Trauma-Informed Care for Victims Training Course

Professional Development Training Course Outline

Category	Criminology	**Duration**	10 Days
Base Fee	$3,000 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

In today's rapidly evolving healthcare, social work, and criminal justice systems, understanding the foundational principles of trauma-informed care is essential. Victims of trauma—whether from violence, abuse, displacement, or disasters—require compassionate, knowledgeable, and responsive care from professionals trained in recognizing the lasting psychological and physiological effects of trauma. Training Course on Trauma-Informed Care for Victims is designed to equip professionals with evidence-based strategies, empathy-driven interventions, and practical tools to foster resilience and healing for trauma survivors. With trauma increasingly recognized as a public health crisis, learning how to deliver culturally competent, victim-centered care is no longer optional—it is critical.

This trauma-informed care training integrates mental health awareness, neuroscience of trauma, trauma-responsive practices, and counseling techniques into an actionable framework. Participants will explore how trauma impacts behavior, relationships, and development across all ages, and will learn how to implement organizational shifts that support healing environments. Real-world case studies and interactive methodologies make this course relevant, transformative, and immediately applicable. Whether you’re a healthcare provider, educator, social worker, or public safety officer, this course will empower you to provide support with compassion, safety, and evidence-backed understanding.

Programme Curriculum

Trauma-Informed Care for Victims Training Course

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Course Objectives

1. Understand the core principles of trauma-informed care.
2. Recognize the neurobiological impact of trauma on the brain and behavior.
3. Implement evidence-based intervention strategies for trauma survivors.
4. Develop skills in empathic listening and victim-centered communication.
5. Promote emotional safety and psychological well-being in service delivery.
6. Explore the intersection of trauma, identity, and cultural competence.
7. Apply resilience-building techniques in various care environments.
8. Create trauma-sensitive organizational policies and practices.
9. Address vicarious trauma and caregiver burnout among professionals.
10. Learn to identify signs of complex trauma and PTSD.
11. Utilize trauma screening tools and trauma history assessments.
12. Integrate childhood trauma research and ACEs science into practice.
13. Advocate for policy changes and trauma-informed public systems.

Target Audiences

1. Mental health professionals and counselors
2. Social workers and case managers
3. Healthcare providers and nurses
4. Educators and school staff
5. First responders and emergency personnel
6. Law enforcement officers and correctional staff
7. Non-profit and NGO workers
8. Policy-makers and public health professionals

Course Duration: 10 days

Course Modules

Module 1: Introduction to Trauma-Informed Care

- Definitions and key concepts of trauma
- Historical background of trauma-informed practice
- Principles of trauma-informed approaches
- Understanding trauma in a systemic context
- Importance of safety, trust, and empowerment
- **Case Study:** A youth shelter integrates trauma-informed principles into intake protocols

Module 2: Understanding the Neurobiology of Trauma

- Brain structures affected by trauma
- Fight, flight, freeze, and fawn responses
- Long-term effects of traumatic stress on the brain
- Trauma's impact on emotional regulation
- Role of neuroscience in recovery
- **Case Study:** A therapist uses brain-based interventions with a PTSD client

Module 3: Types and Sources of Trauma

- Acute, chronic, and complex trauma
- Interpersonal vs. collective trauma
- Developmental and generational trauma
- Natural disasters, war, and displacement
- Domestic violence and abuse trauma
- **Case Study:** A refugee center addresses multiple trauma exposures

Module 4: Childhood Trauma and ACEs

- What are Adverse Childhood Experiences (ACEs)?
- Impact of ACEs on long-term health outcomes
- Trauma-informed education strategies
- Early intervention techniques
- Family-based trauma responses
- **Case Study:** School implements trauma-sensitive classroom practices

Module 5: Recognizing Trauma Symptoms

- Behavioral and psychological indicators
- Physical symptoms and somatization
- Emotional dysregulation and dissociation
- Substance use as a trauma response
- Screening and diagnostic tools
- **Case Study:** A clinic identifies undiagnosed trauma in adults presenting chronic pain

Module 6: Cultural Competency in Trauma-Informed Care

- Understanding cultural perceptions of trauma
- Intersectionality and trauma
- Avoiding re-traumatization in marginalized communities
- Equity-driven care approaches
- Working with diverse populations
- **Case Study:** A healthcare provider adapts trauma care for Indigenous communities

Module 7: Victim-Centered Communication

- Active listening techniques
- Empowering language usage
- Boundaries and consent in trauma conversations
- De-escalation strategies
- Promoting dignity and agency
- **Case Study:** Police department improves victim interviews with trauma-informed scripts

Module 8: Trauma in Special Populations

- Trauma in veterans and military families
- Trauma in LGBTQ+ individuals
- Trauma among incarcerated populations
- Elder abuse and age-related trauma
- Addressing trauma in individuals with disabilities
- **Case Study:** Correctional facility reforms for trauma-sensitive rehabilitation

Module 9: Organizational Trauma-Informed Practices

- Building a trauma-informed workplace culture
- Policy development for trauma responsiveness
- Staff training and onboarding models
- Environmental safety and design
- Monitoring and evaluation metrics
- **Case Study:** Hospital system launches staff-wide trauma-informed initiative

Module 10: Trauma-Responsive Crisis Intervention

- Risk assessment and stabilization
- Psychological first aid techniques
- Managing acute emotional distress
- Referral and emergency support services
- Mobile crisis team protocols
- **Case Study:** Crisis hotline adapts to trauma-informed crisis calls

Module 11: Resilience and Recovery Frameworks

- Strengths-based approaches

- Community and peer support models
- Cognitive-behavioral tools for healing
- Self-regulation and coping skills training
- Positive psychology and post-traumatic growth
- **Case Study:** Community garden project fosters resilience in trauma survivors

Module 12: Preventing Secondary Trauma in Providers

- Vicarious trauma and compassion fatigue
- Self-care strategies for helpers
- Peer support and supervision
- Burnout prevention systems
- Creating support networks
- **Case Study:** Domestic violence shelter implements staff wellness program

Module 13: Trauma and the Legal System

- Trauma-informed court practices
- Legal advocacy for victims
- Trauma in child custody and immigration cases
- Courtroom accommodations
- Ethics and legal boundaries
- **Case Study:** Juvenile court reform introduces trauma awareness training

Module 14: Monitoring and Evaluation in Trauma Care

- Outcome-based measurement tools
- Continuous quality improvement
- Feedback from service users
- Implementation science in trauma care
- Data ethics and privacy
- **Case Study:** NGO tracks healing outcomes across trauma-informed housing programs

Module 15: Final Integration and Action Plan

- Developing personal action plans
- Organizational change models
- Cross-sector collaboration strategies
- Setting trauma-informed benchmarks
- Building a trauma-informed future
- **Case Study:** Participants create pilot trauma-informed programs in their agencies

Training Methodology

- Interactive lectures with multimedia support
- Role-playing and scenario-based learning
- Peer-to-peer knowledge sharing and group work

- Guided case study analysis and simulations
- Hands-on exercises and trauma-sensitive tools
- Reflection journals and personal development plans

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	04 Dec 2026	Online	$2,000
23 Nov 2026	04 Dec 2026	Physical	$3,000
23 Nov 2026	04 Dec 2026	Physical	$6,000
23 Nov 2026	04 Dec 2026	Physical	$6,000

Start Date	End Date	Location	Price
23 Nov 2026	04 Dec 2026	Physical	$12,000
23 Nov 2026	04 Dec 2026	Physical	$9,000
23 Nov 2026	04 Dec 2026	Physical	$12,000
23 Nov 2026	04 Dec 2026	Physical	$12,000

Ready to enroll or request a customized program? Book online or contact us:

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