



Practice Self-Regulation™

A Trauma-Informed Approach for Health and Well Being

Practice Self-Regulation (PS-R) Formats and Pricing

Formats: All PS-R programs are designed to be implemented by specially trained staff with clinical support from licensed qualified mental health professionals

PS-R for Sexual Health Therapeutic Intervention

This program includes:

- In-person facilitator training
- *8 in-person individual sessions*, featuring trauma-informed, neuroscience-based multisensory activities
- The Practice Self-Regulation for Sexual Health Workbook and Sex-Ed Fact Sheets
- Facilitator's Guide and Session Plans
- Technical assistance and support

PS-R for Sexual Health Blended Learning

This program includes:

- In-person and online facilitator training
- *8 online sessions* for youth that incorporate The T.O.P.* Workbook for Sexual Health, sexual health information, and videos
- *Four in-person meetings*, featuring trauma-informed, neuroscience-based multisensory activities
- Facilitator's Guide and Session Plans
- Evaluation tools, including an online system to manage and track participants and facilitators
- Technical assistance and support

Pricing for agencies sponsoring a training (not per participant)

Cost of Facilitator Training and Materials:

\$12,560 per 3-day training for 20 participants. This is inclusive of trainer travel expenses and the following:

Training Materials:

- Facilitator's Guide
- Session plans per facilitator
- Workbook per participant & youth user
- Training materials per facilitator

Additional Expense: Contraceptive Kit: \$175.00 each (optional)

Cost of Facilitator Training: \$6,000 per 2-day training of up to 20 participants inclusive of travel expenses

Additional Expenses:

- Set-up, evaluation tools, technical assistance and support: \$4,000
- Helper Meeting Plans: \$49 per facilitator
- Contraceptive Kit: \$175.00 (optional)
- Website access for 8 online sessions: \$20.00 per participant

For more information, please contact: Joann Schladale, MS, LMFT, phone: 207-232-3195
email: schladale@me.com, web: www.practiceselfregulation.com