



Am I Ready for Narrative Focused Trauma Care Level I Training?

This self-assessment is designed to help you reflect on your readiness to begin [Narrative Focused Trauma Care \(NFTC\) Level I](#) training with the Allender Center.

Please read each statement below and respond with either "**Yes, I agree**" or "**No, that's not true for me**" based on what feels true for you:

- | | Yes / No |
|--|---|
| 1. I have a desire to understand how trauma impacts the human experience and to learn about pathways to find hope and restoration. | <input type="checkbox"/> <input type="checkbox"/> |
| 2. I am willing to explore some vulnerable and painful parts of my story in a facilitated small group setting, trusting that this will support my understanding of how my wounds have shaped my life and calling, and deepen my ability to support others in their lives and healing journeys. | <input type="checkbox"/> <input type="checkbox"/> |
| 3. I am willing to receive feedback about my story from others with curiosity and openness, even when it feels challenging. | <input type="checkbox"/> <input type="checkbox"/> |
| 4. I have a safe and trusted person in my life (e.g., friend, spouse, mentor, counselor) who I could reach out to if needed to help me process significant emotions that may arise during this training. | <input type="checkbox"/> <input type="checkbox"/> |

Yes / No

5. I anticipate having the time and energy to fully engage in the training, including completion of pre-work such as reading and writing assignments, and attending all scheduled teaching and group sessions which may require efforts to secure time off work and/or arrange childcare. [Full attendance at all four sessions is required: Sept 18-21, 2025; Nov 13-16, 2025; Jan 22-25, 2026; Mar 19-22, 2026].

6. If participating in the Virtual cohort, I can ensure a private, quiet space with reliable Wi-Fi. If participating in the In-Person cohort in Seattle, I have capacity to arrange my own transportation and accommodations.

Scoring Your Results

- **If you answered “Yes, I agree” to all 6 statements:** You show **strong readiness** for NFTC Level I training. This indicates you have an interest in learning about the impact of trauma, feel ready to engage your personal story in a group environment, and are prepared practically for the journey ahead.

- **If you answered “Yes, I agree” to 4–5 statements:** You **may be ready**. Consider the areas where you answered “No” and reflect on whether you have the capacity to address any related barriers or uncertainties before committing to the training. If you’d like to talk with someone about your level of readiness, please reach out to our team at admissions@theallendercenter.org.

- **If you answered “Yes, I agree” to 0-3 statements:** **Perhaps this is not the right time to begin NFTC Level I.** Instead, this may be an invitation to focus on your personal healing journey and explore other resources, such as counseling, Story Workshop, Recovery Week, or a Story Group, before applying.

Still wondering if you're ready?

While the following are not requirements to participate in NFTC Level I, these areas of story care experience and vocational calling can indicate even deeper alignment and readiness to participate:

- You feel a sense of calling to help others in their healing journey.
- You feel a responsibility to engage and understand your own story as part of the training process, recognizing that this growth will expand your ability to honor and care for the stories of others.
- You have taken steps toward exploring and understanding how some of your past experiences may have impacted you through self-directed activities such as an Allender Center online course, books by Dan Allender, podcasts such as the *Allender Center Podcast* with Dr. Dan Allender and Rachael Clinton Chen or *The Place We Find Ourselves* podcast with Adam Young, or other materials from qualified trauma care practitioners.
- Within the last 5 years, you have engaged your story through direct work with someone through one or more of the following: **Allender Center Resources** such as Story Workshop, Recovery Week, Marriage Retreat, Story Group, or other group or one-on-one care formats led by an NFTC-trained individual. **Professional or Community Resources** in the form of individual or group work with a professional counselor or therapist, story-focused mentor or coach, church small group, meeting with a pastor or church leader, or support groups.

Next Steps

Wherever you land on this self-assessment, know that your journey toward healing and growth matters deeply. If you'd like to talk with someone about your readiness or explore additional resources, please reach out to our team at admissions@theallendercenter.org with your questions, concerns, and curiosities.