

Trauma and Violence-Informed Care eLearning Series Description

General Information

Duration: Approximately 4.25 hours to complete all 7 modules

Course Access:

- **Internal Learners with MyLearningLink (MLL) Access:** Connect to MyLearningLink through the staff intranet and search for "Trauma and Violence-Informed Care" to complete all seven [7] modules and catalogue these modules as part of your learning record. Note: Internal learners must access the course via MyLearningLink.
- **For learners who do not have access to MyLearningLink:** the "Trauma and Violence-Informed Care" modules are accessible at [Trauma Training Initiative](#). To obtain your certificates of participation, complete the pre-competency survey, the modules, the post-competency survey, and the certificate request form.

Developers: Recovery Alberta, Provincial Practice Supports

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Series Description

The Trauma and Violence-Informed Care (TVIC) eLearning Series consists of seven (7) self-paced modules designed for professionals in healthcare, education, social services, justice, and government. The series provides essential knowledge and practical strategies for applying trauma and violence-informed approaches across diverse settings.

TVIC is 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.

In addition, it is duly accredited by the Canadian Addiction Counsellors Certification Federation.

Global Series Objective

The series introduces the core principles of Trauma and Violence-Informed Care (TVIC). Participants will learn to recognize the impacts of trauma and violence, differentiate TVIC from Trauma-Focused Care, and apply practical strategies to create safer, more supportive clinical environments. The series also explores cultural and systemic influences on trauma and provides tools to identify and manage compassion fatigue.

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Series Overview

Title	Module Description	Learning Objectives	Approx Duration
Module 1: Introduction to Trauma and Violence Informed Care	Trauma and Violence-Informed Care has been shown to increase engagement, treatment adherence and health outcomes in individuals seeking addiction and mental health treatment. Participants will be introduced to the topic of TVIC, including the rationale for use, key elements and guiding principles for implementation. The differences between Trauma and Violence-informed and Trauma-Specific services will be highlighted.	<ul style="list-style-type: none"> • Identify the four key elements of Trauma-Informed Care and four guiding principles for Trauma and Violence-Informed Care. • Explain the rationale for using TVIC. • Explain that TVIC is a guiding framework and not a specific set of interventions. • Describe the key differences between Trauma-Informed Care, Trauma and Violence-Informed Care and Trauma-Focused Care. 	30 mins
Module 2: Understanding Trauma and Violence	Understanding trauma and violence is essential for providing the most appropriate screening, assessment and intervention for trauma and violence survivors. Participants will be introduced to common definitions of trauma and violence, including the neurobiological underpinnings of trauma and the relevance of Adverse Childhood Experiences (ACES) research.	<ul style="list-style-type: none"> • Describe key concepts relating to the neurobiology of trauma. • Discuss findings and applications of ACE studies. • Discuss the three components of the current Substance Abuse and Mental Health Services Administration definition of trauma. • Identify and give examples of different types of violence. • Identify and give examples of the three types of trauma. • Identify diagnoses directly associated with trauma. • Demonstrate how TVIC guiding principles can begin to move a person towards recovery. 	45 mins

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Module 3: Recognizing Trauma and Violence	<p>The impacts of trauma and violence are far reaching and can impact an individual's social, emotional, mental and physical well-being. Recognizing trauma and violence can reduce the stigma related to these impacts and assist healthcare providers in identifying and providing the most appropriate supports. Participants will learn about the social-ecological model of trauma, including the common signs and symptoms of trauma and violence and relevant screening questions.</p>	<ul style="list-style-type: none"> • Identify two key questions to consider when informally screening for trauma and violence. • Describe common immediate and delayed effects of trauma and violence, including loss and grief. • Describe and discuss the social/ecological model of trauma. • Contextualize and discuss potential traumatic and violent experiences within the cultural, family, and individual frameworks. 	30 mins
Module 4: Trauma, Violence and Emotion	<p>Many trauma and violence survivors struggle to recognize, understand and regulate their emotions. An understanding of emotions is useful in addressing the unique treatment needs of trauma and violence survivors. Participants will be introduced to the topics of emotional literacy and emotional intelligence, including the key components of emotions, the neurobiology of emotions and core skills for increasing both emotional literacy and emotional intelligence.</p>	<ul style="list-style-type: none"> • Describe emotional literacy and emotional intelligence and why both are important. • Describe the key features of emotion. • Recall core skills for enhancing emotional literacy. • Identify the connection between emotion and TVIC. 	60 mins

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Module 5: Implementing Trauma and Violence- Informed Care	Trauma and Violence-Informed Care has been shown to increase engagement, reduce stigma and improve treatment outcomes for individuals seeking addiction and mental services. In addition, knowing how to implement TVIC has been linked to increased workplace satisfaction in treatment providers. Participants will be introduced to the continuum of TVIC, including key strategies involved in preparing for and implementing TVIC.	<ul style="list-style-type: none"> • Describe the guiding principles TVIC. • Describe the continuum of TVIC. • Explain key strategies involved in the implementation of TVIC. 	30 mins
Module 6: Workplace Trauma and Violence Exposure and Self-Care	Workplace trauma and violence exposure can impact the social, emotional, physical and mental well-being of treatment providers. These impacts can then influence workplace satisfaction and the quality of service provision. Participants will be introduced to burn-out, compassion fatigue and vicarious trauma, including the common signs and symptoms, and self-care strategies.	<ul style="list-style-type: none"> • Define terms and concepts related to the effects of exposure to psychological 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
Module 7: Trauma and Violence in Children	The common signs and symptoms of trauma and violence often manifest differently in children. Early intervention has been shown to improve treatment outcomes and mitigate the risks for ongoing developmental impacts. Participants will learn about the common signs and symptoms of trauma and	<ul style="list-style-type: none"> • Discuss challenges in the assessment of posttraumatic stress in children. • Discuss challenges with recognizing trauma and violence in children. • Describe common reactions to trauma and violence in children at various developmental stages. 	30 mins

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	violence in children, the challenges of assessing children, and key steps to take if a child discloses trauma and violence.	<ul style="list-style-type: none">• List reasons to screen for trauma and violence in children.• Identify key steps to take if a child discloses trauma and violence.	
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