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# Early Intervention Field Traumatologist

## Course Outline Become Trauma Informed Today



## Course Outline

### TI-1001 – Early Intervention Field Traumatologist

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#### Course Description:

Early Intervention Field Traumatologist course explores the knowledge and skills needed to respond to the emotional trauma associated with natural or human-caused disasters or crisis. Topics include warning signs, recovery stages, fitting interventions to client needs, the new Educate, Assess and Refer (EAR) Field Trauma Response model, Reactions and Response to CBRN Terrorism, steps to lessen crisis impact, utilization of community resources for prevention/resolution.

In addition, Compassion Fatigue risk factors, symptoms and prevention/self-care strategies will be addressed. This course is both didactic and experiential. Emergency Site Management System (ESMS) will be reviewed. You are encouraged to learn about your country's ESMS so you better understand how incidents are managed in your locality.

This course will provide training necessary to enable an individual to respond immediately to natural or human-caused disaster, to know what to do to lessen the negative impact caused by such crisis, and arrange for additional resources as necessary to resolve the stress/trauma accompanying the crisis.

#### Who Would Benefit From Participation:

This certificate will benefit first responders (e.g., fire/rescue, emergency medical services, law enforcement, etc.) as well as mental health and health care professionals.

#### Learning Objectives:

- Learn to respond immediately to the emotional component of natural or human-caused disaster
- Lessen the negative impact resulting from the stress/trauma caused by crisis
- Differentiate between stress and trauma
- Define grief stages and bereavement
- Conduct an initial trauma assessment
- Survey group, individual, debriefing and Defusing Models
- Learn how to apply the new Educate, Assess and Refer (EAR) Field Trauma Model
- Understand reactions and how to respond to Chemical/Biological/Radioactive/Nuclear Terrorism
- Identify emergency management, phases of disaster, and key concepts of disaster mental health
- Discuss responder resiliency, prevention and self-care strategies

#### Course Evaluation:

Students are required to complete all training components in order to successfully complete this program.

#### Required Course Reading:

Early Intervention Field Traumatologist (Manual for Course TI-1001).

## TI-1001 – Early Intervention Field Traumatologist Contents

### Unit I - Introduction to Training & Learning Goals

- ◆ Training philosophy and process
- ◆ Preparing oneself for work in post trauma response
- ◆ Field of Traumatology: Clinical & Community Traumatology Allies

### Unit II - History of Trauma

- ◆ Early History
- ◆ Science & Practice of Traumatology
- ◆ Domestic & Community Violence (Neuropsychobiology)

### Unit III - Disaster & Stress

- ◆ Measuring Life Stress
- ◆ Key Concepts of Disaster Mental Health
  - Definition of Disaster
  - Disaster Epidemiology & PTSD prevalence
    - ◆ Stress Reactions of Survivors
    - ◆ Acute Stress Disorder & Post Traumatic Stress Disorder
- ◆ Chemical/Biological/Radioactive/Nuclear (CBRN) Terrorism

### Unit IV - Scene & Trauma Assessment

- ◆ Emergency Preparedness Canada (EPC) & Site Mgt System (ESMS)
- ◆ Psychological Response Stage of Post-Trauma/Disaster
  - Fit Intervention to Recovery Stage
  - Contact Log

### Unit V - Crisis Intervention Methods

- ◆ Clinical & Community Traumatology
- ◆ Communication Drills (Descillo, 1997)
- ◆ Four Waves of Assistance (Figley, 1995)
- ◆ Disaster Traumatology: Intervention Roles
  - ◆ Key Characteristics & Helping Behaviors of Disaster Mental Health
  - ◆ Individual Defusing: A Six Step Guide (Young & Ford, 1998)
  - ◆ Individual Debriefing Model (Gentry, 1997)
  - ◆ Educate, Assess & Refer (E.A.R.) Field Trauma Model
- ◆ Trauma Recovery Approaches

### Unit VI - Compassion Fatigue & Burnout

- ◆ Compassion Fatigue – ARP (Gentry, Baranowsky, & Dunning, 1997)
- ◆ Compassion Satisfaction/Fatigue Self-Test for Helpers

### Unit VII - Administration & Disaster Deployment

### Unit VIII - Knowledge Assessment

- ◆ Outline - Course Evaluation Components

### Unit IX - Course Conclusion/Summary