



## Trauma Informed Care

### Overview

In Elevate's Trauma Informed Care training, participants will learn to bridge the gap between practice (service delivery) and philosophy (trauma theory, empowerment, and relational theory). We identify principles that define trauma-informed service, discuss the need for this type of service, and give some characteristics of trauma-informed services in human service areas. Learners will walk away with a better understanding of how trauma affects people and best practices to be effective and successful. This course is eligible for 3 CEU credit hours.

### Learning Objectives

- How to remain objective
- Define Trauma
- Assess the Level of Trauma Experienced
- Effects of Trauma
- Mental Health & Addiction
- Protocols
- Self-Care for Caregivers

### Course Agenda

- What are their stories?
- What is trauma?
- Effects of trauma
  - Biological
  - Psychological
  - Social
  - Spiritual
- Mental Health and Drug Addiction
- Protocols
- Self-Care for the Caregivers
- BONUS: Emotional Freedom Technique
- Appendix A: Diagnostic criteria for Substance Abuse/Addiction