



BRAIN STORY CERTIFICATION

www.youthrex.com/brain-story-certificate



A self-guided, online professional development certificate for those seeking a deeper understanding of brain development and its consequences for lifelong health.

YouthREX is excited to offer the *Brain Story Certification* to the Ontario youth sector in partnership with the [Alberta Family Wellness Initiative \(AFWI\)](#) and its parent organization, the [Palix Foundation](#).

Brain Story is based on the understanding that lifelong health is determined not just by our genes but by experiences that we have at sensitive periods of development that change our brain in ways that increase or decrease our risk for later physical and mental illness.

AFWI developed the Brain Story Certification to make Brain Story science available to professionals and the public. It is designed for those who want to learn more about the science of brain development.

Successful completion of the 19 modules of the certificate, including the evaluation questions at the end of each module, will earn you a certificate in Brain Story Science!

The Brain Story Certification Course is eligible for accreditation through a number of professional bodies. Please check directly with your professional organization.



💡 OBJECTIVES OF THE CERTIFICATE

After taking this certificate, you will be able to:

- ✓ Explain how brains develop and how social interactions shape development
- ✓ Describe the effects of stress on brain development, and the impact of adverse childhood experiences on physical and mental health outcomes, including addiction
- ✓ Identify evidence-based approaches for children in the prevention, intervention, and treatment of childhood adversity
- ✓ Describe the basic neurobiology of both substance and process addiction
- ✓ Identify evidence-based approaches for adults in the prevention, intervention, and treatment of addiction
- ✓ Identify ways to build the foundations of resilience in children and families

📄 CERTIFICATE STRUCTURE

- ✓ The certificate provides detailed scientific information across 19 modules for those seeking a deeper understanding of brain development and its consequences for lifelong health.
- ✓ The course is challenging, but is designed to be interesting to people with or without a science background. Each module includes video lectures from the expert faculty, some reading, and completion of a quiz.
- ✓ Brain Story Certification Course faculty include more than 30 of North America's and Europe's leading experts in neurobiological development and its connection to physical and mental health.

COURSE OUTLINE

*** The course will take approximately 20 to 25 hours to complete.**

MODULE 1

Introduction (1h 7min)

MODULE 2

Brain Architecture: How Brains Develop (1h 8min)

MODULE 3

Gene Signatures: How Gene-Environment Interactions Shape Brain Architecture & Outcomes (1h 11min)

MODULE 4

Serve and Return: How Social Interactions Shape Brain Development (1h 1min)

MODULE 5

Toxic Stress: How Early Life Stress Shapes Brain Architecture (1h 22min)

MODULE 6

Air Traffic Control: The Importance of Building Executive Function (52min)

MODULE 7

Interventions Addressing Child Maltreatment & Neglect (1h 34min)

MODULE 8

Children's Mental Health Part A: The Influence of Child Temperaments on Anxiety & ADHD (1h 25min)

MODULE 9

Children's Mental Health Part B: Improving Services (1h 11min)

MODULE 10

ACEs Part A: The Impact of Adverse Childhood Experiences on a Range of Adult Health Outcomes (1h 6min)

MODULE 11

ACEs Part B: Using the Science of ACEs in Practice (57min)

MODULE 12

ACEs Part C: The Impact of Adverse Childhood Experiences on PTSD & Depression (1h 11min)

MODULE 13

Addiction & the Brain Part A: A Neurobiological Perspective (1h 28min)

MODULE 14

Addiction & the Brain Part B: Process Addictions (1h 5min)

MODULE 15

The Effects of Toxic Stress, Addiction & Depression on Parenting (1h 15min)

MODULE 16

Addiction Treatment Part A: Family-Based Approaches (1h 3min)

MODULE 17

Addiction Treatment Part B: Specialized Approaches for Women & Indigenous Populations (1h 3min)

MODULE 18

Addiction Treatment Part C: Improving Services (1h 30min)

MODULE 19

Using the Science of Early Brain Development to Build Resilient Children, Families & Communities (1h 34min)

TECHNICAL REQUIREMENTS

You will need access to a computer and the internet.

I HAVE A QUESTION.

Please get in touch with us.

We'd love to hear from you!

learn@youthrex.com



[Click here to watch](#)

How Brains Are Built: Introducing the Brain Story

<https://vimeo.com/194906802>