challenging Behavioral Issues	4
13. Dementia's Effect on Activities of Daily Living	4
14. Exercise, Physical Activity, and Dementia	4
15. Activities for People with Dementia	4
16. Dementia Care In and Out of the Home	4
17. Role of Diversity in Dementia Care	4
18. Resume Writing	4

DISABILITY AWARENESS AND INCLUSION TRAINING

Duration: 72 hours | 1 week

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

Begin a transformative learning experience with our Disability Awareness and Inclusion Training Program. This specialized program is designed to enlighten participants on the diverse facets of disabilities, instill an inclusive mindset, and provide practical tools for fostering environments that celebrate and support individuals of all abilities. By the end of this program, participants will not only possess a deep understanding of disability issues but also be equipped with practical skills and a renewed commitment to promoting inclusivity.

This comprehensive four-day Disability Awareness and Inclusion Training Program is designed to equip participants with a profound understanding of disability issues, foster an inclusive mindset, and provide practical tools for creating accessible and supportive environments. The course explores the various dimensions of disability, emphasizing the importance of empathy, communication, and allyship in promoting a diverse and inclusive society.

DISABILITY AWARENESS AND INCLUSION TRAINING

PROGRAM BENEFITS

- **Understanding Disability:** Delve into a comprehensive exploration of disabilities, encompassing visible and invisible conditions.
- **Inclusive Mindset Development:** Nurture an inclusive mindset that transcends stereotypes and embraces diversity.
- **Practical Tools for Inclusive Environments:** Acquire hands-on skills and strategies to create accessible and supportive spaces.



WHAT YOU WILL LEARN?

By the end of this program, participants will not only possess a deep understanding of disability issues but also be equipped with practical skills and a renewed commitment to promoting inclusivity.

COURSE OBJECTIVES:

During or by the end of this course, the student will be able to:

- Explore the medical and social models of disability, distinguish between visible and invisible disabilities, and recognize the diversity within the disabled community.
- Examine relevant laws and regulations, such as the Americans with Disabilities Act (ADA) and the UN Convention on the Rights of Persons with Disabilities, and understand the social implications of disability.
- Develop effective communication skills, navigate person-first and identity-first language, and learn to adapt communication styles to meet the diverse needs of individuals with disabilities.
- Explore the business case for diversity and inclusion, delve into creating an inclusive workplace culture, and understand the importance of reasonable accommodations.
- Learn strategies for supporting individuals with mental health conditions and embracing neurodiversity in the workplace.



"The study found that companies that improved their inclusion of persons with disabilities were four times more likely to have total shareholder returns that outperformed those of their peer group."
- Bureau of Internet Accessibility, Inc



Modules Covered:

Clock
Hours

1. Introduction to Disability Awareness and its Legal and Social Context	4
2. Cognitive Psychology and Disability Awareness and Inclusion	4
3. Communication and Language	4
4. "Workplace Inclusion, Empathy and Allyship"	4
5. "Diversity, Inclusion, and Equity"	4
6. Mental Health Awareness	4
7. Cross-Cultural Communication Strategies	4
8. Project- Based: Project Mental Health Awareness	4
9. Legal Frameworks for Disability Rights	4
10. Emotional Intelligence in Professional Settings	4
11. Strategies for Effective Team Collaboration	4
12. Implementing Diversity Training Programs	4
13. Advocacy for Marginalized Communities	4
14. Conflict Resolution Diverse Teams	4
15. Leadership Skills for Inclusive Environments	4
16. Inclusive Education Practices	4
17. "Technology and Accessibility, and Innovations"	4
18. Project-Based: Developing Accessible Digital Content	4



THEESEEDS ELECTIVE TRAINING COURSES

The THEESEEDS Elective Series provides accessible, focused continuing education on specific clinical and professional development topics. Each elective is 12 CEUs and may be taken independently or as a supplement to any core training program. Elective courses are available to all practitioners, regardless of whether they are enrolled in a core course.

Elective courses are ideal for practitioners who need targeted CEU hours in specific CPRS domains for renewal or who want to deepen competency in a specific practice area without committing to a full 72-CEU course.

BREAKING THE CYCLE: CRISIS RESPONSE IN DOMESTIC VIOLENCE AND SUICIDE PREVENTION

CEU Hours: 12 CEUs

Domain Hours:

- Advocacy: 3 hrs
- Ethical Responsibility: 3 hrs
- Mentoring/Education: 3 hrs
- Recovery/Wellness: 3 hrs

Prerequisites: None



COURSE DESCRIPTION

A focused, skills-based course in crisis recognition and response for domestic violence and suicide presentations. Covers lethality assessment, safety planning, trauma-informed crisis communication, and mandatory reporting requirements in Maryland.

PROGRAM BENEFITS

Enhances participants' ability to identify and respond to crisis situations, strengthen trauma-informed intervention skills, promote safety and recovery, and improve coordination of support services for individuals and families at risk.

COURSE OBJECTIVES

Recognize and respond to domestic violence and suicide risk using trauma-informed, ethical, and recovery-oriented approaches; provide psychoeducation and supportive interventions; advocate for safety and access to services; and coordinate referrals and collaborative care for individuals and families in crisis.

Modules Covered:

**Clock
Hours**

- | | |
|--|---|
| 1. Global Insights and Evidence-Based Foundations | 3 |
| 2. Evidence-Based Interventions and Integration | 3 |
| 3. Systemic Application and Public Health Strategies | 3 |
| 4. Reflection, Outcomes, and Future Trends | 3 |

PATHWAYS TO RECOVERY: BUILDING MENTAL HEALTH REHABILITATION COMPETENCIES

CEU Hours: 12 CEUs

Domain Hours:

- Advocacy: 2 hrs
- Ethical Responsibility: 2 hrs
- Mentoring/Education: 4 hrs
- Recovery/Wellness: 4 hrs

Prerequisites: None



COURSE DESCRIPTION

An introduction to mental health rehabilitation principles and competencies, covering recovery-oriented practice, person-centered goal-setting, skill-building facilitation, and community integration strategies aligned with PRP-M standards.

PROGRAM BENEFITS

Strengthens understanding of trauma and its impact, enhances trauma-informed care and ethical practice skills, and equips participants to support recovery, resilience, and advocacy within behavioral health and care systems.

COURSE OBJECTIVES

Explain trauma's impact on functioning; identify trauma indicators and responses; apply trauma-informed care; demonstrate ethical practice; use mentoring and psychoeducation for recovery; apply advocacy in trauma-informed systems; and integrate resilience-focused, recovery-oriented approaches.

Modules Covered:

**Clock
Hours**

1. Global Insights and Evidence-Based Foundations	3
2. Evidence-Based Interventions and Integration	3
3. Systemic Application and Public Health Strategies	3
4. Reflection, Outcomes, and Future Trends	3

BUILDING HEALTHIER SYSTEMS: ADVANCING PUBLIC MENTAL HEALTH AND COMMUNITY DEVELOPMENT

CEU Hours: 12 CEUs

Domain Hours:

- Advocacy: 4 hrs
- Ethical Responsibility: 2 hrs
- Mentoring/Education: 4 hrs
- Recovery/Wellness: 2 hrs

Prerequisites: None



COURSE DESCRIPTION

A systems-level introduction to public mental health and community development principles, including social determinants of health, community needs assessment, health equity, and the role of behavioral health practitioners in population-level change.

PROGRAM BENEFITS

Enhances understanding of public mental health and community systems, strengthens skills in evidence-based and ethical community practice, and supports the development of advocacy, prevention, and recovery-oriented approaches to improve population well-being and access to care.

COURSE OBJECTIVES

Explain public mental health and community development concepts; identify social determinants of behavioral health; apply evidence-based community strategies; demonstrate ethical responsibility in population-level work; develop mentoring and educational approaches for wellness; utilize advocacy for equitable access to services; and integrate recovery-oriented and prevention frameworks into public health practice.

Modules Covered:

**Clock
Hours**

1. Global Insights and Evidence-Based Foundations	3
2. Evidence-Based Interventions and Integration	3
3. Systemic Application and Public Health Strategies	3
4. Reflection, Outcomes, and Future Trends	3

CALM UNDER PRESSURE: EMOTIONAL REGULATION AND ANGER MANAGEMENT STRATEGIES FOR PRACTICE

CEU Hours: 12 CEUs

Domain Hours:

- Advocacy: 1 hrs
- Ethical Responsibility: 2 hrs
- Mentoring/Education: 4 hrs
- Recovery/Wellness: 6 hrs

Prerequisites: None



COURSE DESCRIPTION

Focused training in emotional regulation and anger management strategies applicable in clinical and community practice. Covers trigger identification, de-escalation language, cognitive restructuring, and crisis prevention tools for practitioners working with individuals presenting with anger dysregulation.

PROGRAM BENEFITS

Improves emotional awareness and regulation skills, strengthens conflict de-escalation and communication abilities, and supports ethical, recovery-focused approaches to managing anger and stress.

COURSE OBJECTIVES

Identify anger triggers and behavioral patterns; explain psychological and physiological stress responses; apply anger management and emotional regulation techniques; demonstrate ethical responsibility in conflict situations; use de-escalation communication strategies; apply psychoeducation for emotional wellness; and integrate recovery-oriented self-management practices.

Modules Covered:

**Clock
Hours**

1. Global Insights and Evidence-Based Foundations	3
2. Evidence-Based Interventions and Integration	3
3. Systemic Application and Public Health Strategies	3
4. Reflection, Outcomes, and Future Trends	3

CHOICES THAT MATTER: STRENGTHENING BEHAVIORAL DECISION-MAKING IN CLINICAL AND COMMUNITY PRACTICE

CEU Hours: 12 CEUs

Domain Hours:

- Advocacy: 2 hrs
- Ethical Responsibility: 4 hrs
- Mentoring/Education: 3 hrs
- Recovery/Wellness: 3 hrs

Prerequisites: None



COURSE DESCRIPTION

An applied course in supporting values-aligned behavioral decision-making with clients. Covers behavioral decision theory, motivational approaches, consequential thinking frameworks, and psychoeducational strategies for helping clients build more deliberate and constructive behavioral choices.

PROGRAM BENEFITS

Builds skills in ethical and structured decision-making, strengthens assessment and reasoning abilities, and enhances the use of advocacy and recovery-oriented approaches in behavioral health practice.

COURSE OBJECTIVES

Explain behavioral decision-making theories; apply structured decision-making models; assess risk and protective factors; demonstrate ethical reasoning; use mentoring for informed choices; integrate advocacy principles; and apply recovery-oriented thinking in practice.

Modules Covered:

**Clock
Hours**

1. Global Insights and Evidence-Based Foundations	3
2. Evidence-Based Interventions and Integration	3
3. Systemic Application and Public Health Strategies	3
4. Reflection, Outcomes, and Future Trends	3

QUIET THE MIND: ANXIETY MANAGEMENT AND MENTAL WELLNESS STRATEGIES FOR RECOVERY SUPPORT

CEU Hours: 12 CEUs

Domain Hours:

- Advocacy: 1 hrs
- Ethical Responsibility: 2 hrs
- Mentoring/Education: 3 hrs
- Recovery/Wellness: 6 hrs

Prerequisites: None



COURSE DESCRIPTION

Targeted training in anxiety management strategies for use in recovery support and peer specialist contexts. Covers anxiety psychoeducation, mindfulness-based approaches, relaxation techniques, and the relationship between anxiety and substance use and trauma.

PROGRAM BENEFITS

Builds understanding of anxiety and its mechanisms, strengthens practical coping and support skills, and enhances the ability to provide ethical, recovery-focused, and accessible mental health interventions.

COURSE OBJECTIVES

Identify anxiety signs, symptoms, and triggers; explain physiological and psychological anxiety responses; apply evidence-based coping strategies; demonstrate ethical support practices; use mentoring and psychoeducation for mental wellness; integrate advocacy for access to services; and apply recovery-oriented approaches to anxiety management.

Modules Covered:

**Clock
Hours**

1. Global Insights and Evidence-Based Foundations	3
2. Evidence-Based Interventions and Integration	3
3. Systemic Application and Public Health Strategies	3
4. Reflection, Outcomes, and Future Trends	3

MASTERING MENTAL CLARITY: EMOTIONAL REGULATION AND COGNITIVE SELF- MANAGEMENT FOR WELLNESS AND RECOVERY

CEU Hours: 12 CEUs

Domain Hours:

- Advocacy: 1 hrs
- Ethical Responsibility: 2 hrs
- Mentoring/Education: 3 hrs
- Recovery/Wellness: 6 hrs

Prerequisites: None



COURSE DESCRIPTION

A practical course in emotional regulation and cognitive self-management strategies for wellness and recovery. Covers cognitive self-monitoring, thought pattern identification, emotion regulation tools, and the integration of self-management practices into daily life and professional recovery support.

PROGRAM BENEFITS

Strengthens understanding of cognitive and emotional processes, enhances practical regulation and support skills, and promotes ethical, recovery-oriented approaches to improve mental clarity, self-management, and access to behavioral health resources.

COURSE OBJECTIVES

Explain cognition, emotion, and behavior in mental health; identify cognitive distortions and emotional dysregulation; apply cognitive and emotional regulation strategies; demonstrate ethical support for affected individuals; use mentoring and psychoeducation for self-regulation; apply advocacy for access to services; and integrate recovery-oriented self-management practices.

Modules Covered:

**Clock
Hours**

1. Global Insights and Evidence-Based Foundations	3
2. Evidence-Based Interventions and Integration	3
3. Systemic Application and Public Health Strategies	3
4. Reflection, Outcomes, and Future Trends	3

FROM TRAUMA TO STRENGTH: TRAUMA-INFORMED RECOVERY AND RESILIENCE BUILDING PRACTICES

CEU Hours: 12 CEUs

Domain Hours:

- Advocacy: 2 hrs
- Ethical Responsibility: 2 hrs
- Mentoring/Education: 2 hrs
- Recovery/Wellness: 6 hrs

Prerequisites: None



COURSE DESCRIPTION

An introduction to trauma-informed care principles and resilience-building practices for recovery support practitioners. Covers the impact of trauma on behavioral health, trauma-informed communication, ACEs awareness, resilience theory, and strength-based approaches applicable in community and peer practice settings.

PROGRAM BENEFITS

Builds competence in trauma-informed practice, strengthens ethical and advocacy skills, and enhances the ability to support recovery, resilience, and effective care systems for trauma-affected individuals.

COURSE OBJECTIVES

Explain trauma’s impact on functioning; identify trauma signs and responses; apply trauma-informed care; demonstrate ethical practice; use mentoring and psychoeducation for recovery; apply advocacy in care systems; and integrate resilience- and recovery-focused approaches.

Modules Covered:

**Clock
Hours**

- 3
- 3
- 3
- 3

EQUITY IN ACTION: DISABILITY AWARENESS, INCLUSION, AND ACCESSIBLE BEHAVIORAL HEALTH PRACTICE

CEU Hours: 12 CEUs

Domain Hours:

- Advocacy: 4 hrs
- Ethical Responsibility: 3 hrs
- Mentoring/Education: 3 hrs
- Recovery/Wellness: 2 hrs

Prerequisites: None



COURSE DESCRIPTION

A focused course in disability awareness, inclusive language, ADA compliance, and accessible behavioral health service delivery. Covers disability identity, person-first and identity-first language, reasonable accommodation strategies, and the intersection of disability and behavioral health in community and clinical practice.

PROGRAM BENEFITS

Strengthens inclusive practice skills, enhances understanding of disability and accessibility, and promotes ethical, person-centered, and recovery-oriented approaches that improve equity and access to services.

COURSE OBJECTIVES

Explain disability from social, medical, and rights-based perspectives; identify accessibility barriers; apply inclusive communication strategies; demonstrate ethical support for persons with disabilities; use mentoring and education to promote inclusion; apply advocacy for equitable access; and integrate person-centered, recovery-oriented care.

Modules Covered:

**Clock
Hours**

1. Global Insights and Evidence-Based Foundations	3
2. Evidence-Based Interventions and Integration	3
3. Systemic Application and Public Health Strategies	3
4. Reflection, Outcomes, and Future Trends	3



TRAUMA RECOVERY INFORMED CARE (TRC)

12-Month Monthly Training Program · 16 CEUs Per Month · 192 Annual CEUs

The Trauma Recovery Informed Care program is THEESEEDS Institute's signature year-long continuing education experience. Designed for behavioral health practitioners who want a structured, progressive, and deeply integrated trauma-informed training journey, the TRC program delivers monthly four-week sessions aligned to a different core theme each month — building competency systematically from self-awareness through community leadership over the course of a full year.

Each month consists of four weekly sessions of four hours each, totaling 16 CEUs per month and 192 CEUs for the full year. Practitioners may join the program at any monthly entry point.

JANUARY: BUILDING SELF-AWARENESS: REDISCOVERING IDENTITY BEYOND TRAUMA

This opening module establishes the foundation of the TRC program by guiding practitioners in understanding trauma's impact on personal and professional identity. Participants explore self-awareness as a clinical tool, examine how their own histories influence their practice, and develop the reflective capacity that informs all subsequent trauma-informed skill development.

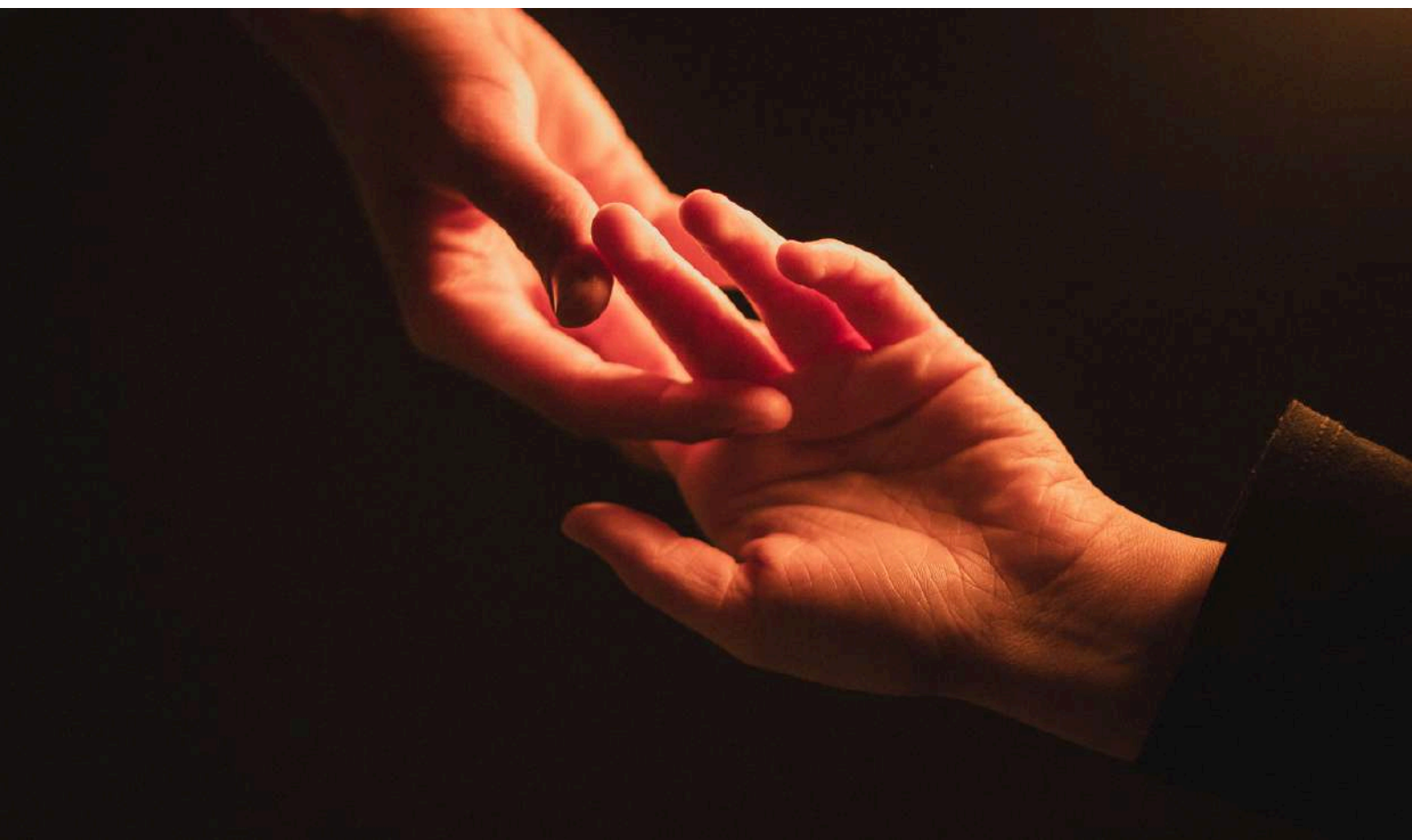


WEEKLY FOCUS:

- Week 1 — The Self in Practice: Trauma Histories and Professional Identity
 - Week 2 — Emotional Awareness and Practitioner Regulation
 - Week 3 — Identity Reconstruction: Tools for Rediscovering Self After Trauma
 - Week 4 — Professional Application: Bringing Self-Awareness Into the Practice Room
-

FEBRUARY: NAVIGATING RELATIONSHIPS: TRUST, ATTACHMENT, AND TRAUMA-INFORMED CONNECTION

This module addresses the relational dimensions of trauma recovery — how trauma disrupts trust, attachment, and connection, and how practitioners can create therapeutic relationships that serve as vehicles for healing. Participants learn trauma-informed engagement strategies applicable across all practice settings.



WEEKLY FOCUS:

- Week 1 — Attachment Theory and Trauma: What Gets Disrupted
 - Week 2 — Building Trust: The Therapeutic Alliance in Trauma-Informed Work
 - Week 3 — Relational Repair: Strategies for Working Through Rupture
 - Week 4 — Practice Application: Trauma-Informed Relationship Skills
-

MARCH: BREAKING GENERATIONAL PATTERNS: HEALING FOR FAMILIES AND COMMUNITIES

This module examines intergenerational and historical trauma — how traumatic patterns are transmitted across generations and within communities — and equips practitioners with the family systems and community healing frameworks that address trauma at its roots.



WEEKLY FOCUS:

- Week 1 — Intergenerational Trauma: Mechanisms and Manifestations
 - Week 2 — Historical and Collective Trauma: Communities and Cultures
 - Week 3 — Family Systems Approaches to Generational Healing
 - Week 4 — Community Healing Frameworks and Practitioner Role
-

APRIL: SPEAK YOUR TRUTH: ADVOCACY BASICS FOR PERSONAL EMPOWERMENT

This module builds advocacy competency by connecting trauma recovery to personal empowerment and the reclaiming of voice. Practitioners learn to support clients in developing self-advocacy skills while building their own professional advocacy capacity.



WEEKLY FOCUS:

- Week 1 — Voice and Agency: Advocacy as a Trauma Recovery Tool
 - Week 2 — Communication and Assertiveness in Trauma Contexts
 - Week 3 — Supporting Client Self-Advocacy in Practice Settings
 - Week 4 — Professional Advocacy: Rights, Systems, and Practitioner Role
-

MAY: COMMUNITY OUTREACH: DESTIGMATIZING TRAUMA THROUGH STORIES

This module uses narrative approaches — including storytelling, testimony, and personal narrative — as both therapeutic tools and community destigmatization strategies. Practitioners learn how to facilitate narrative-based interventions and how to engage communities in trauma-informed conversations.



WEEKLY FOCUS:

- Week 1 — The Healing Power of Story: Narrative Therapy Principles
 - Week 2 — Destigmatizing Mental Health and Trauma Through Community Storytelling
 - Week 3 — Facilitating Story-Based Groups and Community Dialogues
 - Week 4 — Practitioner as Witness: Ethics and Boundaries in Narrative Work
-

JUNE: POLICY AND RIGHTS: ADVOCATING FOR SYSTEMIC CHANGE IN TRAUMA CARE

This module elevates trauma advocacy to a systemic level by analyzing the policies, structures, and institutions that either contribute to or alleviate trauma exposure. It aims to enhance practitioner proficiency in systemic advocacy, policy analysis, and trauma-informed organizational change.



WEEKLY FOCUS:

- Week 1 — Trauma and Public Policy: The Systemic Dimensions
 - Week 2 — Rights-Based Frameworks in Behavioral Health and Trauma Care
 - Week 3 — Trauma-Informed Organizations: Principles and Practice
 - Week 4 — Practitioner as Change Agent: Advocacy Skills and Strategies
-

JULY: TRAUMA-INFORMED EDUCATION: TEACHING SKILLS FOR LIFELONG LEARNING

This module enhances practitioners' psychoeducational facilitation skills—specifically, the capacity to effectively teach trauma-related concepts to clients, families, communities, and professional groups in a manner that is accessible, engaging, and clinically informed.



WEEKLY FOCUS:

- Week 1 — Psychoeducation as a Trauma-Informed Intervention
 - Week 2 — Adult Learning Principles and Trauma-Informed Teaching
 - Week 3 — Facilitating Trauma Education with Diverse Populations
 - Week 4 — Creating and Delivering Effective Trauma Psychoeducation Materials
-

AUGUST: EMPOWERMENT THROUGH KNOWLEDGE: BUILDING PURPOSE AND VISION

This module connects trauma recovery to purpose-building and future visioning — the clinical work of helping clients and communities move from survival to meaning. Practitioners learn strength-based, future-oriented intervention approaches grounded in recovery and resilience research.



WEEKLY FOCUS:

- Week 1 — Resilience Science: What We Know About Recovery from Adversity
 - Week 2 — Strength-Based Practice: From Deficit to Asset Mapping
 - Week 3 — Future Visioning: Goal-Setting and Purpose in Trauma Recovery
 - Week 4 — Practice Application: Empowerment-Based Clinical Strategies
-

SEPTEMBER: MEASURING PROGRESS: TOOLS FOR SELF-ASSESSMENT AND GROWTH

This module addresses outcome measurement and self-assessment in trauma-informed practice — how practitioners track client progress, measure their own professional growth, and use data to improve practice quality. Covers validated assessment instruments, clinical documentation, and reflective practice frameworks.



WEEKLY FOCUS:

- Week 1 — Trauma-Informed Assessment: Instruments and Principles
 - Week 2 — Measuring Client Progress: Outcome Tracking in Clinical Practice
 - Week 3 — Practitioner Self-Assessment: Reflective Practice and Growth Tracking
 - Week 4 — Documentation Standards for Trauma-Informed Services
-

OCTOBER: ETHICAL PRACTICES IN TRAUMA SUPPORT: PROFESSIONAL RESPONSIBILITIES

This module provides an in-depth examination of the ethical dimensions of trauma-informed work — including professional boundaries, dual relationships, confidentiality, mandatory reporting, informed consent, secondary traumatic stress, and the ethics of power in the therapeutic relationship.



WEEKLY FOCUS:

- Week 1 — Core Ethics in Trauma-Informed Practice
 - Week 2 — Boundaries, Dual Relationships, and Power Dynamics
 - Week 3 — Confidentiality, Mandatory Reporting, and Informed Consent in Trauma Work
 - Week 4 — Secondary Traumatic Stress and the Ethics of Self-Care
-

NOVEMBER: SUSTAINABLE PROGRAM DESIGN: CREATING LASTING COMMUNITY IMPACT

This module equips practitioners with the program development and community design skills needed to create sustainable, trauma-informed programs and services within their organizations and communities. Covers program planning, implementation, funding literacy, and evaluation frameworks.



WEEKLY FOCUS:

- Week 1 — Principles of Trauma-Informed Program Design
 - Week 2 — Community Assessment and Stakeholder Engagement
 - Week 3 — Implementation Planning: From Concept to Delivery
 - Week 4 — Program Evaluation and Sustainability Strategies
-

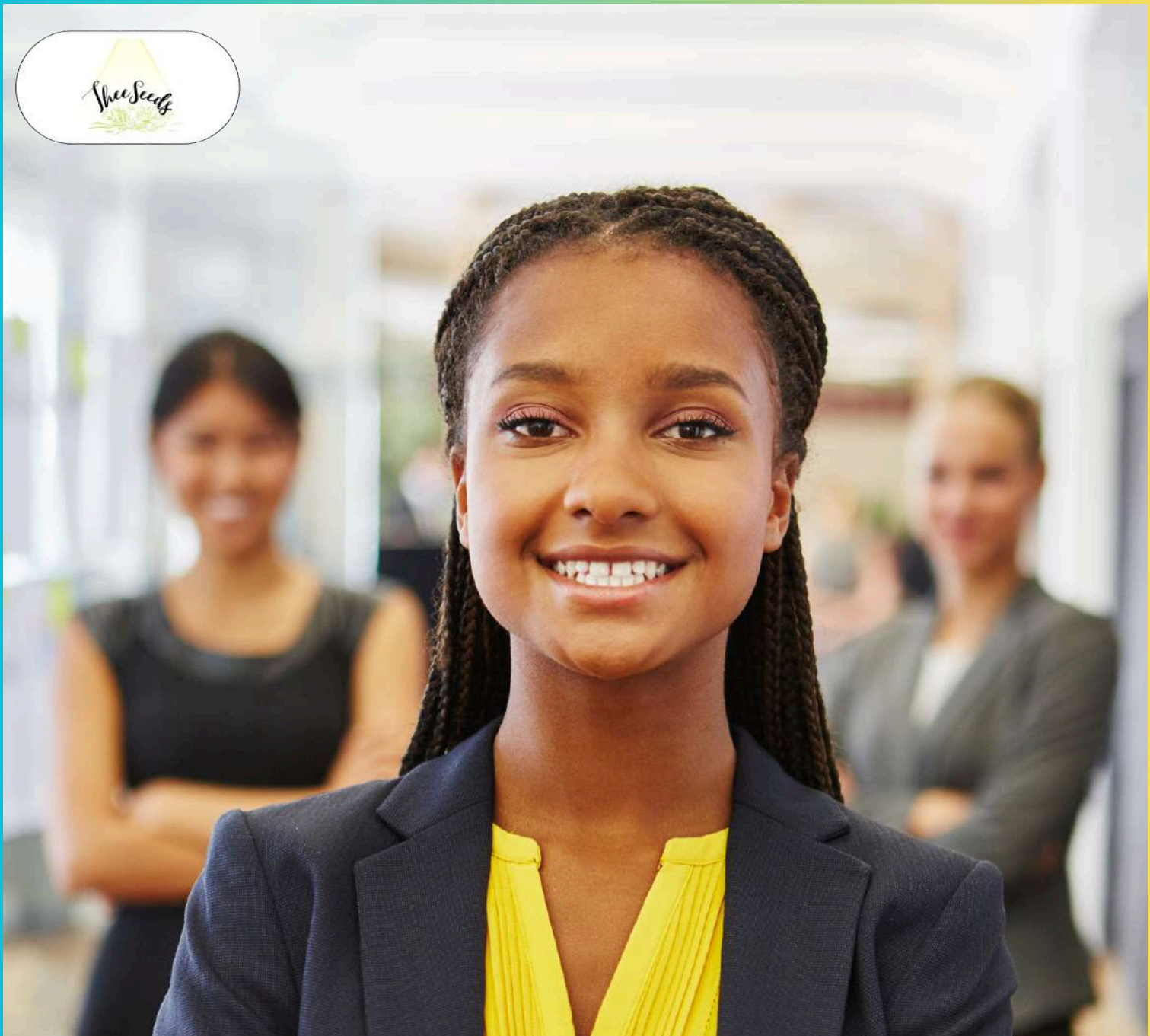
DECEMBER: LEADERSHIP IN HEALING: INTEGRATING SKILLS FOR ONGOING EMPOWERMENT

The culminating module of the TRC program brings together all competencies developed across the year into an integrated vision of trauma-informed leadership. Participants synthesize their learning, develop a personal professional development plan, and articulate their leadership vision for ongoing community impact.



WEEKLY FOCUS:

- Week 1 — Trauma-Informed Leadership: Principles and Practice
 - Week 2 — Integrating Your Year: Synthesis and Reflection
 - Week 3 — Personal Professional Development Planning
 - Week 4 — Leading Forward: Vision, Action, and Legacy
-



AYB CLUBHOUSE

AYB Clubhouse™ is THEESEEDS Institute's dedicated program for children, adolescents, and youth experiencing behavioral health challenges, emotional dysregulation, trauma-related difficulties, and intensive behavioral health needs. Operating under THEESEEDS Institute's whole-health, trauma-informed model, AYB Clubhouse™ provides families across Maryland with respite care services designed to offer young people a safe, structured, and supportive environment while giving parents and guardians the relief they need to sustain stability at home.

AYB Clubhouse™ services are delivered by a team trained in trauma-informed care, working collaboratively with families to ensure that every service is responsive, respectful, and effective. Respite care at AYB Clubhouse™ is not simply supervision — it is the creation of meaningful, dignified, supportive experiences for every young person served.

RESPIRE CARE SERVICES AT AYB CLUBHOUSE™

At THEESEEDS AYB Clubhouse, we understand that raising a child or adolescent with significant behavioral health challenges can be overwhelming for families. Our Respite Care Services are designed to provide meaningful, high-quality support that gives children, adolescents, and youth a safe and structured environment while offering parents and guardians the temporary relief they need.

We offer two specialized respite care programs tailored to meet the diverse needs of families:

- Child & Adolescent Respite Care
- 1915(i) Intensive Behavioral Health Respite Services

Both programs are integrated within our clinical model and focus on supporting young people who experience behavioral difficulties, emotional dysregulation, trauma-related challenges, or intensive behavioral health needs.



WHO WE SERVE

Our respite care services are available to children, adolescents, and youth who are experiencing:

- Significant behavioral challenges at home, school, or in the community
- Difficulty with emotional regulation and impulse control
- Trauma-related behaviors or reactions
- Autism spectrum disorder with co-occurring behavioral needs
- Serious emotional disturbance or intensive behavioral health conditions
- Risk of crisis or hospitalization without additional support

These services are especially helpful for families who need short-term relief to maintain stability at home, prevent escalation of behaviors, or support transitions during particularly stressful periods.

BRACKET 1: AGES 5-7 (FOUNDATIONAL SPECTRUM)

Duration: 45 minutes per session

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

Bracket 1 serves as the foundational entry point for the entire AYB Clubhouse developmental arc, specifically designed for young children aged 5 to 7. This developmental phase is critical as it marks the establishment of early patterns related to emotional regulation, social interaction, self-management, and the formation of behavioral habits. The experiences children have regarding their emotions, physical bodies, relationships, and sense of self during these formative years profoundly influence their future development.

The Foundational Spectrum addresses the initial signs of emotional dysregulation, including tantrums, frustration outbursts, difficulty with patience, and basic rejection sensitivity. It also targets attachment-related behaviors, early peer conflicts, and impulse-control deficits associated with the ICD-10 diagnostic categories most prevalent in this age group — particularly F93.9 (Childhood Emotional Disorder), F94.9 (Social Functioning Disorders), F98.9 (Unspecified Behavioral and Emotional Disorders), and F90.x (ADHD, early impulsivity presentations).

All 20 sessions are delivered through play-based, sensory-rich, and creative modalities. At this developmental stage, children primarily learn through experience rather than direct instruction. They acquire knowledge and skills through storytelling, movement, art, play, and interpersonal connections. Consequently, every session in Bracket 1 is thoughtfully crafted to embed therapeutic skill development within engaging, enjoyable, and age-appropriate activities that children perceive as fun, while simultaneously building the emotional and behavioral foundations they will carry throughout their lives.

Faith integration in Bracket 1 is approached gently and concretely, grounded in the theological belief that every child is wonderfully made (Psalm 139:14). It emphasizes that God grants us feelings to help us understand our hearts and that learning to be still is a divine gift (Psalm 46:10). Prayer within Bracket 1 is brief, warm, and modeled by the facilitator, always offered as an invitation rather than a requirement.



MODULES COVERED:

**Clock
Hours**

1 Emotion Detectives F93.9, F98.9 SA, SM	45 mins
2 Turn-Taking Titans F91.8, F90.x SM, RS	45 mins
3 Calm Down Corner Creators F93.0, F60.3 SM	45 mins
4 Polite Power-Ups F94.9, F98.9 RS, SoA	45 mins
5 Responsibility Rangers F91.9, F98.9 SM, RDM	45 mins
6 Team Tykes F91.8, F94.x SoA, RS	45 mins
7 Feelings in Colors F93.9, F60.3 SA, SM	45 mins
8 Listen-Up Heroes F90.x, F91.9 SM, RDM	45 mins
9 Healthy Habits Heroes F98.9 SM	45 mins
10 Story Friends Empathy F94.9, F93.9 SoA, RS	45 mins
11 Body Awareness Buddies F93.0 SA, SM	45 mins
12 Kind Words Workshop F60.3, F98.9 RS, SoA	45 mins
13 Puzzle Problem-Solvers F90.x SM, RDM	45 mins
14 Gratitude Garden F93.9 SA, RDM	45 mins
15 Sensory Calm Explorers F98.9, F93.0 SM	45 mins
16 Animal Behavior Buddies F94.x SoA, RS	45 mins
17 Safety Superstars F91.9 SM, RDM	45 mins
18 Creative Movement Emotions F93.9 SA, SM	45 mins
19 Friendship Formula F94.9, F60.3 RS, SoA	45 mins
20 Organization Quest F90.x, F98.9 SM, RDM	45 mins

BRACKET 2: AGES 8-10 (BUILDING SPECTRUM)

Duration: 60 minutes per session

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

Bracket 2 enhances and structures the foundational emotional and behavioral skills established in Bracket 1, applying them to the more complex social, academic, and peer contexts encountered by children ages 8 to 10. This developmental stage marks a time when children begin to navigate structured peer relationships, face comparative social experiences, experience academic performance pressure, and witness the early signs of mood instability, argumentative behavior, and low self-worth characteristic of the Building Spectrum.

The Building Spectrum addresses mood fluctuations, defiant and oppositional behaviors, early interpersonal conflicts, escalation of frustration, and the developing yet fragile sense of personal competence and identity. Sessions introduce structured emotion journaling, cooperative goal-setting, conflict resolution frameworks, personal calm kit creation, growth mindset development, and empathy enhancement—delivered through engaging activities that are moderately structured and tailored to the cognitive and social developmental capacities of 8-to-10-year-olds.

Faith integration in Bracket 2 evolves from the simple, concrete language of faith in Bracket 1 to a story-based engagement with biblical figures such as David, Joseph, and Esther, who exemplify resilience, patience, and perseverance. Gratitude is presented not merely as an emotion but as a spiritual discipline and a practice of resilience. The Fruit of the Spirit (Galatians 5:22-23) provides the biblical framework for the CASEL competency of Self-Control that underpins this bracket.

MODULES COVERED:**Clock
Hours**

21 Emotion Journal Journeys F93.9, F60.3 SA, SM	1
22 Conflict Buster Crew F91.8, F94.x RS, RDM	1
23 Mindfulness Minute Makers F41.x, F93.0 SM	1
24 Respect Relay F91.9 RS, SoA	1
25 Chore Champions League F98.9 SM, RDM	1
26 Group Goal Getters F90.x RDM, SM	1
27 Creative Emotion Masks F60.3 SA, SM	1
28 Direction Detective Games F90.x SM, RDM	1
29 Nutrition Navigators F98.9 SM	1
30 Empathy Explorers F94.9 SoA, RS	1
31 Growth Mindset Gym F93.9 SA, SM	1
32 Compliment Chains F60.3 RS	1
33 Brain Teaser Builders F90.x SM, RDM	1
34 Thankful Treasure Hunts F93.9 SA, RDM	1
35 Calm Kit Creators F41.x, F60.3 SM	1
36 Role Model Research F98.9 SA	1
37 Personal Space Protectors F94.x RS, SoA	1
38 Expressive Art Therapy F93.9 SA, SM	1
40 Daily Routine Designers F90.x SM, RDM	1

BRACKET 3: AGES 11-13 (APPLICATION SPECTRUM)

Duration: 75 minutes per session

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

Bracket 3 builds upon the foundational and skill-building competencies established in Brackets 1 and 2, addressing the significantly more complex emotional, social, and identity challenges faced during pre-adolescence. Children aged 11 to 13 are navigating one of the most turbulent developmental phases of their lives, characterized by the onset of formal identity formation, intense and often unstable peer relationships, the pressures of social media and digital engagement, physical and hormonal changes associated with puberty, and the emergence of abstract reasoning abilities that enable self-reflection and self-doubt for the first time.

The Application Spectrum directly confronts these challenges by targeting behaviors such as intense and reactive anger, unstable self-image, fears of abandonment, escalating peer conflicts, and impulsivity within social media contexts. For the first time, the curriculum simultaneously engages all five domains of the Collaborative for Academic, Social, and Emotional Learning (CASEL) competencies, with a particular focus on trigger identification and management, identity exploration, constructive peer feedback, and essential digital citizenship skills, which have become critical prevention objectives for this age group.

Moreover, faith integration experiences a significant deepening in Bracket 3. Pre-adolescents begin to explore the personal significance of their faith, engage in ethical reasoning rooted in Scripture, and consider their identities as reflections of God's design. The use of personal testimony as a therapeutic modality is introduced, allowing individuals to narrate their experiences of challenge and growth, thereby fostering a narrative identity that directly addresses the identity disturbances often associated with social-emotional difficulties and emerging borderline characteristics.

MODULES COVERED:**Clock
Hours**

41 Mood Meter Masters F60.3, F93.9 SA, SM	1.15
42 Negotiation Nation F91.8, F60.3 RS, RDM	1.15
43 Stress-Busting Strategies F41.x SM	1.15
44 Active Listening Lab F94.x RS, SoA	1.15
45 Leadership Launchpad F98.9 RDM	1.15
46 Project Planners F90.x RDM, SM	1.15
47 Drama Therapy Diaries F60.3 SA, RS	1.15
48 Executive Function Challenges F90.x SM	1.15
49 Meal Prep Mentors F98.9 SM, RDM	1.15
50 Perspective Portraits F94.9 SoA	1.15
51 Resilience Rebound Games F93.9 SM, RDM	1.15
52 Feedback Forge F60.3 RS	1.15
53 Debate Deciders F91.9 RDM, SoA	1.15
54 Gratitude Journal Club F93.9 SA	1.15
55 Trigger Tamers F60.3, F41.x SM	1.15
56 Cultural Curiosity Clubs F94.x SoA	1.15
57 Digital Kindness Code F60.3 RS, RDM	1.15
58 Invention for Emotions F98.9 SM, RDM	1.15
59 Peer Mentoring Mini-Sessions F98.9 RDM	1.15
60 Goal-Setting Vision Boards F93.9 SA, RDM	1.15

BRACKET 4: AGES 14-16 (INTEGRATION SPECTRUM)

Duration: 90 minutes per session

Certificate Type: Certificate of Completion

Prerequisites: None



COURSE DESCRIPTION

Bracket 4 signifies the integration stage of the AYB Clubhouse program—a developmental phase during which the foundational skills and applications from Brackets 1 through 3 are synthesized, tested against the intricate demands of mid-adolescent life, and consolidated into the emergence of true independence, leadership, and functional adult competence.

Adolescents aged 14 to 16 are engaged in a complex process of identity consolidation, navigating intense relationships, academic pressures, early vocational pursuits, and impulsive risk-taking behavior. For the clinical population served by the AYB Clubhouse, this period often involves confronting identity disturbances, chronic feelings of emptiness, relational volatility, and risk behaviors associated with ICD-10 F60.3 and similar diagnostic presentations.

Central to the Integration Spectrum are advanced emotional intelligence, leadership development, financial literacy, professional communication, ethical reasoning, and community service. These elements are not merely elective enrichment topics; they constitute clinically strategic interventions. The most effective approaches for addressing chronic emptiness, identity confusion, and purposelessness prevalent in mid-adolescent SED presentations are those that provide young individuals with meaningful identities and worthwhile pursuits.

In Bracket 4, faith integration reaches its fullest analytical expression. Participants engage in ethical reasoning that incorporates both secular philosophies and biblical frameworks. They practice forgiveness-based conflict resolution, explore servant leadership as a calling grounded in Scripture, and begin to identify their vocational and communal purposes as reflections of their unique design by God.

MODULES COVERED:**Clock
Hours**

61 Emotional Intelligence IQ F60.3, F93.9 SA, SM	1.5
62 Conflict Resolution Mediators F91.8, F60.3 RS,	1.5
63 Advanced Mindfulness Mastery F41.x SM	1.5
64 Public Speaking Power F60.3 RS, SA	1.5
65 Clubhouse Leadership Labs F98.9 RDM	1.5
66 Complex Project Management F90.x RDM, SM	1.5
67 Improve for Real Life F60.3 RS, SM	1.5
68 Time Management Titans F90.x SM, RDM	1.5
69 Financial Literacy Foundations F98.9 RDM	1.5
70 Global Empathy Expeditions F94.x SoA	1.5
71 Physical Wellness Warriors F93.0 SM	1.5
72 Constructive Critique Circles F60.3 RS	1.5
73 Ethical Dilemma Debates F91.9 RDM	1.5
74 Long-Term Gratitude Practices F93.9 SA	1.5
75 Anxiety Ally Training F41.x, F60.3 SM	1.5
76 Inclusivity Advocates F94.x SoA, RS	1.5
77 Social Media Strategy F60.3 RS, RDM	1.5
78 Creative Problem-Solving Hackathons F98.9	1.5
79 Mentorship Matching F98.9 RDM	1.5
80 Career Vision Mapping F93.9 SA, RDM	1.5

BRACKET 5: AGES 17-21+ (MASTERY & INTEGRATION SPECTRUM)

Duration: 90 minutes per session

Certificate Type: Certificate of Completion

Prerequisites: None

COURSE DESCRIPTION

Bracket 4 signifies the integration stage of the AYB Clubhouse program—a developmental phase during which the foundational skills and applications from Brackets 1 through 3 are synthesized, tested against the intricate demands of mid-adolescent life, and consolidated into the emergence of true independence, leadership, and functional adult competence.

Adolescents aged 14 to 16 are engaged in a complex process of identity consolidation, navigating intense relationships, academic pressures, early vocational pursuits, and impulsive risk-taking behavior. For the clinical population served by the AYB Clubhouse, this period often involves confronting identity disturbances, chronic feelings of emptiness, relational volatility, and risk behaviors associated with ICD-10 F60.3 and similar diagnostic presentations.

Central to the Integration Spectrum are advanced emotional intelligence, leadership development, financial literacy, professional communication, ethical reasoning, and community service. These elements are not merely elective enrichment topics; they constitute clinically strategic interventions. The most effective approaches for addressing chronic emptiness, identity confusion, and purposelessness prevalent in mid-adolescent SED presentations are those that provide young individuals with meaningful identities and worthwhile pursuits.

In Bracket 4, faith integration reaches its fullest analytical expression. Participants engage in ethical reasoning that incorporates both secular philosophies and biblical frameworks. They practice forgiveness-based conflict resolution, explore servant leadership as a calling grounded in Scripture, and begin to identify their vocational and communal purposes as reflections of their unique design by God.



MODULES COVERED:

Clock
Hours

81 Advanced Self-Regulation Retreats F60.3, F93.9	1.5
82 Facilitated Conflict Transformation F91.8, F60.3	1.5
83 Mindfulness for Life F41.x SM	1.5
84 Professional Communication Mastery F60.3 RS	1.5
85 AYB Executive Board F98.9 RDM	1.5
86 Capstone Community Projects F98.9 RDM, SoA	1.5
87 Narrative Therapy Theater F60.3, F93.9 SA	1.5
88 Executive Function for Adulthood F90.x SM,	1.5
89 Independent Living Labs F98.9 SM	1.5
90 Social Justice & Empathy Action F94.x SoA,	1.5
91 Holistic Health Leadership F93.0 SM, RDM	1.5
92 360-Degree Feedback Mastery F60.3 RS, SA	1.5
93 Values-Based Decision Making F91.9 RDM	1.5
94 Legacy Gratitude Projects F93.9 SA, RDM	1.5
95 Resilience for Transitions F60.3, F41.x SM	1.5
96 DEI Facilitation Training F94.x SoA, RS	1.5
97 Digital Citizenship Leadership F60.3 RS, RDM	1.5
98 Innovation Incubators F98.9 RDM, SM	1.5
99 Peer Leadership Academy F98.9 RDM	1.5
100 Life Launchpad F60.3, F93.9 All CASEL	1.5

PRE-REGISTRATION FORMS

Domestic Violence and Suicide Prevention Program

<https://www.cognitoforms.com/theeseeds/theeseedsrequirementsdomesticviolenceandsuicidepreventionprogram>

Scrum Master Training

<https://www.cognitoforms.com/theeseeds/theeseedsrequirementsscrummastertraining>

Administrative Assistant Training

<https://www.cognitoforms.com/theeseeds/theeseedsrequirementsadministrativeassistant>

Certified Peer Recovery Specialist Training

<https://www.cognitoforms.com/theeseeds/theeseedsrequirementscpr>

Direct Support Professional Training

<https://www.cognitoforms.com/theeseeds/theeseedsrequirementsdirectsupportprofessionaltraining>

Leasing Professional Training

<https://www.cognitoforms.com/theeseeds/theeseedsrequirementsleasingprofessional>

Network+ Tech and IT Fundamentals

<https://www.cognitoforms.com/theeseeds/theeseedsrequirementsnetworktechanditfundamentals>

Project Management Training

<https://www.cognitoforms.com/theeseeds/theeseedsrequirementsprojectmanagementtraining>

Community Health Worker

<https://www.cognitoforms.com/theeseeds/theeseedsrequirementscommunityhealthworker2>

CERTIFICATION / COURSE REQUIREMENTS



Educational Requirement

- High School Diploma or a General Education Development (GED) certificate. (Student may provide college transcripts in lieu of High School Diploma or GED).

Personal Requirements

- At least 18 years of age
- Must be interested in working in public health-related jobs in government agencies, nonprofit organizations, or behavioral health organizations

Class Requirements

1. Attendance and participation in class discussions.
2. Assigned readings and preparation must be completed prior to each class.
3. Participation in activities both in the classroom and online.
4. Completion of class assignments.
5. Participants will receive a Certificate of Completion upon:
 - completing the required hours of Public Health and Women Studies course;
 - Successful completion of all the instructions and assessments of the Public Health and Women Studies course;
 - Pass the examination.

Other Important Course Documents

1. Prior to the training, each trainee will be signing an Equipment Release Form with the program manager to confirm the laptop released for each trainee.
2. Each participant will sign a document containing an attendance form and scores to be sent by the program manager during the training.
3. After completing the course, the students shall sign a Non-Disclosure Agreement upon receiving a resource book from TheeSeeds.
4. Comply with the requirements needed to complete the course.

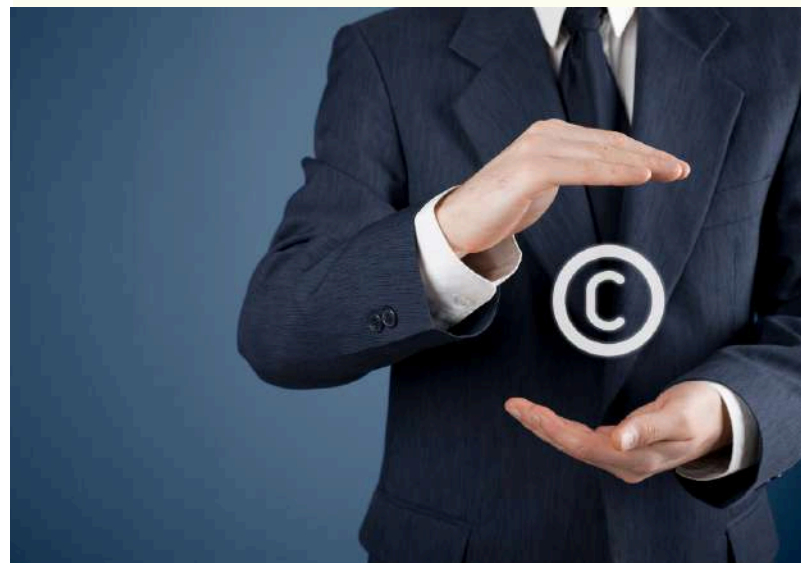
HOUSE RULES / POLICIES



Attendance

- Attendance is a must! Attendance comprises 10% of the trainee's final grade and thus shall be given of importance.
- Each participant must fill out the Attendance and Consent Form before being admitted into the Zoom session.
- The Attendance and Consent Form must be submitted 30 minutes before the class begins, with a 10-minute grace period after the class starts, along with joining the synchronous class (Zoom). Submission beyond the grace period will be considered late.
- Attendance will only be considered valid if both conditions are met: (1) the Attendance and Consent Form is filled out within the allowed time, and (2) the participant is present in the Zoom session. Failure to meet both conditions will result in invalid attendance.

- If you are going to be absent or late; please be sure to notify the class administrators ahead of time. 24-hour notice is requested.
- Each participant is allowed a maximum of two (2) absences.
- If participants miss the classes more than twice, they will automatically be withdrawn from the training and shall be advised to continue through the next cohort.
- For courses that include a practicum, attendance is mandatory. Participants who do not attend their scheduled practicum will be required to wait for the next available cohort to complete this requirement.





HOUSE RULES / POLICIES



Copyright Infringement Policy

Materials such as the presentations, reading materials, quizzes, activities, and resource books are under the intellectual property of TheeSeeds and therefore should not be downloaded or used in any form to be copied and shared outside the TheeSeeds training.

Student's Conduct

During Synchronous Class students are expected to;

- Find a quiet, appropriate work space.
- Use “mute” when not speaking.
- Use your name when logging into Zoom.
- Turn video/camera on while on the session.
- Listen and pay attention.
- Respect each other, yourselves, and the trainer.
- Do not speak when someone else is speaking.
- Raise your hand to speak.
- be respectful while speaking or chatting with the coaches, trainees, or admins.
- Avoid eating while on the training.
- Use chat to ask questions or share insights when someone is still speaking.
- Communicate with the class admins when you need technical support.



HOUSE RULES / POLICIES

Student's Conduct and Termination Policy

Zoom Etiquette:

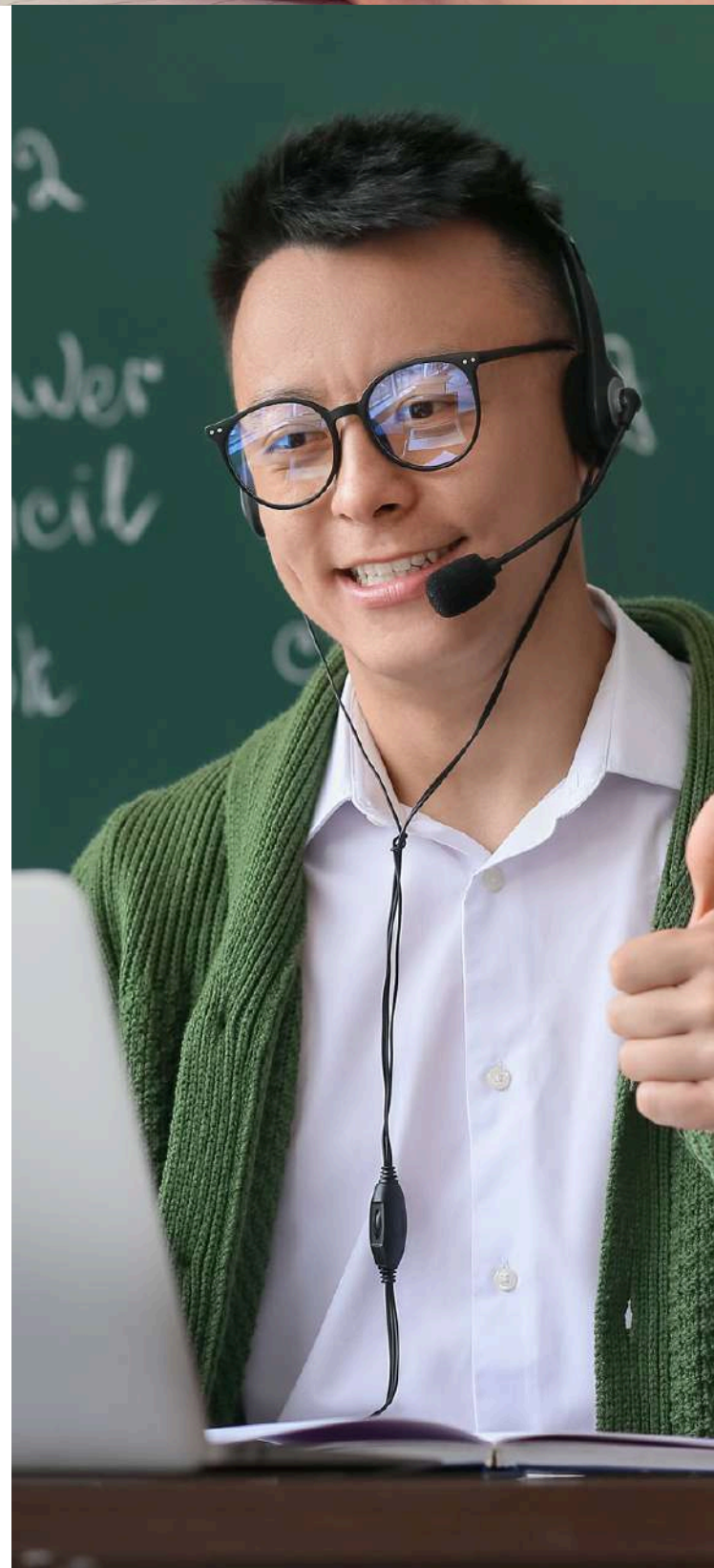
In zoom recording,

- participant is not allowed to use or share the video with someone outside the training or with another platform
- each training session will be recorded so that the trainees who missed the session will be able to watch the discussion for a limited time.

Copyright Infringement Policy

The recorded videos will be shared exclusively to those participants who missed that specific session or to those who had technical difficulties during the training, and thus needing to watch the parts or specific modules they missed.

Participants who will receive a link of the recorded meeting will be given a 24- hour access and shall take the chance to catch up with the quiz and activity assigned on the session missed.



DRUG AND ALCOHOL PREVENTION AND AWARENESS POLICY

Policy Statement: We are committed to maintaining a safe, healthy, and productive environment. Substance abuse poses risks to individuals and the community, and as such, the use of illegal drugs and unauthorized prescription medications, as well as inappropriate alcohol consumption, is strictly prohibited.

Grievance Procedure

Women of Valor, Inc. In Partnership with THEESEEDS Institute (WOV/TheeSeeds) an Eligible Training Provider, will receive and address any complaints received by Women of Valor, Inc. and THEESEEDS Institute as outlined in the procedures below.

- **Grievance Alleging Discrimination-** Women of Valor, Inc. has established procedures for addressing discrimination complaints under the Workforce Innovation and Opportunity Act, ensuring non-discrimination based on various factors. Any person who believes they have experienced discrimination may file a written complaint with WOV's Equal Opportunity Officer.
- **Grievances Alleging Non-Discrimination Issues-** Nondiscrimination complaints must be submitted in writing to the Equal Opportunity Officer within 60 days of the alleged incident. Following an acknowledgment of receipt, an investigation and attempts at resolution occur within 60 days, with dissatisfied parties having the option to request an impartial hearing officer. The hearing, recorded for the permanent record, results in a written decision, appealable to the General Counsel for the State of Maryland within 10 days, with a final decision provided within seven days.



THEESEEDS INSTITUTE REFUND AND PRIVACY POLICY AGREEMENT

Information we collect

You have the choice to disclose personally identifiable information, and if you opt not to, the organization reserves the right not to register you as a user or provide products or services. Additionally, Women of Valor, Inc. may collect non-personal, anonymous demographic information for service improvement, including details like age, gender, income, political affiliation, race, religion, browser type, IP address, or operating system.

Why We Collect Information and For How Long

We collect your data to understand your needs, enhance services, and promote products with your consent. The duration of data storage is determined by relevance, fulfilling obligations, legal requirements, and our legitimate interest, as outlined in this policy.

Use of Information Collected

Women of Valor, Inc. affirms it will not sell, rent, or lease customer lists to third parties and may use personal information to operate the website, deliver requested services, and inform customers about potential products or services. The organization may also contact customers for surveys or research related to opinions on current or potential services, emphasizing that third-party social media features are governed by the privacy policies of the providers and are beyond the control of Women of Valor, Inc.

Disclosure of Information

Women of Valor, Inc. will only use or disclose provided information under specific circumstances, such as providing ordered services or products, with consent, in aggregated, anonymized form, as required by law or legal processes, to confidential auditors, to enforce Terms of Service, and to maintain the organization's rights and property.



Non-Marketing Purposes

Women Of Valor, Inc. greatly respects your privacy. We do maintain and reserve the right to contact you if needed for nonmarketing purposes (such as bug alerts, security breaches, account issues, and/or changes in Women Of Valor, Inc. products and services). In certain circumstances, we may use our website, newspapers, or other public means to post a notice.

Children under the age of 13

Women of Valor, Inc.'s website does not knowingly collect personal identifiable information from children under the age of thirteen (13). If such information is inadvertently collected, immediate steps will be taken to delete it from the database or obtain verifiable parental consent, and anyone under the age of thirteen (13) must seek parental or guardian permission to use the website.

Your Rights as a Data Subject

As a Data Subject under the GDPR, you have rights such as being informed about data usage, accessing your data within one month, rectifying incorrect data, requesting erasure (unless a compelling reason exists), opting out of communications, data portability, and the right to object. The organization prioritizes encrypting and anonymizing personal information, with established protocols for data breaches and a commitment to informing individuals if their personal information is ever at risk.

Security

Women of Valor, Inc. employs robust measures to safeguard your information both online and offline, encrypting sensitive data such as credit card information during transmission. Access to personally identifiable information is restricted to specific job-related tasks, and secure environments, including the use of Secure Socket Layer (SSL), are maintained to prevent unauthorized access, ensuring the protection of user data against loss, misuse, or modification.



GRADING SYSTEM/SCALE

Assessment Format

Assessment can be measured through the successful completion of the instruction, short quizzes, assignments, exam, supervised practicum, and other required components of the training program.



Student should have a minimum of 75% grade to pass the assessment.

Evaluation / Grading

Class Participation	10%
Individual presentations on resources.....	10%
Completion of Class Assignments	10%
Quizzes	20%
CLP Exam	25%
Practicum/Performance Tasks	25%

COST OF EACH PROGRAM



For tuition/ cost inquiries, you may contact the
admission team at

admissions@thewov.org

Phone Number: 443 800 3188 | 410 455 5260