




# Website review sidran.org

Generated on September 09 2024 05:34 AM






The score is 58/100







## SEO Content

	<p>Title</p>	<p>Sidran Redirect   Traumatic Stress Institute - Klingberg Family Centers</p> <p><b>Length : 71</b></p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>														
	<p>Description</p>	<p>Welcome! The Sidran Institute has joined the Traumatic Stress Institute The Sidran Institute - Past, Present, and Future The Sidran Institute, known for ove ...</p> <p><b>Length : 160</b></p> <p>Great, your meta description contains between 70 and 160 characters.</p>														
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>														
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1346 1481 2078"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>type</td> <td>article</td> </tr> <tr> <td>url</td> <td>https://www.traumaticstressinstitute.org/sidran-redirect/</td> </tr> <tr> <td>title</td> <td>Sidran Redirect   Traumatic Stress Institute - Klingberg Family Centers</td> </tr> <tr> <td>description</td> <td>Welcome! The Sidran Institute has joined the Traumatic Stress Institute The Sidran Institute - Past, Present, and Future The Sidran Institute, known for ove ...</td> </tr> <tr> <td>image</td> <td>https://www.traumaticstressinstitute.org/wp-content/uploads/2022/09/sidran_seal_2col_spot.gif</td> </tr> <tr> <td>image:width</td> <td>216</td> </tr> </tbody> </table>	Property	Content	type	article	url	https://www.traumaticstressinstitute.org/sidran-redirect/	title	Sidran Redirect   Traumatic Stress Institute - Klingberg Family Centers	description	Welcome! The Sidran Institute has joined the Traumatic Stress Institute The Sidran Institute - Past, Present, and Future The Sidran Institute, known for ove ...	image	https://www.traumaticstressinstitute.org/wp-content/uploads/2022/09/sidran_seal_2col_spot.gif	image:width	216
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## SEO Content

		image:height 216												
	Headings	<table border="1"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>1</td> <td>1</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>• [H1] Welcome! The Sidran Institute has joined the Traumatic Stress Institute</li> <li>• [H2] The Sidran Institute - Past, Present, and Future</li> <li>• [H3] Proven Trauma-Informed Implementation and Measurement Solutions</li> </ul>	H1	H2	H3	H4	H5	H6	1	1	1	0	0	0
H1	H2	H3	H4	H5	H6									
1	1	1	0	0	0									
	Images	<p>We found 4 images on this web page.</p> <p>4 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>												
	Text/HTML Ratio	<p>Ratio : <b>2%</b></p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>												
	Flash	Perfect, no Flash content has been detected on this page.												
	Iframe	Great, there are no Iframes detected on this page.												

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 28 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 100%</p> <p>Internal Links 0%</p>

## In-page links

Anchor	Type	Juice
<a href="#">Contact the Help Desk</a>	External	Passing Juice
<a href="#">About</a>	External	Passing Juice
<a href="#">Vision &amp;#8211; Mission &amp;#8211; Values</a>	External	Passing Juice
<a href="#">Traumatic Stress Institute Staff</a>	External	Passing Juice
<a href="#">History of the Traumatic Stress Institute</a>	External	Passing Juice
<a href="#">TSI Faculty Trainers</a>	External	Passing Juice
<a href="#">Klingberg Family Centers</a>	External	Passing Juice
<a href="#">Whole System Change</a>	External	Passing Juice
<a href="#">Whole-System Change Model – Head Start Programs</a>	External	Passing Juice
<a href="#">Whole-System Change Model – IDD Organizations &amp;#038; Systems</a>	External	Passing Juice
<a href="#">Current Client Agencies of the Traumatic Stress Institute</a>	External	Passing Juice
<a href="#">Risking Connection® (RC) Training</a>	External	Passing Juice
<a href="#">RC in the Research and Professional Literature</a>	External	Passing Juice
<a href="#">Benefits of Risking Connection Training</a>	External	Passing Juice
<a href="#">Risking Connection for Foster Parents</a>	External	Passing Juice
<a href="#">The Original RC Curriculum</a>	External	Passing Juice
<a href="#">RC Adaptations for Trauma Professionals</a>	External	Passing Juice
<a href="#">Restorative Approach® (RA) Training</a>	External	Passing Juice
<a href="#">ARTIC Scale</a>	External	Passing Juice
<a href="#">Training Events</a>	External	Passing Juice
<a href="#">Trainers&amp;#8217; Corner</a>	External	Passing Juice
<a href="#">Blog</a>	External	Passing Juice
<a href="#">Sidran</a>	External	Passing Juice
<a href="#">Books</a>	External	Passing Juice
<a href="#">Careers</a>	External	Passing Juice
<a href="#">Contact</a>	External	Passing Juice
<a href="#">LEARN MORE ABOUT THE TRAUMATIC STRESS INSTITUTE</a>	External	Passing Juice

## In-page links

[LOOKING FOR SURVIVOR MOMS&#039; COMPANION?](#)

External

Passing Juice

## SEO Keywords



Keywords Cloud

trauma-informed **institute** training  
tsi **stress** trauma risking **traumatic**  
sidran connection

## Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
institute	12	✓	✗	✓	✓
traumatic	9	✓	✗	✓	✓
stress	9	✓	✗	✓	✓
training	9	✗	✗	✗	✗
sidran	7	✓	✗	✓	✓

## Usability



Url

Domain : sidran.org  
Length : 10



Favicon

Great, your website has a favicon.



Printability

We could not find a Print-Friendly CSS.



Language




Good. Your declared language is en.







Dublin Core

This page does not take advantage of Dublin Core.


## Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 0
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Perfect, your website takes advantage of gzip.</li></ul>




## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul>
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## Optimization

	XML Sitemap	Missing  Your website does not have an XML sitemap - this can be problematic.  A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.
	Robots.txt	<a href="http://sidran.org/robots.txt">http://sidran.org/robots.txt</a>

## Optimization

		Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics