

Note: This is a sample guide to the content and topics presented, and materials required to present a 6-hour program on RICH™ Relationships. “PG” refers to the Participant’s Guide.

The program investment includes:

- Facilitation fee for 6 hour interactive, experiential program (PowerPoint slides, flip-charting, cases, demonstration of skill, audio files and when available video cases)
- Adjustments to content if needed for adapting to event
- Participant guide master file

Topic	Major message / Methods / Notes
Welcome	Introductions
Norms	Operating standards
Schedule / Housekeeping	Agenda / Keep it clean / Locations of exits
Other opportunities	Upcoming trainings
Objectives	What they will be able to do/know at the end of the program.
Evaluation	Level 1: Reaction to Event Level 2: Knowledge Acquired Facilitator Evaluation

Topic	PG page	Major message / Method / Notes
<b>Overview</b>	6	Introduction
What people in emotional pain need	7	Think About It Activity
Risking RICH™ Relationships: the challenge	7	In general...
RICH™ Relationships: Basis for secure attachments	7	Think About It Activity
Attachment	8	Relationships as foundations
How punishment for feeling impacts attachment	8	Secure attachment
Attachment, distress, and the nervous system	9	Feelings become dangerous
Benefits of RICH™ Relationships	9	Think About It Activity
Risks of impatience and quick fixes	9	Distress and Attachment
The experience of being fully present	10	Think About It Activity
	10	Growth Promoting Connections
	10	Risks
	10	Think About It Activity
	11	Exercise

Topic	PG page	Major message / Method / Notes
<b>RICH™ relationships: Respect</b>	13	Introduction
Nature of respect	13	Exercise PG-P 13
Types of respect	14	Unconditional and conditional
Demonstrating unconditional respect	14	Think About It Activity PG-P 14
The behaviors of unconditional respect	15	How to show unconditional respect
Impact of unconditional respect	15	Worth over circumstance
Respect: Foundational to relationships	16	Respect as prerequisite to information

Topic	PG page	Major message / Method / Notes
<b>RICH™ relationships: Information</b>	17	Introduction
Information: healing agent	18	Sharing information heals
Information survivors need	18	Normal reaction to the abnormal
	18	Exercise PG-P 18
Appropriate resources	18	Helping others with information
Helping others discover information	19	Using RICH™ relationships to foster information
The value of discovering instead of providing information	19	You don't have to have all the answers
	19	Think About It Activity PG-P 19
Why we rush to provide information	20	Tolerating discomfort
	20	Exercise PG-P 20
The power of recognizing shared feelings	21	Sharing feelings and RICH™ relationships
	21	Exercise PG-P 21
	22	Benefits of information sharing, techniques

Topic	PG page	Major message / Method / Notes
<b>RICH™ relationships: Connection</b>	24	Exercise
What connection requires	24	Commitment
Role of connection in healing	25	Connection as <i>active ingredient</i>
Connection and authenticity	25	Authenticity is <i>us as we are</i>
Safety and authenticity in relationships	25	Encouraging safety
Connection and authenticity model self-respect	26	Model the change you want to see
Internal disconnects and authenticity	26	Connection to self is important
History and authenticity	26	Your past impacts your present
Self-nurture, authenticity and connection	27	Think about it
What connection requires and needs	27	RICH™ connections
		Think About It Activity PG-P 28
Disconnection /connection sculpting	28,29	Exercise PG-P 28
		Think About It Activity PG-P 29
		Exercise PG-P 29

Topic	PG page	Major message / Method / Notes
<b>RICH™ relationships: Hope</b>	31	Introduction
Relationships are trustees of hope	32	How we <i>are</i> communicates hope
Hold on to visions of the future self	32	The future is as important as now
Hope fueled by the capacity for compassion	32	Hopeful supports helpful
Hold the hope	32	Belief on another's behalf
Be a trustee of future possibilities	33	You may know what they cannot
Sustain hope in relationships with trauma survivors	33	Beliefs that sustain hope
Lead the survivor toward hope	34	Resources
	34	Think About It Activity P34
Different perspectives on hope	35	Views of hope
Examine your own sources of hope	35	Where does your hope come from?
	35	Think About It Activity P35
Share your own hope	36	
What Growth-Promoting Relationships Require of You	36	Key requirements of RICH™ Relationships
Think About: Sharing Hope	37	Think About It Activity P37
Think About: Beliefs About Hope	38	Think About It Activity

Topic	PG page	Content
<b>Wrapping Up Final Case</b>	39	Think About It Activity
<b>Assessment</b>	39	What did you learn?
<b>Evaluation</b>	39	Program evaluation