



TRAUMA COMPETENT CARE SYLLABUS

Trauma Competent Care is a training curriculum that helps people build confidence in caring for or working with trauma affected individuals. It's based on the National Child Traumatic Stress Network's essential skills needed for trauma-informed care.

Module 1 Trauma and Its Impact on the Life of a Child

Module 1 addresses the essential skills of trauma competent care and defines types of trauma.

Module 2 Understanding Trauma and Age-Related Developmental Impact

Module 2 examines the impact of trauma on child development.

Module 3 Becoming a Trauma Competent Caregiver: The Journey

Module 3 introduces six characteristics of a trauma competent caregiver.

Module 4 Essential Skills 1 and 2

Essential Skill # 1 – Using Tools to Understand the Impact of Trauma. The skill offers assessment tools to help caregivers understand the impact of trauma on each child in their care.

Essential Skill #2 - Maximizing a Child's Sense of Felt Safety. A child's first need is to feel safe when transitioning into a new environment. This portion of Module 4 offers strategies to help caregivers build felt safety for the children in their care.

Module 5 Essential Skill 3

Essential Skill # 3 - Helping Children Reduce Overwhelming Emotions and Build Connections provides specific strategies for helping children learn to regulate their emotions through the power of connection.

Module 6 Essential Skill 4

Essential Skill # 4 - Helping Children Modify Overwhelming Behaviors provides specific strategies for helping children learn to regulate their behavior through the power of connection.

Module 7 Essential Skill 5

Essential Skill # 5 - Supporting Past Relationships and Promoting Positive New Ones discusses the importance of honoring a child's past relationships and the value of creating new relationships.

Module 8 Essential Skill 6

Essential Skill # 6 - Helping Children Develop a Strength-Based Understanding of their Life Stories. Helping children understand their life story is an important task for caregivers. Module 8 offers the "how-to" for this important skill.

Module 9 Essential Skill 7

Essential Skill # 7 - Learning to Care for Ourselves While Caring for Children is a difficult task when confronted by the daily demands of children who have experienced trauma. Module 9 offers suggestions and strategies on how a caregiver can take care of themselves.