

Trauma Informed Care

Fall 2024

NCC's Trauma Informed Care certificate will enable participants to develop the knowledge and skills to understand the impacts of trauma on individuals, and how to best support trauma survivors when engaging with them in a professional capacity. Teachers, human service workers, first responders, healthcare workers, social workers, and day care workers will benefit from attending this course.

Course Modules

Modules will be delivered in a virtual, self-paced format. Participants will have access to the curriculum beginning on **Mon., Aug. 26**. All modules must be successfully completed by **Sun., Nov. 3** in order to obtain the certificate.

Trauma and its Impacts

Covers the different types of trauma, trauma's impact on development across the lifespan, and vicarious trauma.

The Behavioral Neuroscience of Trauma

Learners will extend their understanding of trauma experiences to mental and physical health outcomes, examine polyvagal theory and the human stress response, and apply behavioral neuroscience concepts to generate post-traumatic growth for trauma survivors.

The Psychology of Stress Management

Enables learners to identify the foundations of stress management in themselves, including using psychology tools to manage mood/anxiety and improve sleep, identify options to reduce risk-taking behaviors, and release shame.

Building Resilience in Trauma Survivors

Learners will develop skills to assist trauma survivors in building resilience and expanding post-traumatic growth, including building relationships, modeling mindfulness techniques, and developing a healthy life narrative.

Supporting Mental Wellness with Trauma-Informed Systems

Learners will recognize the approaches to prevent secondary traumatic stress, applied concepts previously learned at the systems level, and consider approaches to eradicate trauma in communities.

Free Information Session

Tues., **July 30, 2024**, 7-8pm, Zoom platform

Register now!

The modules will be available from **Aug. 26 - Nov. 3, 2024**. The fee for the course is \$279. In order to obtain the certificate, modules must be completed sequentially and participants must earn 80% or higher on the module quiz. To register for the free information session or course, please visit northampton.edu/HealthcareCourses or scan the QR code!



As a result of completing this program, participants will learn how ...

- trauma affects people and their development and how trauma impacts professional helpers.
- trauma affects the brain, good stress management techniques and how to cultivate their own resilience using mental wellness and positive psychology principles.
- to support others' mental wellness within the systems in which they work and in the community.

For questions, please call 610-332-6585 or email healthcare@northampton.edu.

