



# Trauma-Informed Care Training for Mental and Behavioral Health Professionals

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Trauma is pervasive and impacts all of us, children and adults. One way we can be responsive, healing centered, and recovery oriented in this space is to normalize that which we know is real. Building a form of care centered and informed by trauma can help promote a culture of safety, trust, empowerment and choice, and peer support. In collaboration with the Children's Commission and the Texas Health and Human Services Commission (HHSC), this document has been created to provide trauma-informed care training resources for mental and behavioral health professionals.

The training resources provided in this document were collected in a collaborative effort between the SAMHSA Mental Health Technology Transfer Center (MHTTC), the Cross Systems Trauma-informed Care initiative led by Texas Health and Human Services Commission (HHSC) and the Statewide Collaborative on Trauma-informed Care led by the Supreme Court of Texas Permanent Judicial Commission for Children, Youth and Families (Children's Commission). This information has been compiled from multiple sources and the MHTTC, HHSC and the Children's Commission cannot guarantee either the accuracy, reliability, or completeness of the information or the effectiveness of the trainings listed. The MHTTC, HHSC and the Children's Commission do not endorse any one training resource, modality, or curriculum. This document is intended to serve as a non-exhaustive list of resources as the field continues to change and evolve regarding trauma. This document is up to date as of December 2020.

## Training Resources

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**EMDR International Association (EMDRIA)** – [EMDR Training & Education](#) (Cost Associated) - An EMDRIA Approved EMDR Training provides clinicians with the knowledge and skills to utilize EMDR therapy, a comprehensive understanding of case conceptualization and treatment planning, and the ability to integrate EMDR therapy into their clinical practice. An EMDRIA Approved EMDR Training provides, at a minimum, instruction in the current explanatory model, methodology, and underlying mechanisms of EMDR through lecture, practice, and integrated consultation.

**Family Trauma Institute (Cost Associated)** Training programs for mental health professionals to become family trauma experts using the Family Systems Trauma Model (FTS). Training is offered at multiple levels. The Institute also offers free monthly webinars.

**International Trauma Training Institute** - [Clinical Trauma Competency for Social Workers \(CTC-SW\)](#) (Cost Associated) This 6-module certification course examines the current theories and practices regarding the neurobiological, psychosocial and socio-cultural components of trauma.



**Karyn Purvis Institute of Child Development - [Trust-Based Relational Intervention \(TBRI\) Practitioner Training](#) (Cost Associated)** - This training is for practitioners who want to learn about TBRI® and use it within their professional capacity (e.g., therapists, caseworkers, foster and adoption care specialists, occupational therapists, medical professionals, counselors, CASA representatives, early childhood & development specialists). This core training experience is designed to prepare practitioners for working with children from hard places and their families.

**Medical University of South Carolina - [Trauma Focused Cognitive Behavior Therapy 2.0 \(TF-CBT\)](#) (Cost Associated)** - TF-CBT is a child and parent psychotherapy approach for kids who have behavioral difficulties that result from trauma. Children and parents learn new skills to manage and resolve distressing thoughts, feelings, and behaviors that result from traumatic life events.

**Mental Health Wellness for Individuals with Intellectual and Developmental Disabilities (MHW-IDD) - [Trauma Informed Care for Individuals with IDD Module](#) (FREE)** - Multiple MHW-IDD training modules are available to a variety of people including healthcare professionals, support providers and caregivers who support individuals with intellectual and developmental disabilities (IDD) and behavioral health needs. This module teaches the effect of trauma on people with IDD and how to use a trauma-informed care approach with the people you support. The trauma-informed care approach looks at challenging behavior in a new way and emphasizes the importance of supporting mental wellness. MHW-IDD training modules are also offered with CE credit for a fee.

**National Association of State Mental Health Program Directors (NASMHPD) - [Center for Innovation in Behavioral Health Policy and Practice](#) (Cost Associated)** - The Center provides training, technical assistance and consultation to organizations, institutions, systems, and communities seeking to implement trauma-informed approaches. The website contains multiple training resources and curriculums.

**National Children's Advocacy Center (NCAC)** – The NCAC Virtual Training Center (VTC) offers a wide range of FREE online training opportunities for child abuse professionals. NCAC VTC includes live and archived Webinars and Recorded Trainings.

**[The Foundations for Understanding Vicarious Trauma](#) (FREE)** - This web-based meeting describes the nature of vicarious trauma, discusses its relationship to counter transference, burnout, and therapeutic listening, and will identify the signs and symptoms of vicarious trauma.

**[Secondary Trauma](#) (FREE)** - Secondary trauma can take many forms, some of them quite visible and others more obscure. Even the person experiencing secondary trauma may not recognize the symptoms or identify them as something resulting from their work. How do we know when our staff members, our volunteers, or we personally are experiencing secondary trauma? This workshop will explore the phenomenon of secondary trauma and discuss current strategies for mitigating the secondary post-traumatic stress response.



[Working with Youth with Co-Occurring Post-Traumatic Stress Disorder and Problematic Sexual Behaviors](#)

**(FREE)** - This workshop is designed for professionals providing services to children with trauma histories who present with PTSD symptoms and sexual behaviors. Core treatment components that are unique and shared between two evidence-based models (Trauma-Focused Cognitive Behavioral Therapy and Sexual Behavior Problem-Cognitive Behavior Therapy) will be reviewed. Discussion will also focus on treatment techniques and strategies to address problematic sexual behaviors within the context of TF-CBT.

**National Child Traumatic Stress Network (NCTSN) Learning Center** - The NCTSN Learning Center provides hundreds of free education and training resources in the areas of assessment, treatment and services, training, research and evaluation, and organizational and systems change for traumatized children, adolescents, and their families. Continuing education credits are available for many courses in this expanding online catalog that has been developed for mental health professionals, parents and caregivers, policymakers, and others who work with and care about children and adolescents.

[Adolescent Trauma and Substance Abuse](#) **(FREE)** - Provides training and materials for mental health clinicians and substance abuse treatment providers on the complex intersections between psychological trauma and co-occurring substance abuse and dependency. The course includes interactive online modules on understanding the links between traumatic stress and substance use among adolescents, a webinar and lecture presentation featuring expert faculty from the NCTSN, and a four-part Train-the-Trainer video series entitled "Trauma and Co-Occurring Disorders: Understanding and Working with Youth and Their Caregivers."

[Psychological First Aid \(PFA\) and Skills for Psychological Recovery \(SPR\)](#) **(FREE)**- *Psychological First Aid (PFA)* and *Skills for Psychological Recovery (SPR)* are promising practices for disaster behavioral health response and recovery. Both PFA and SPR were developed by the National Center for PTSD and the National Child Traumatic Stress Network, as well as other individuals involved in coordinating and participating in disaster response and recovery.

**Relias Academy** - [Trauma Informed Care CE Bundle](#) **(Cost Associated)** - Trauma-informed care provides a holistic approach to assess and treat individuals seeking service. Social workers who are trauma-informed provide a safe environment where individuals can recover through empowerment. This CE bundle will dive into different types of trauma, trauma-informed clinical best practices, supervision, treatment for children, and self-care. The package offers more than 5 online CE hours and completion certificates from the Association of Social Work Boards.

**TEND Academy** – TEND offers resources and training to address the complex needs of high stress, trauma-exposed workplaces. TEND supports everyone on the team – front line workers, supervisors and managers and support staff, all of whom need concrete, evidence-informed tools and strategies to empower them and their organizations.



[Compassion Fatigue 101 \(Cost Associated\)](#) - Compassion Fatigue 101 is an online course that explores the essentials of Compassion Fatigue – a normal consequence of working in a helping field.

[Organizational Health in Trauma-Exposed Environments Online Course: Essentials \(Cost Associated\)](#) - Intensive online course designed for managers and supervisors of teams working in high stress, trauma-exposed environments such as healthcare, the criminal justice sector, social and human services, emergency response, armed forces, education, child welfare, community mental health, non-profit organizations and related services.

[Resilience in Trauma-Exposed Work Online Course \(Cost Associated\)](#) - This workshop will provide a solid framework to understand the mechanisms of stress and resilience within trauma-exposed environments, and will introduce practical, best-practices approaches to increasing resilience and enhancing individual wellness and organizational health

[Texas Health Steps Online Provider Education- Addressing Adverse Childhood Experiences through Trauma Informed Care \(FREE\)](#)- The goal of this module is to equip Texas Health Steps providers and other health-care professionals to recognize adverse childhood experiences (ACEs), the resulting trauma and toxic stress, screen for health consequences, and provide culturally sensitive trauma-informed care for children and adolescents.

[Trauma Informed Oregon - Introduction to Trauma Informed Care \(FREE\)](#) - TIC framework and 101 training: Module 1: What is Trauma Informed Care? walks you through the principles that serve as the foundation for trauma informed care. Module 2: Why is Trauma Informed Care Important? walks you through why trauma informed care should be incorporated into organizations and systems. Module 3: Trauma Specific, Trauma Sensitive, Trauma Informed walks you through the basic differences between trauma specific services and trauma informed care. Module 4: A Brief Overview of NEAR Science walks you through the collection of fields of study that include Neurobiology, Epigenetics, ACEs and Resilience.

**See also** Trauma-Informed Care Training Resources for [Child Welfare Professionals](#), [Caregivers](#), [Juvenile Justice Professionals](#), [Legal Professionals](#), [Victim Services Professionals](#), and [School Professionals](#).