



## **Foundational/Awareness Modules (pg1)**

### **What is trauma? - Module A2**

*A comprehensive discussion of psychological trauma.*

- Definition and impacts
- Neuro-biology of trauma
- Types
- Prevalence
- Practice Tips

### **Grief and Loss associated with trauma - Module A3**

*This teaching module will provide information focusing on longer term grief and trauma experiences associated with loss.*

- Experiences and responses to loss can continue to impact individuals, families and communities long after a loss event.
- What can be experienced and understood as 'abnormal' responses to grief are in fact "normal".
- Information and context regarding grief can go a long way in knowing how to "come along side" grieving individuals to offer support.
- Included are helpful concepts and various grief models to help navigate the grief experience.

### **Trauma in Human Service Workers - Module A4**

*Dealing with humanity on a daily basis is rewarding. Most professionals are drawn to the work because they believe they can make a difference. But dealing with humanity also means being exposed to the worst of human experiences. The work can and often is difficult. This module explores the following topics:*

- Vicarious trauma, secondary trauma, burn out, compassion fatigue
- Self-care practices

**(continued)**





## Foundational/Awareness Modules (pg2)

### **Disaster Response - Module A5**

Experience of a natural or man-made disaster can have massive implications on the lives of those who lived through the experience. An overview of disaster response is covered in this module including:

- The basics of disaster mental health
- PFA – Psychological First Aid
- Heartmath

### **Emotional Literacy - Module A6**

*Emotion and emotional regulation is a major component of the trauma response. Understanding emotion, being able to identify complex emotional states and regulate/manage them is critical in addressing trauma. These themes are explored in the module:*

- Learning to identify emotions
- Dealing with unbearable emotional states – emotional intensity and regulation
- Disconnecting feelings from behavior
- Practice tips