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# E-LEARNING GUIDE: TRAUMA, VIOLENCE AND LOSS

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Training Hours: 12 hours, 40 minutes

Reflection Hours: 10 trainings x 30 mins reflection= 5 hours

Cumulative Hours: 17 hours, 40 minutes

## TRAUMA INFORMED CARE (TIC)

Description	<p>Many of the people we interact with every day have been affected by overwhelming stress or traumatic experiences. Traumatic experiences change a person and can create turmoil within a person and in their life. This is especially true if events and/or conditions happen in childhood. The consequences of trauma are far reaching and can be directly or indirectly linked to mental illness, addictions, chronic disease, suicide, and overall, a failure to thrive.</p> <p>The purpose of the <b>Trauma Informed Care (TIC) Project</b> is to increase knowledge about trauma and the impact it has by creating connection, sharing knowledge and resources. TIC offers resources for individuals who help those impacted by trauma provide patient centred care.</p>
Website	<a href="https://www.albertahealthservices.ca/info/Page15526.aspx">https://www.albertahealthservices.ca/info/Page15526.aspx</a>
Provider	Alberta Health Services
Time to complete training/ webinar	2 hours
Certification (Y/N)	No
Suggested Learning Reflection Prompts	<p>-Has your idea of trauma informed care shifted?</p> <p>-Reflecting on previous work experiences/ practicums/ engagement with other institutions, have they used trauma informed care?</p>
Other information	You will need to click on the links to the 6 modules separately to complete the learning.

## THE GRIP OF GRIEF: PROCESSING THE CONTINUAL LOSSES OF THE PANDEMIC

Description	<p>Jill Johnson-Young an expert on grief and loss describes the origin and function of grief and provides helpful interventions to help clients manage the enumerating losses caused by the pandemic. She also discusses how therapists can care for themselves and manage compassion fatigue.</p> <p>In the course, you will listen to a podcast and complete a quiz for the certificate.</p>
Website	<a href="https://courses.clearlyclinical.com/courses/free-ceu-grief">https://courses.clearlyclinical.com/courses/free-ceu-grief</a>
Provider	Clearly Clinical
Time to complete training/ webinar	1 hr
Certification (Y/N)	Yes
Suggested Learning Reflection Prompts	<p>-What are the benefits to naming and processing non-death related grief?</p> <p>-What is the Kubler-Ross grief model? How might you use it in your practice?</p>
Other information	You will need to create a free account to access the material.

## THE NEUROSCIENCE OF TRAUMA

Description	Dr. Marla Buchanan from the University of British Columbia focuses on how traumatic events affect the brain and body. Participants will learn about the neuroscience of trauma and how the mind/body responds to traumatic events, such as dating violence. Understanding how trauma works is essential for learning strategies to address traumatic responses and triggers. Focusing on teen dating violence, this webinar will provide strategies to create safe learning environments for youth, coping mechanism for teens to manage the after-effects of dating violence and will provide a review of evidence-based programs that address the effects of teen trauma.
Website	<a href="https://youthdatingviolence.prevnet.ca/the-neuroscience-of-trauma/">https://youthdatingviolence.prevnet.ca/the-neuroscience-of-trauma/</a>
Provider	Youth Dating Violence (PREVnet)
Time to complete training/ webinar	1 hr
Certification (Y/N)	No
Suggested Learning Reflection Prompts	-How does the body respond to trauma?  -How can you apply the information learned in this webinar to working with clients with a trauma-history?
Other information	N/A

## THERAPEUTIC RESPONSE TO TRAUMA AND LOSS IN THE COVID-19 PANDEMIC

Description	This webinar will identify the issues of trauma and loss that visit us in today's pandemic, will explore how they influence each other, will survey the short- and long-term challenges that are created, and will delineate effective strategies for coping with the unique issues posed by COVID-19 trauma and loss. The focus will be on one's work as a professional, as well as on personal self-care.
Website	<a href="https://hospicefoundation.org/Education/Therapeutic-Response-to-Trauma-and-Loss-in-the-COV">https://hospicefoundation.org/Education/Therapeutic-Response-to-Trauma-and-Loss-in-the-COV</a>
Provider	Hospice Foundation of America
Time to complete training/ webinar	1.5 hrs
Certification (Y/N)	Yes (You will need to follow the "Instructions for obtaining your CE certificate" to obtain it)
Suggested Learning Reflection Prompts	-What are the 5 non-death related losses of the COVID-19 pandemic?  -How can you incorporate the information learned into your own self-care practices?
Other information	N/A

## HOSPICE AND END-OF-LIFE CARE IN NURSING HOMES DURING COVID-

19

Description	After a brief overview of intimacy barriers in hospice care under normal circumstances, experts John Cagle, PhD, MSW and Elaine Healy, MD, FACP, CMD discuss the major barriers to intimacy created in the wake of COVID-19 restrictions that have been imposed on nursing homes and other residential care facilities, where families and even hospice team members are unable to enter facilities.
Website	<a href="https://hospicefoundation.org/Education/Covid-19">https://hospicefoundation.org/Education/Covid-19</a>
Provider	Hospice Foundation of America
Time to complete training/ webinar	1 hr
Certification (Y/N)	No
Suggested Learning Reflection Prompts	-Given that this webinar is in the American context, what are the parallels to what is happening in Canada?  -What emotions came up for you while viewing this webinar?
Other information	N/A

## CONNECTING THE DOTS

Description	An introduction to the links between multiple forms of violence, overlapping causes, risk and protective factors.
Website	<a href="https://vetoviolence.cdc.gov/apps/connecting-the-dots/node/4">https://vetoviolence.cdc.gov/apps/connecting-the-dots/node/4</a>
Provider	Veto Violence
Time to complete training/ webinar	40 mins
Certification (Y/N)	No
Suggested Learning Reflection Prompts	-What are some of the links identified between different types of violence?  -Why is it important to identify risk and protective factors with clients?
Other information	N/A

## PREVENTING ADVERSE CHILDHOOD EXPERIENCE

Description	<p>ACEs can impact kids' health and well-being. They can have long-term effects on adult health and wellness. Their consequences can affect families, communities, and even society. Thankfully, ACEs are preventable.</p> <p>These trainings will help you understand, recognize, and prevent ACEs. Get the insights you need to create healthier, happier childhoods for kids today and bright futures for adults tomorrow.</p>
Website	<a href="https://vetoviolence.cdc.gov/apps/aces-training/#/#top">https://vetoviolence.cdc.gov/apps/aces-training/#/#top</a>
Provider	Veto Violence
Time to complete training/ webinar	2.5 hrs
Certification (Y/N)	Yes (if you register for the CDC's Training and Continuing Education Online System <a href="https://tceols.cdc.gov">https://tceols.cdc.gov</a> )
Suggested Learning Reflection Prompts	<p>-How can you reduce childhood adversity?</p> <p>-How might you use the information learned in the training in your practicum/ future practice?</p>
Other information	<p>There are 2 parts to this training:</p> <ol style="list-style-type: none"> <li>1. ACEs Overview &amp; Public Health Approach to Preventing ACEs Modules (90 mins)</li> <li>2. Mental Health Provider Module (60 mins)</li> </ol>



## IMPACT OF EARLY TRAUMA ON THE DEVELOPING BRAIN

Description	This module is built around four videos developed by the Institute of Child Development at the University of Minnesota. The module was developed to assist practitioners in understanding the impact of early trauma on the developing child's brain. The topics of the videos include: brain architecture; how serve and return interactions shape brain development; stress and its impact on brain development; and resilience. Although the content of the videos is centered on child development, the aim of this module is to encourage reflection and discussion on the practice implications of connecting early brain development with the current child welfare practice.
Website	<a href="https://cascw.umn.edu/portfolio-items/impact-of-early-trauma-on-the-developing-brain-75-hr/">https://cascw.umn.edu/portfolio-items/impact-of-early-trauma-on-the-developing-brain-75-hr/</a>
Provider	Center for Advanced Studies in Child Welfare
Time to complete training/ webinar	1 hr
Certification (Y/N)	Yes
Suggested Learning Reflection Prompts	-What are your reflections on the material presented?  -How can you apply the information learned in this webinar to working with young clients?
Other information	There is a workbook to download associated with the module.

## PRINCIPLES OF PREVENTION

Description	Learn how principles of prevention can be implemented at the individual, relationship, societal and community level to create healthy communities free from violence. Define violence, identify the four levels of the social-ecological model and distinguish primary from secondary and tertiary prevention.
Website	<a href="https://vetoviolence.cdc.gov/apps/principles-of-prevention/">https://vetoviolence.cdc.gov/apps/principles-of-prevention/</a>
Provider	Veto Violence
Time to complete training/ webinar	1 hr
Certification (Y/N)	No (but there are quizzes throughout)
Suggested Learning Reflection Prompts	-How does your definition of violence differ from the one provided?  -What questions do you still have?
Other information	N/A

## RESPONDING TO DISCLOSURES OF SEXUAL VIOLENCE

Description	<p>During the training, you will view videos showing both supportive and unsupportive responses. The videos also explore gender, race, class, culture, disability and sexuality, as they relate to understanding sexual violence. The videos are key learning tools for exploring the multiple issues that can influence both the victim or survivor and responder. They will help you develop an in-depth understanding of the barriers and stigma that affect notions of consent and coercion.</p> <p>The skills you learn in this training will provide you with effective first response tools you can use in all disclosure situations.</p>
Website	<a href="http://www.learningtoendabuse.ca/online-training/resp_disclosures/index.html">http://www.learningtoendabuse.ca/online-training/resp_disclosures/index.html</a>
Provider	Western University
Time to complete training/webinar	<p>2 options:</p> <p>1 hr (introduction)</p> <p>2+ hr (full comprehensive training)</p>
Certification (Y/N)	No
Suggested Learning Reflection Prompts	<p>-What is your key learning from this training?</p> <p>-What effective first response tools will you use in your future practice?</p>
Other information	N/A

## ADDITIONAL RESOURCES

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### How Childhood Trauma Affects Health Across a Lifetime

[https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime)

### Staying Resilient as the Covid-19 Pandemic Continues

<https://us02web.zoom.us/rec/play/7pd4c7r-rW83Ht2XswSDUfB7W9ToJvms1ikX-vsJnRvjAHFQYQKiN7MTY7ZVsBgRaAQvOXVF5AVb1t59?startTime=1588284774000>

1.5-hour pre-recorded webinar presented through the Social Work Hospice and Palliative Care Network