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Overview of Assessment & Interventions

Course Outline

Become Trauma Informed Today



Course Outline

TI-202 – Overview of Assessment & Interventions

Course Description:

Overview of Assessment & Interventions course covers clinical interventions, assessment approaches, research, theory and practical applications to help the Traumatologist assist clients. Materials focus on how to conduct assessments that might contribute to a professional diagnosis. Participants learn to distinguish between normal and distressed behavior, handle cases with skill, and have minimal negative impact upon the client and family.

Who Would Benefit From Participation:

This course will benefit psychologists, social workers, master's level counselors and other skilled mental health professionals who work with trauma survivors or wish to gain skills to do so. Participants will enhance their practice specialty in the area of trauma recovery.

Learning Objectives:

- Overview history, theory and treatment methods associated with traumatic stress disorders
- Increase knowledge of types of expertise in assessment & treatment options for disorders of extreme stress
- Identify post-traumatic stress responses and disorders from the perspective of trauma theory
- Identify the major symptoms of acute and chronic post-traumatic stress disorders
- Identify key instruments used to assess disorders associated with traumatic stress
- Understand phase-oriented treatment with trauma survivors and implementation of a tri-Phasic treatment model
- Understand the proposed and theoretical “active ingredients” to effective trauma treatment
- Discuss how the therapist may effectively employ the “self” as a tool for healing

Course Evaluation:

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

Required Course Reading:

Overview Assessment & Interventions (Manual for Course TI-202).

TI-202 – Overview of Assessment & Interventions Contents

Unit I - Training & Learning Goals – Introduction

Unit II – PTSD & Trauma Impact

- Diagnostic Criteria for PTSD
- Traumatic Events vs Traumatic Response
- Complex PTSD
- Glossary of Terms
- Neuropsychobiology of Trauma
- Anatomy of Anxiety
- Continuum of Post-Traumatic Responses
- Essential Elements of Narrative Trauma Processing (Louis W . Tinnin)

Unit III - Assessment & Diagnosis

- Psychotraumatology Evaluation: Intake and Client Information
- Pre-session Ritual
- Client Information
- Traumatology Institute Assessment Protocol
- The Trauma Profile
- Data Summary
- Sample Report
- CAPS
- Dissociative Experiences Scale (DES)
- Dissociative Regression Scale (DRS)
- Global Check Set (GCS)
- Impact of Events Scale (IES)
- Symptom Check List - 45 (SCL-45)
- Trauma Intake Assessment (TIA)
- Toronto Alexithymia Scale (TRS)
- Trauma Recovery Scale (TRS)
- Safety Net Plan

Unit IV - Tri-Phasic Model: Safety

- Grounding & Containment
- Managing Dissociative Regression

Unit V - Tri-Phasic Model: Treatment

- Overview of Approaches-CBT (p. 78); CISM (p. 79); EMDR (p. 86); TFT (p. 88); TIR (p.89); TLTT (p. 90); VK/D-NLP (p. 91);
- EMDR Exercise: Establish Safe Place
- TFT Algorithm
- VK/D-NLP - Anchoring
- Active Ingredients to Trauma Treatment

Unit VI – Clinician Responses to Trauma Work

- Emotional preparedness for trauma work
- Acclimatization of listening skills
- Identification of the trauma history
- The therapeutic environment

Unit VII -- Bibliography: On-Line Resources & Recommended Reading