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Trauma Informed Care: Core Principles & Professional Development

Course Outline

Become Trauma Informed Today



Course Outline

TI-701 – Trauma Informed Care: Core Principles & Professional Development

Course Description:

Whether you work in a mental health care setting, hospital, school, or justice system, you will be face with individuals who have struggled with the impact of trauma. Learning the essential skills for assisting those with trauma histories is fundamental. With up to XXX% +/- of the population having experienced a trauma first-hand, Trauma Informed skills training is essential.

Working with trauma survivors in high stress/high demand situations can lead to extreme reactions where fight or flight triggers lead to dangerous incidents. Learning to be Trauma Informed Care practitioner, whatever your role can make the difference between a situation which spirals out of control or one where you lean in and make offer the right skills at the right time.

Recognizing the impact of trauma in your workplace or volunteer role is a powerful tool. The purpose of this course is to provide an enhanced ability to manage job stressors, harness our best skills when working with potentially traumatized populations, build a toolkit of approaches in the so you can understand how to manage your own reactions and warning signs as well as those you see in the populations you serve.

The chief learning objective is to expand upon the professional's existing knowledge and expertise in caring for trauma survivors, while learning about the target service provision group, gain job enhancement skills, and manage personal reactions in high demand field of post trauma care positions.

Who Would Benefit From Participation:

- Anyone who works with trauma survivors and wishes to implement TIC principles and development of practices
- Is a stakeholder or survivor or supports someone recovering after trauma.

Learning Objectives:

- What is Trauma?
- What is Trauma Informed Care (TIC)?
- Trauma & the ACE Studies
- Trauma & Addictions
- 6 core TIC Principles
- 3 E's of TRAUMA to discover & relate to practice
- 4 R's in a TIC system – Assumptions & Principles
- 10 Domains to Implement
- 16 Strategies for TIC

Course Evaluation:

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

Required Course Reading:

Compassion Fatigue Specialist- Therapist (CFST) (Manual for Course TI-207).

Trauma Informed Care: Core Principles & Professional Development Contents

Trauma Informed Care: Core Principles & Professional Development

1. At the Core of Trauma Informed Care
2. Post-Traumatic Stress
3. SAMHSA's Concept of Trauma
4. ACE Study
5. Trauma & Addiction
6. Trauma & the Brain
7. What is Trauma Informed Care?
8. Hurt or Help in Care Settings
9. Being Trauma Informed ... Means
10. Trauma-Informed vs. Trauma Specific
- 11.6 Core TIC Principles
 - Safety
 - Trustworthiness & Transparency
 - Peer Support
 - Collaboration & Mutuality
 - Empowerment, Voice & Choice
 - Cultural, Historical & Gender Issues
12. Integration of TIC Principles in Practice (6 Core TIC Principles)
- 13.3 E's to Discover & Relate to Practice
 - Events
 - Experience
 - Effects
14. Integration of TIC Principles in Practice (3 E's of TRAUMA)
- 15.4 R's in a TIC system
 - Realize
 - Recognize
 - Respond
 - Resist Re-Traumatization
16. Integration of TIC Principles in Practice (4 R's in a TIC system)
17. 10 Domains to Implement TIC
 - Government & Leadership
 - Policy
 - Physical Environment
 - Engagement & Involvement
 - Cross Sector Collaboration
 - Screening, Assessment, Treatment Services
 - Training & Workforce Development
 - Progress Monitoring & Quality Assurance
 - Financing
 - Evaluation
18. Integration of TIC Principles in Practice (10 Domains to Implement TIC)
19. Strategies for Trauma Informed Care
20. In Closing