Course: Trauma-Informed Care

This course has been approved for 6 Continuing Education Units/Contact Hours

Synopsis: This course will explore the topic of emotional and psychological trauma and how to provide caring, compassionate, and empathetic services that are trauma-informed. Trauma doesn't discriminate; it affects people of every race, age, ethnicity, and socioeconomic level. Trauma can be a single isolated event or a series of events, and a traumatic experience involves some type of a threat to one’s physical or emotional well-being and can bring out feelings of terror, helplessness, and lack of control and power.

Traumatic experiences can impact and alter an individual’s perception of themselves, their world, and the people around them and can disrupt the victim’s biological, cognitive, and emotional functioning as well as their identity, relationships, and social interactions.

As service providers, it is imperative that we implement care and services that follow the tenets and principles of Trauma-Informed Care (TIC).

In this course, you will learn about several principles and tenets of TIC. You will be challenged and inspired to provide the best care possible to those who have been affected by the ravages of traumatic experiences.

Course Objectives:
Upon completion of this course you will:
• Be able to define trauma.
• Recognize various types of trauma.
• Understand trauma’s impact on mental and physical health.
• Understand the Adverse Child Experiences (ACE) Study.
• Describe and understand principles & tenets of Trauma-Informed Care.
• Recognize the importance of responding to trauma disclosures appropriately.
• Understand the importance of managing vicarious trauma and compassion fatigue.
• Recognize trauma’s impact on society.
Instructor Profile:

“Education is my passion. I love providing courses that are engaging and impactful.”

-Donn Kropp

Donn Kropp founded ClickPlayCEU out of a desire to bring others to greater levels of health and wellness. With over ten years of experience in a variety of healthcare and human services settings, Donn brings a seasoned, yet fresh approach to continuing education. Donn holds a BSN from the University of North Carolina, Charlotte and a Masters in Healthcare Leadership from the University of California, Davis.

Lesson Overviews:

1. **Introduction**: Trauma is difficult to understand. It can't be viewed narrowly but must be understood broadly and take into account biological, psychological, interpersonal, community, and societal factors. In this lesson, we'll explore several definitions and key concepts of trauma.

2. **Objectives**: Emotional and psychological trauma isn't as cut and dry as we once thought. In this lesson, we will highlight the objectives for this course.

3. **What is Trauma**: Several definitions of trauma exist. Trauma can be described as any event that overwhelms a person’s capacity to cope and has long-lasting impact. In this lesson, you will learn about the many types of situations and events that are traumatic.

4. **The Biology of Trauma**: Trauma affects our bodies and physiology in a number of ways. In this lesson, we will explore several systems of the body and uncover the effects of trauma.

5. **Experiences and Responses to Trauma**: One of the most important and significant ways to be Trauma-informed is to have an understanding of the signs and symptoms of trauma. In this lesson, we'll explore the signs and symptoms of trauma as well as an understanding of the reactions and responses to trauma by a victim.

6. **The ACE Study**: ACE stands for Adverse Childhood Experiences. In this lesson, we'll examine the ground-breaking ACE study and explore how adverse childhood traumatic experiences affect health later in life.
7. Trauma-Informed Care: In this lesson we’ll introduce you to the concept of Trauma-Informed Care. In healthcare and human services settings, emotional and psychological trauma often goes unnoticed, ignored, or unaddressed. Providing trauma-informed care is powerful and can set an individual on a path toward healing from past traumatic experiences.

8. Principles of Trauma-Informed Care: In this lesson, we’ll explore the 6 fundamental principles of Trauma-Informed Care.

9. Trauma-Informed Care Implementation Domains: In this lesson, we’ll explore the 10 implementation domains of Trauma-Informed Care.

10. Responding to Trauma Disclosures: Caring, appropriate, and empathic responses to those who share their past traumatic experiences can be beneficial and healing to the victim. In this lesson, we’ll help you be supportive, encouraging, and compassionate during trauma disclosures.

11. Trauma-informed Care: Quick Tips: In this lesson, we’ll condense and highlight the important points so that you can effectively implement Trauma-Informed Care in your practice.

12. Helping Ourselves to Help Others: One of the most important tasks you have to accomplish in helping a trauma victim is to manage your own trauma and stress. In this lesson, we’ll explore vicarious trauma, secondary traumatic stress, and compassion fatigue.

13. What Does It All Mean: In this lesson we’ll review the concepts learned. Understanding trauma and its impact on lives and society as a whole is perhaps our generation’s new germ theory. It is up to us to share the information about this public health concern of trauma.