



## Trauma-Informed Care Training for Victim Services 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 victim services 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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### **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.

**Mental Health America (MHA) of Greater Houston** – Mental Health America of Greater Houston offers multiple Mental Health Literacy trainings related to trauma-informed care.

[Self-Care and Burnout \(FREE\)](#) - Learn more about burnout, a specific work and school related stress, which leads to loss of identity and productivity. Participants learn about the risk of burnout, how to care for oneself, treat burnout and maintain balance. Those who complete this workshop will leave with an action plan to treat their stress and care for themselves.

[Self-Care and Mental Health \(FREE\)](#) - Explore how depression and stress impact caregivers and identify individuals who need self-care assistance during the aftermath of a crisis or disaster.



[Trauma 101 \(FREE\)](#) - This course will educate participants on the signs or symptoms of trauma, its effects on the brain, and how to treat trauma in everyday settings. Trauma refers to extreme or chronic (toxic) stress, which can overwhelm a person's ability to cope. This results in vulnerability, helplessness, and fear.

[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 free training resources and curriculums.

[National Child Traumatic Stress Network \(NCTSN\) Learning Center \(FREE\)](#) - 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.

[Office for Victims of Crime Training and Technical Assistance Center – Victim Assistance Training Online – Trauma-informed Care Module \(FREE\)](#) - OVC TTAC offers a module on Trauma-Informed Care through Victim Assistance Training (VAT) Online. Module lessons include: definitions, how to develop trauma-informed programs, and more.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\) – Trauma Training for Criminal Justice Professionals \(FREE\)](#) - The GAINS Center offers training that helps educate criminal justice professionals about the impact of trauma and how to develop trauma-informed responses.

[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 Advocacy Project** – [Empowerment-Based and Trauma Informed Response to Survivors of Violence \(FREE\)](#) -

Texas Advocacy Project provides FREE trainings and webinars to judges and prosecutors, law enforcement, educators, students, military, health care professionals, and more. This training will first identify what empowerment-based models are and will explain how these models can be replicated and implemented into each practice. Empowerment-based advocacy can help survivors identify their own strengths and reframe their sense of self, therefore enhancing their capacity for self-determination. Survivors of power-based violence, including intimate partner violence and sexual assault, experience ongoing trauma that affects the way they will respond to and heal from victimization. This workshop will help participants identify how trauma affects survivors of violence, the neurobiology of trauma within the brain, and appropriate ways to serve individual survivors.

**Texas Council on Family Violence (TCFV)** – [Effects of Trauma on Survivors and Empowerment Based Advocacy \(FREE\)](#)

A recorded presentation by TCFV's Family Violence Services Manager, by the end of this module, attendees will be able to: 1) Understand the impact of trauma on survivors you work with; 2) Utilize elements of trauma informed care in your advocacy; and 3) Develop a response to clients that is survivor defined and empowering.

**Texas Department of Family Protective Services** – [DFPS Trauma-Informed Care Training \(FREE\)](#) - This training is a free resource for child welfare system caregivers, professionals, advocates, stakeholders and members of the public who are interested in learning about the impact of trauma.

**Trauma Informed Oregon** - [Resources for Training and Education \(FREE\)](#) - Trauma Informed Oregon (TIO) is committed to an informed workforce and informed communities. We provide foundational training on trauma and trauma informed care and we encourage organizations and systems to build internal capacity for ongoing training and information sharing. Resources on this page include PowerPoint presentations from TIO trainings, a number of other training resources, useful handouts, and selected literature on ACEs, trauma and trauma informed care.

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