

WILMINGTON UNIVERSITY
COLLEGE OF SOCIAL AND BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION

COURSE TITLE: Leadership in Trauma-Informed Approaches
COURSE NUMBER: PSY 6300

I. COURSE DESCRIPTION:

Note: This is the third of three courses within the graduate Trauma Certificate.

Once practitioners understand the prevalence and the impact of trauma and adversity on individuals' mental and physical health and the importance of prevention, recovery, and healing, they must lead the effort to become trauma-informed (TIA) personally and professionally as leaders at home, work, church, etc. This course focuses on the key components of the trauma-informed approach and the most effective ways to implement a trauma-informed approach in a variety of human service organizations and agencies. Guiding principles of the TIA, specific trauma-informed developmental models, and evidence-based interventions will be discussed. In addition, skills such as, collaboration, problem solving, and conflict resolution will be developed as necessary tools to leading and implementing a trauma-informed approach in professional settings.

. The content of this course, and discussions about trauma from different perspectives, may bring about unexpected and unsettling reactions. Responses to trauma are often strategies that survivors have developed to keep themselves safe, and therefore really reflect strength and resiliency. Recognizing how trauma impacts anyone is an important part of skill building for creating trauma-informed services and systems. Please do not hesitate to contact the instructor at any time during the course if you would like to discuss, privately, your reactions to the content we are reviewing and/or the discussions we are having.

II. MAJOR LEARNING GOALS:

GOAL A:

Understand a trauma-informed approach (TIA) as a fundamental shift in knowledge, skills, and attitudes.

Learning Outcomes: The student will:

- A-1 Describe examples that illustrate the 4 key assumptions of a trauma-informed approach.

- A-2 Apply the 6 core principles of a trauma-informed approach to multiple settings.
- A-3 Explore the biases and roadblocks involved related to incorporating a trauma-informed approach in a variety of settings.
- A-4 Analyze developmental frameworks used to define trauma-informed organizations.
- A-5 Summarize the unique challenges to making those fundamental shifts towards a trauma-informed approach when considering how race, ethnicity, age, gender identification, disabilities, refugee status, etc., require unique attention.

GOAL B:

Demonstrate how the guiding principles of the trauma-informed approach can be implemented in an agency, organization, or school.

Learning Outcomes: You will be able to:

C-2 Explain how trauma-informed care (TIC) specifically supports the prevention of trauma, recognizes how trauma affects individuals, and