



**UNDERSTANDING  
TRAUMA**

**TRAUMA-INFORMED  
CARE COURSE**

**VICARIOUS TRAUMA AND  
COMPASSION FATIGUE  
COURSE**

**COURSE OUTLINES**

# UNDERSTANDING TRAUMA COURSE

(60-90 MINUTES)

## IN THIS COURSE YOU'LL LEARN:



**THE DIFFERENCE BETWEEN SIMPLE AND COMPLEX TRAUMA**



**WHY YOUNG PEOPLE ARE PARTICULARLY EFFECTED BY TRAUMA**



**THE THREE KEY FEATURES OF TRAUMATIC EVENTS**



**WHY PEOPLE ADOPT DANGEROUS OR COUNTER-PRODUCTIVE BEHAVIOURS**



**THE COMMON TYPES OF TRAUMA AND UNDERSTAND WHICH HAVE THE GREATEST IMPACT ON FUTURE DEVELOPMENT AND RECOVERY**



**ALL ABOUT TRIGGERS - RELIVING THE TRAUMA**



**WHY SOME PEOPLE ARE MORE AFFECTED BY TRAUMA THAN OTHERS**



**WHAT DOES BEING TRIGGERED FEEL LIKE?**



**HOW TRAUMA AFFECTS BRAIN DEVELOPMENT**



**WARNING SIGNS OF BEING TRIGGERED**



**THE IMPACTS OF TRAUMA**



**UNDERSTAND THE SIGNS SOMEONE HAS BEEN TRIGGERED**



**LEARN THE INDICATORS OF CHILDHOOD TRAUMA**



**STEP BY STEP GUIDE TO HELPING A TRIGGERED PERSON**

# TRAUMA-INFORMED CARE COURSE

**PART 1 - INCLUDES UNDERSTANDING TRAUMA COURSE (60-90 MINUTES)**

**PLUS:**

**PART 2 - PROVIDING TRAUMA INFORMED CARE (60-90 MINUTES):**



**HOW TO CHANGE YOUR APPROACH AND SUPPORT FOR TRAUMA SURVIVORS**



**HOW TRAUMA-INFORMED HELPERS RECOGNISE AND UNDERSTAND IMPACTS ON THE BODY AND MIND**



**3HOW TRAUMA-INFORMED CARE CREATES A SENSE OF SAFETY AND EMPOWERS CLIENTS THROUGH CHOICE**



**HOW SHARING POWER AND PROMOTING JOINT-DECISION MAKING IS CRITICAL TO BUILDING TRUST**



**CREATING TRAUMA-INFORMED INTERACTIONS THAT PROMOTE COLLABORATION AND TRUST**



**TRAUMA-INFORMED COMMUNICATION TECHNIQUES**



**CORE BELIEFS AND PRIVATE LOGIC**

- The impact of trauma on thought processes and view of the world
- Your role in supporting, not always changing, this world view



**UNDERSTANDING UNMET NEEDS**

Understand the real reasons your client is demonstrating behaviours that push people away



**TECHNIQUES TO BUILD A RELATIONSHIP**



**ESTABLISHING TRAUMA-INFORMED RELATIONSHIPS**



**BUILDING RELATIONSHIPS WITH PARENTS AND CAREGIVERS**

# VICARIOUS TRAUMA AND COMPASSION FATIGUE COURSE

(2 - 2.5 HOURS)

## IN THIS COURSE YOU'LL LEARN:



THE DIFFERENCE BETWEEN PRIMARY AND SECONDARY TRAUMA



EXPLAINING COMPASSION SATISFACTION



THE EFFECTS OF SECONDARY TRAUMA:

- Compassion fatigue
- Vicarious trauma
- Burnout
- Moral distress



UNDERSTANDING YOUR OWN BASELINE - THE PROFESSIONAL QUALITY OF LIFE (PROQOL) TOOL



WHY THE DIFFERENCES BETWEEN COMPASSION FATIGUE, VICARIOUS TRAUMA, BURNOUT AND MORAL DISTRESS ARE IMPORTANT



UNDERSTANDING YOUR EMOTIONAL QUOTA



UNDERSTANDING YOUR OWN SUSCEPTIBILITY FACTORS



TRAFFIC LIGHT ZONES



UNDERSTAND THE *PHYSICAL* SIGNS OF SECONDARY TRAUMA



DEVELOPING YOUR PERSONAL 1 - 10 SCALE



UNDERSTAND THE *BEHAVIORAL* SIGNS OF SECONDARY TRAUMA



STRATEGIES TO PREVENTING OR REDUCE SECONDARY TRAUMA



UNDERSTAND AND RECOGNIZE THE *PSYCHOLOGICAL* SIGNS OF SECONDARY TRAUMA, SUCH AS:



DEVELOPING YOUR ACTION PLAN