

Traumatology Institute (Canada) Training & Development Inc.



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Traumatology Institute Training Curriculum

Traumatology Institute Profile

In 1995, under the direction of Charles R. Figley, Ph.D., renowned trauma expert, the original Traumatology Institute (TI) was established at Florida State University with a mission to alleviate trauma around the world through research, education and service. The Green Cross Projects (GCP), a humanitarian branch of the TI, was created to provide rehabilitative assistance to victims of disasters. The GCP were there to respond to the survivors of the 1995 Oklahoma City bombing.

By 1998, the Traumatology Institute (Canada) was established by Dr. Anna B. Baranowsky in continuation of this important work. It was at this point that the independent curriculum currently being offered was developed and enhanced by Dr. Baranowsky and Dr. Eric Gentry. This comprehensive curriculum leads to competency and certification in Traumatology and Compassion Fatigue. The **Traumatology Institute Training Curriculum** provided foundational training for those Certified Traumatologists involved in recovery interventions for over 4,700 persons following the September 11, 2001 terrorist attacks in New York City.

The mandate of the Traumatology Institute (Canada) is:

1. To improve and maintain standards in the field of trauma response;
2. To offer certificate training programs that meet the needs of specific communities;
3. To link with partners nationally and internationally to offer the Institute's cutting-edge curriculum.

The Institute's certifying body is the Academy of Traumatology' Commission on Certification & Accreditation (COCA). Training programs are also recognized by the American Academy of Experts in Traumatic Stress (AAETS). Students successfully completing the curriculum can apply for COCA and AAETS designation under separate rates & practices.

FOUNDERS

The Executive Director and founder of the Traumatology Institute (Canada) is Toronto psychologist Dr. Anna Baranowsky. The Consulting Director is Dr. Eric Gentry. Anna and Eric have been instrumental in co-developing the institute's training materials and programs, including the internationally recognized Accelerated Recovery Program for Compassion Fatigue.

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Training Curriculum Courses

1. Community & Workplace Traumatologist

- TI-101: **Early Intervention Field Traumatology** (1-day intensive)
- TI-102: Trauma Referral Sources and Community Resources
- TI-103: Standards of Trauma Care: Attachment, Systems & Context
- TI-104: Tools for Trauma: A Multi-dimensional Approach
- TI-105: Group Approaches for Community Trauma Survivors
- TI-106: Group Supervision in Community Traumatology
- TI-107: **Compassion Fatigue Resiliency & Recovery (Educator Designation)**

2. Clinical Traumatologist

- TI-1001: **Early Intervention Field Traumatology** (4 day)
- TI-202: Overview of Trauma Assessment & Interventions
- TI-203: Standards of Trauma Care: Attachment, Systems & Context
- TI-204: Tools for Trauma: A Cognitive Behavioral Approach
- TI-205: Group Approaches with Trauma Survivors - Clinical
- TI-206: Group Supervision in Clinical Traumatology
- TI-207: **Compassion Fatigue Specialist Training (Therapist Designation)**

Program Designations:

Early Intervention Field Traumatologist (1001 or 101): First responders (e.g., fire/rescue, emergency medical services, law enforcement, etc.) as well as mental health and health care professionals will benefit from this comprehensive course. There are no pre-requisites for this program as Field Traumatology is an entry level course.

Community & Workplace Traumatologist: Designed for professionals, paraprofessionals, and volunteers who work with trauma survivors or trauma-related issues or individuals who wish to gain skills to do so. The courses in this stream will enhance the skills development for activities where contact with individuals or groups who have been directly exposed to trauma occur. No special requirements or degrees are necessary for this entry-level training stream. Successful completion of the following courses (or equivalencies) is required for certificate: TI-101 to TI-107.

Compassion Fatigue Resiliency & Recovery - Educator: An intensive one-day resiliency enhancement program developed for those working with seriously ill, injured or traumatized/troubled people. This program was designed in workshop format to be both didactic and experiential.

Compassion Fatigue Specialist - Therapist: Designed for mental health care professionals with a minimum of a Master's degree. Based on the Accelerated Recovery Program (ARP) for Compassion Fatigue, this program trains professionals to offer the unique 5-session individual care ARP model to those directly impacted as a result of their work with traumatized/troubled clients.

Clinical Traumatologist: Designed for health care professionals who have a minimum of a Master's degree completed or in progress related to the clinical or counseling field. Successful completion of the following courses (or equivalencies) is required for certificate: TI-1001, TI-202 to TI-207.

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♦ Community & Workplace Traumatologist (91 hours)

Program Outline

Course #1001 – Early Intervention Field Trauma (28 hours/ 4 days OR intensive 1-day format)

Both didactic and experiential, this course explores the knowledge and skills needed to respond to the emotional trauma associated with natural or human-caused disasters and crisis. Topics include warning signs, recovery stages, fitting interventions to client needs, the new Educate, Assess and Refer (EAR) Field Trauma Response model, Reactions and Response to CBRN Terrorism, steps to lessen crisis impact, utilization of community resources for prevention and resolution. Compassion Fatigue risk factors, symptoms and prevention/self-care strategies and Emergency Site Management System will also be addressed. Following the course all participants will be required to acquire and complete EPC's Basic Emergency Preparedness course on CD-ROM.

Course #102 – Trauma Referral & Community Resources (7 hours/ 1 day)

Review of history, theory and treatment methods associated with traumatic stress disorders, effective approaches for trauma recovery and awareness of post-trauma warning signs. Skill building will focus on utilizing networking for self and clients, case conferencing, consulting, advocacy, identifying useful community resources and making referrals. Ethical approaches to trauma assistance will be reviewed and discussed. Participants will increase their knowledge of trauma evaluation and treatment options available for disorders related to extreme stress.

Course #103 – Standards of Trauma Care: Attachment, Systems & Context (7 hours/ 1 day)

Trains the traumatologist to empower the individual, family, community or organization, examines age, gender, race, culture, social class and other factors that impact trauma response and recovery. This course addresses the social work and case management associated with providing the best fit between appropriate treatment and individual need.

Course #104– Tools for Trauma: A Multi-dimensional Approach (14 hours/ 2 days)

Offers a multitude of non-clinical hands-on approaches for working with trauma in a community setting. There is a strong emphasis on developing activities for recovery and reconnection. Participants will learn how to involve individuals in building resiliency and re-engaging with their community in a meaningful and healthy manner. While not oriented toward counseling or clinical skill, this program will be participatory and engaging and will provide valuable skills for anyone working in this field.

Course #105 – Group Approaches for Community Trauma Response (14 hours/ 2 days)

Explores peer models of group intervention with trauma survivors. Psychoeducational group approaches with self-help and personal empowerment components and various types of program promotion and admission procedures will form the basis of this program.

Course #106 – Group Supervision in Community Traumatology (14 hours/ 2 days)

Offers a forum for participants to practice and demonstrate proficiency in community traumatology skills under the supervision of a Certified Traumatologist. The practicum is offered in a workshop format designed to challenge and to help participants grow into competent providers of care for traumatized individuals, families, organizations and communities.

Course #107 – Compassion Fatigue Resiliency & Recovery (Educator Designation) (7 hours)

This one-day intensive program is offered in a group workshop format for those who wish to learn more about Compassion Fatigue prevention and resiliency. This didactic and experiential program is based on the Traumatology Institute's Brief Accelerated Recovery Program (ARP).

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♦ Clinical Traumatologist (98 hours)

Program Outline

Course #1001 – Early Intervention Field Trauma (28 hours/ 4 days OR intensive 1-day format)
Same as Course #101 for Community & Workplace Traumatologist

Course #202 – Overview of Assessment & Interventions (7 hours/ 1 day)

Covers clinical interventions, assessment approaches, research, theory and practical applications to help the traumatologist assist clients. Materials focus on how to conduct assessments that might contribute to a professional diagnosis. Participants learn to distinguish between normal and distressed behavior, handle cases with skill, and minimize negative impact upon the client and family.

Course #203 – Standards of Trauma Care: Attachment, Systems & Context (7 hours/ 1 day)

Develops understanding of the practical applications of the traumatology skills, research, and theory among individuals and communities grossly affected by trauma. The course examines age, gender, race, culture, social class, systemic issues, community standards of care, and other factors that are important in designing and implementing programs to fit client needs with appropriate treatment.

Course #204 – Tools for Trauma: A Cognitive Behavioral Approach (14 hours/ 2 days)

Provide both novice and advanced trauma therapists with the knowledge and skills necessary to utilize Cognitive Behavioral Therapy (CBT) in treatment of trauma survivors. In addition to presenting a didactic foundational understanding of the theoretical tenants of CBT, course provides experiential training in many of CBT's most effective techniques, including: Reciprocal Inhibition, Stress Inoculation Training, Systematic Desensitization, Exposure Therapy, Cognitive Processing Therapy, Behavioral Rehearsal and Relaxation Training. Treatment applications will be framed within a Tri-Phasic model.

Course #205 – Group Approaches with Trauma Survivors: Clinical (14 hours/ 2 days)

Explores clinical models of interventions for trauma survivor groups, including approaches with recovery and personal awareness components. Various types of program promotions and intake/admission procedures will be addressed.

Course #206 – Group Supervision in Clinical Traumatology (14 hours/ 2 days)

Offers a forum for participants to practice and demonstrate proficiency in clinical traumatology skills under supervision. The practicum is offered in a workshop format designed to challenge and to help participants grow into competent providers of care for traumatized individuals, families, organizations and communities.

Course #207 – Compassion Fatigue Specialist (Therapist Designation) (14 hours/ 2 days)

A two-day intensive Compassion Fatigue didactic and experiential resiliency program developed for caring professionals. This course is designed to provide professionals with in-depth understanding of Compassion Fatigue & recovery interventions using the Accelerated Recovery Program (ARP), (Gentry, Baranowsky & Dunning, 1997). This course provides all the tools necessary to implement the five-session ARP protocol for assisting professionals who have become compassion fatigued.

Certification Requirements

Upon successful completion, Certification by the Academy of Traumatology Commission on Certification & Accreditation can be obtained for all designations of the Traumatology Institute's training programs. A separate application and fee is required. The American Academy of Experts in Traumatic Stress and the Association for Traumatic Stress Specialists also recognizes the **Traumatology Institute Training Curriculum** and offers designations at special rates.