



The Trauma Informed Care Project is excited to announce that more modules are available in the Trauma Informed Care series. As we must report back to our funder we ask that you take the time to do the survey at the end of each module even if it is only to let us know your geographic location, the type of work or sector you represent and the name of your organization. If you want to let us know about your learning experience we would be very grateful and use the information to do better next time.

Thank you for your continued commitment to serving others.

- Module 1: What is Trauma Informed Care?
- Module 2: What is Trauma?
- Module 3: Disaster Response
- Module 4: Loss and Grief after Trauma
- Module 5: Trauma in Human Service Workers
- Module 6: Emotional Literacy

See below for description and access.

Important Note

For the best learning experience please ensure your browsers and flash player are updated. Some content will not be available if either browser or flash player is out of date.

Module 1: What is Trauma Informed Care?

This is the first module in the Trauma Informed Care e learning series. This module lays the foundation for all other modules in the series. In this module learners will be introduced to key concepts and practices of Trauma Informed Care. The purpose of this module is to increase knowledge about psychological trauma and improve practice to be more trauma informed and person centered.

Learning Objectives: Participants will be able to:

- Describe what trauma informed care is
- Identify your role in trauma informed care
- Describe what trauma is
- Identify the principles that guide trauma informed care
- Reflect on what you could do to engage in TIC within your role
- <http://www.albertahealthservices.ca/webapps/elearning/TIC/Mod01/story.html>



Module 2: What is Trauma?

This is the second module in the Trauma Informed Care online learning series. In this module, learners will be introduced to key learnings on psychological trauma and its impacts on survivors. The purpose of this module is to increase knowledge about psychological trauma and improve practice to be more trauma informed and person or family centered.

Learning Objectives:

- Describe what psychological trauma is
- Identify types of trauma
- Identify characteristics of trauma
- Demonstrate understanding of neurobiological processes involved in trauma
- Describe symptoms of Post-Traumatic Stress Disorder
- Describe processes involved in post-traumatic growth

To access the second module click on the link:

<http://www.albertahealthservices.ca/webapps/elearning/TIC/Mod02/story.html>

Module 3: Disaster Response

This is the third module in the Trauma Informed Care online learning series. In this module, learners will be introduced to key concepts related to psychological preparation for and psychological response after a disaster. The purpose of this module is to increase knowledge about psychological trauma that may result after a disaster and improve practice to be more trauma informed and family centered.

Learning Objectives

- Identify what a disaster is
- Define 6 principles of care in responding after a disaster.
- Identify emotional and mental concerns after a disaster.
- Recognize how people are best supported after disaster
- Identify examples of interventions used in responding after a disaster

Access the module here:

<http://www.albertahealthservices.ca/webapps/elearning/TIC/Mod03/story.html>



Module 4: Loss and Grief after Trauma

This is the fourth module in the Trauma Informed Care online learning series. In this module, learners will be introduced to key concepts related to loss and grief after trauma.

The purpose of this module is to increase knowledge about the different types of losses and the grief that psychological trauma can bring so that providers can improve practice to be more trauma informed and patient/family centered.

Learning Objectives :

- Describe how trauma creates loss and grief in a person's life
- Explain types of losses associated with trauma
- Describe the complexity of grief associated with trauma
- Identify grief models and concepts
- Demonstrate understanding of how to move from loss to recovery

Access the module here:

<http://www.albertahealthservices.ca/webapps/elearning/TIC/Mod04/story.html>

Module 5: Trauma in Human Service Workers

This is the fifth module in the Trauma Informed Care online learning series. In this module, learners will be introduced to key concepts related to trauma that occurs in human service workers because of the work they do. The purpose of this module is to increase knowledge about how human service work can cause trauma in human service workers, different types of trauma and how to address it so that providers can be supported and healthy in their chosen roles.

Learning Objectives:

- *Recognize signs and symptoms of trauma in human services workers*
- *Identify different types of trauma in human services workers*
- *Use strategies to prevent, protect and cope when faced with workplace trauma*
- *Summarize organizational best practices to support human services workers*

Access the module here:

<http://www.albertahealthservices.ca/webapps/elearning/TIC/Mod05/story.html>



Module 6: Emotional Literacy

This is the sixth and final module in the Trauma Informed Care online learning series. In this module, learners will be introduced to key concepts related to emotional literacy and trauma. The purpose of this module is to increase knowledge about emotional trauma and how skills of emotional literacy can help in healing after trauma.

Learning Objectives

- Describe emotional literacy.
- Describe how the brain and environment create emotions
- Identify components of emotion
- Differentiate between basic and secondary emotions
- Describe how emotional literacy is embedded within the principles of Trauma Informed Care.

Access the module here:

<http://www.albertahealthservices.ca/webapps/elearning/TIC/Mod06/story.html>