



## TRAUMA INFORMED CERTIFICATION

EQUIP VOLUNTEERS, COACHES, AND COUNSELORS WITH FOUNDATIONAL KNOWLEDGE OF TRAUMA, ITS VARIOUS FORMS, AND EFFECTIVE, COMPASSIONATE APPROACHES FOR SUPPORTING INDIVIDUALS IN HEALING AND RESTORATION.



*Hello, I am Melody!  
I am very excited to be  
your trauma informed  
instructor!*

UPON COMPLETION,  
PARTICIPANTS WILL RECEIVE A  
TRAUMA-INFORMED CARE  
CERTIFICATION AND BE EQUIPPED TO:

- Understand trauma and its different forms
- Identify trauma responses and symptoms
- Provide safe, culturally sensitive support
- Empower survivors toward healing



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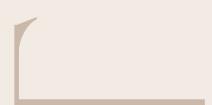


## UNDERSTANDING TRAUMA

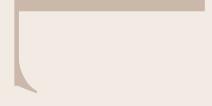
Objective: To introduce participants to the foundational concepts of trauma, including the importance of emotional safety and trust-building when walking alongside someone in trauma.



Definition of Trauma



Types of Trauma:



How Trauma Impacts the Brain and Body



## DIFFERENT FORMS OF TRAUMA



Objective: This module will allow individuals to gain a deeper understanding of each type while also reinforcing the importance of tailored care for different experiences.



1. Veteran Trauma (Combat PTSD) -Exposure to violence, loss of comrades, reintegration challenges
2. War-Affected Families -Displacement, loss, generational trauma, survival stress
3. Sexual Trauma - Violation of boundaries, shame, fear, PTSD symptoms
4. Emotional Trauma - Neglect, emotional abuse, invalidation, relational trauma
5. Childhood Trauma & Adverse Childhood Experiences (ACEs)
6. Key Distinctions: While symptoms overlap, triggers and healing pathways differ.



## O3

### RECOGNIZING TRAUMA SYMPTOMS

Objective: This module explores the various ways trauma symptoms manifest, helping volunteers identify emotional, physical, behavioral, and culturally influenced expressions of trauma. Each lesson will provide a story, reflection questions, practical steps for volunteers, and coping strategies for working with trauma survivors effectively.

1. Emotional Symptoms: Anxiety, depression, numbness, hyper-vigilance
2. Physical Symptoms: Fatigue, tension, sleep disruption
3. Behavioral Symptoms: Withdrawal, aggression, avoidance
4. Cultural Expressions of Trauma: Understanding how trauma may be expressed differently in various cultural contexts.

## O4

### TRAUMA INFORMED CARE PRINCIPLES

Objective: This module combines principles of trauma-informed care and practical strategies for supporting trauma survivors. The goal is to equip volunteers with essential tools to offer compassionate, effective care while preventing re-traumatization.

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# 04 (CONTINUED)

## TRAUMA INFORMED CARE PRINCIPLES

1. Establishing Safety and Trust:
2. Empowerment, Choice, and Collaboration:
3. Active Listening and Preventing Re-traumatization:
4. Cultural Humility and Professional Referrals:

# 05

## SELF-CARE AND CROSS-CULTURAL TRAUMA SUPPORT

Objective: This module focuses on self-care for volunteers while working with trauma survivors and practical strategies for providing effective, culturally-sensitive support in international settings.

1. Recognizing Secondary Trauma and Setting Boundaries:
2. Cultural Relevance in Trauma Care:
3. Working with Translators:
4. Faith and Community Support



# FINAL CERTIFICATION REQUIREMENTS

- Completion of All Modules (5-6 hours total)
- Quiz: Core concepts and application at the end of each module
- Trauma-Informed Care Pledge: Ethical standards commitment.



For Questions, or to bring a trauma informed training to your church or organization, please email [melody@togethernessproject.com](mailto:melody@togethernessproject.com)