

RAISED IN GRACE

SCOPE AND SEQUENCE – PROFESSIONAL DEVELOPMENT

TITLE	THEOLOGICAL TOPIC	NEUROBIOLOGICAL TOPIC	STRATEGIES	SPEAKERS
<p>Episode 1: (26:42) Knitting Together</p>	<ul style="list-style-type: none"> The family and Church are responsible for the education of youth Human beings are body and soul 	<ul style="list-style-type: none"> The brain has a two-way ongoing relation with the body First 1,000 days of a child's life Safe, Seen, Soothed, Secure 		<p>Sr. John Dominic Dr. Karen Villa</p>
<p>Episode 2: (27:46) A Needed Study</p>	<ul style="list-style-type: none"> We are made for relationship Christ is our internal compass 	<ul style="list-style-type: none"> The foundations to have trusting relationships are laid in the first two years 70 percent of an individual's well-being is wired in the first two years The Yes Brain 	<ul style="list-style-type: none"> "Face time" / "Floor time" for the child Teach Cardinal Virtues for character building 	<p>Sr. John Dominic Dr. Karen Villa</p>
<p>Episode 3: (27:19) Beauty of Gradualness</p>	<ul style="list-style-type: none"> Sacramental life God first loved us and we only love in return Still Point of Grace 	<ul style="list-style-type: none"> Neuroplasticity Windows of neurological opportunity Polyvagal theory 	<ul style="list-style-type: none"> Love and connection <ul style="list-style-type: none"> Healthy mind platter Rupture and repair Stress regulation strategies 	<p>Sr. John Dominic Dr. Karen Villa</p>
<p>Episode 4: (27:30) The Beauty of Gradualness and Christian Anthropology</p>	<ul style="list-style-type: none"> Christian anthropology We are created in God's image and likeness A person is both body and soul God created us male and female, and we are made for communion We are created to participate in the life of the Trinity 	<ul style="list-style-type: none"> Neurosequential model Integration and self-acceptance Belonging and being loved 		<p>Sr. John Dominic Dr. Karen Villa Mother Amata Veritas</p>
<p>Episode 5: (27:48) The Beauty of Gradualness and the <i>Kerygma</i></p>	<ul style="list-style-type: none"> Made for communion The <i>Kerygma</i>: the first proclamation of what God has done God has created us in love and rescues us God has not left us Live <i>from</i> the Father and not just <i>for</i> the Father 	<ul style="list-style-type: none"> Fragmentation Attachment injuries Neuroplasticity and rewiring of the brain 	<ul style="list-style-type: none"> Use a loving gaze to affirm a child's identity Make eye contact 	<p>Sr. John Dominic Dr. Karen Villa Sr. Thomas Aquinas</p>
<p>Episode 6: (26:53) The Sacraments of Initiation and Grace</p>	<ul style="list-style-type: none"> At Baptism we receive sanctifying grace and are given the Theological Virtues and capacity to grow in the moral virtues Our destiny is union with the Trinity The Sacraments of Initiation are Baptism, Eucharist, and Confirmation Sacramental worldview 	<ul style="list-style-type: none"> Self-awareness Self-reflection 	<ul style="list-style-type: none"> Participate in the liturgical season of the Church Adopt and grow in a sacramental worldview 	<p>Sr. John Dominic Dr. Karen Villa Mother Amata Veritas</p>

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<p>Episode 7: (27:45) The Still Point of Grace</p>	<ul style="list-style-type: none"> • Living the life of grace and the theological virtues • Still Point of Grace • Our faith, hope, and love have to be activated with prayer 	<ul style="list-style-type: none"> • Safe, Seen, Soothed, and Secure • Co-regulation • Self-regulation 	<ul style="list-style-type: none"> • Spend time in Eucharistic Adoration 	<p>Sr. John Dominic</p> <p>Dr. Karen Villa</p> <p>Mother Amata Veritas</p> <p>Sr. Thomas Aquinas</p>
<p>Episode 8: (27:50) Safe, Seen, Soothed, and Secure</p>	<ul style="list-style-type: none"> • Faith • Hope • Love 	<ul style="list-style-type: none"> • Wiring-in secure attachment • Emotional orphans • Holding environment • Attachment disorders 	<ul style="list-style-type: none"> • Touch the shoulder of the child • Smile • Apologize • Be a calming presence 	<p>Sr. John Dominic</p> <p>Dr. Karen Villa</p>
<p>Episode 9: (27:49) The Cardinal Virtues and IPNB</p>	<ul style="list-style-type: none"> • Cardinal Virtues can wire the brain for good • Jesus is the perfect virtuous man • Justice—Empathy • Fortitude—Resilience • Temperance—Balance • Prudence—Insight 	<ul style="list-style-type: none"> • Integration • Yes Brain • River of Integration/ River of Grace 	<ul style="list-style-type: none"> • Have a healthy mind platter • Practice Still Point of Grace • <i>Lectio divina</i> • Quiet prayer time 	<p>Sr. John Dominic</p> <p>Dr. Karen Villa</p>
<p>Episode 10: (27:47) Teaching Virtue in Elementary School</p>	<ul style="list-style-type: none"> • Happiness is living a virtuous life 	<ul style="list-style-type: none"> • Virtue education is social emotional learning 	<ul style="list-style-type: none"> • Display the Virtue Cards next to the classroom expectations <ul style="list-style-type: none"> • Put up pictures of the saints and use Saint Cards • Use Virtue Language • Affirm different virtues you see and have the students recognize the virtues in their peers 	<p>Sr. John Dominic</p> <p>Dr. Karen Villa</p> <p>Sr. Mary Bethany</p> <p>Sr. Maria Karol</p>
<p>Episode 11: (25:48) Teaching Virtue in High School</p>	<ul style="list-style-type: none"> • The virtues are our pathway to union with God 	<ul style="list-style-type: none"> • Time for journaling and reflection time • Overstimulation and fragmentation 	<ul style="list-style-type: none"> • Virtue Field Guide • VirtuQuest (Virtue Strength Survey) 	<p>Sr. John Dominic</p> <p>Dr. Karen Villa</p> <p>Sr. Miriam</p> <p>Sr. Athanasius</p>
<p>Episode 12: (27:56) Holiness Leads to Happiness</p>	<ul style="list-style-type: none"> • Christ is the perfect virtuous man • We are made in the image and likeness of God • We live in relationship with God • Virtues are ways in which we can see God in others 	<ul style="list-style-type: none"> • Social-emotional learning and wiring the brain for health • We have value, and we add value to relationships • Practicing virtue rewires the brain • Integrated life is a happy life • Human flourishing 	<ul style="list-style-type: none"> • Virtue Field Guide • VirtuQuest 	<p>Sr. John Dominic</p> <p>Dr. Karen Villa</p> <p>Sari Vasquez</p>