

NASMHPD OFFICE OF TECHNICAL ASSISTANCE

**Preparing the Adult Mental Health Workforce to Succeed
in a Transformed System of Care**

Workforce Development

Module XIII

Understanding Trauma-Informed Care

Objectives

At the conclusion of this module, participants will be able to:

1. Understand the importance of traumatic experiences in the lives of the people we serve and how this information can affect service user behavior
2. Discuss the prevalence of trauma among persons served in different types of health and human service settings
3. Describe how our emerging knowledge about trauma indicates a need for the promotion of a non-conflictual and non-violent work environment, for both clients and staff, including the prevention of the use of coercive practices wherever possible
4. Identify the characteristics of trauma-informed versus non-trauma-informed settings

Outline

- ✓ Defining trauma
- ✓ Principles of Trauma Informed Care
- ✓ Prevalence of trauma
- ✓ What does this mean, and Universal Precautions
- ✓ Differences between trauma-informed and non-trauma-informed services
- ✓ Elements of trauma assessments
- ✓ Avoiding retraumatization
- ✓ Movie *Behind Closed Doors*