

Trauma-Informed Care (TIC) e-Learning Series

General Information

Duration: Approximately 3.5 hours to complete all 7 modules

Course Access:

AHS Staff: [MyLearning Link](#)

Non-AHS: www.ahs.ca/tic

Developers: Provincial AMH, Practice Supports and Provincial Partnerships Team

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Course Description

The TIC eLearning Series consists of seven (7) self-study modules, each of which can be completed in approximately 30 minutes or less. The modules have been designed for a broad audience, including those providing addiction and mental health treatment services. The content has been developed using evidence-informed best practices and is organized sequentially to create a seamless, flowing learning experience; the modules should be taken in order.

The TIC eLearning modules are considered an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada and approved by the University of Calgary Office of Continuing Medical Education (CME) and Professional Development. These workshops have been reviewed and approved by the Canadian Addiction Counsellors Certification Federation.

Series Learning Objectives

By the end of the series, participants will be equipped to:

- define trauma including the various types of trauma and common causation (e.g., Adverse Childhood Experiences)
- identify and describe the key short-term and long-term symptoms of trauma
- contextualize trauma stories within a social/ecological model, taking into consideration cultural, intergenerational, and family factors
- understand the key principles of trauma-informed care – including the difference between trauma-informed and trauma-focused practice
- understand key interventions involved in preparing for and implementing trauma-informed care
- identify the basic signs of compassion fatigue and develop plans to mitigate

Module	Title	Learning Objectives	Approx. Duration
1	Trauma-Informed Care: An Introduction	<ul style="list-style-type: none"> Identify both the four key elements and guiding principles of Trauma-Informed Care Understand the rationale for using Trauma-Informed Care Understand that Trauma-Informed Care is a guiding framework and not a specific intervention Describe the differences between Trauma-Informed Care and Trauma-Focused care 	30 mins
2	Understanding Trauma	<ul style="list-style-type: none"> Discuss the three components of the current Substance Abuse and Mental Health Services Administration (SAMHSA) and DSM 5 definitions of trauma Identify and give examples of the three types of trauma (acute, chronic, complex) Identify diagnoses directly associated with trauma (ASD, PTSD) Describe key concepts relating to the neurobiology of trauma Discuss findings and applications of Adverse Childhood Experiences (ACE) studies Demonstrate how TIC guiding principles can begin to move a person towards recovery 	30 mins
3	Recognizing Trauma	<ul style="list-style-type: none"> Identify and explain two key questions to consider when informally screening for trauma Describe common immediate and delayed reactions to trauma, including loss and grief Describe and discuss the social/ecological model of trauma Contextualize and discuss potential traumatic experiences within the cultural, family, and individual frameworks Explain how Trauma-Informed Care guiding principles used within a social/ecological framework can help move a person to recovery 	30 mins
4	Trauma & Emotion	<ul style="list-style-type: none"> Explain emotional literacy/emotional intelligence and why it is important Describe the key features of emotion including the core components 	30 mins

		<ul style="list-style-type: none"> • Identify core skills for enhancing emotional literacy • Explain how emotional literacy is used within the guiding principles of Trauma-Informed Care 	
5	Implementing Trauma-Informed Care	<ul style="list-style-type: none"> • Describe the four key elements and guiding principles of Trauma-Informed Care • Describe the continuum of Trauma-Informed Care • Describe key interventions used when preparing for and implementing Trauma-Informed Care 	30 mins
6	Workplace Trauma Exposure and Self-Care	<ul style="list-style-type: none"> • Define terms and concepts related to workplace exposure to psychological trauma (burnout, compassion fatigue, vicarious trauma, secondary trauma) • Identify possible signs and symptoms of compassion fatigue • Identify possible professional impacts of compassion fatigue • Identify organizational, situational, and individual risk and protective factors • Identify and describe strategies to enhance resilience • Prepare a proactive action plan to mitigate the effects of compassion fatigue 	30 mins
7	Trauma in Children	<ul style="list-style-type: none"> • Discuss challenges in the assessment of posttraumatic stress in children • Discuss some of the challenges with recognizing trauma in children • Describe the most common ways that trauma manifests in children at various developmental stages • Explain ways to screen for situations that put children at risk for possible trauma 	20 mins