



# TRAUMA THERAPIST TRAINING COURSE SYLLABUS

## Week 1: Understanding the impact of trauma

- Defining trauma-informed care
- Different types of trauma exposure
- Neurobiological impact of trauma
- Debunking myths about trauma
- The therapeutic relationship
- Setting clients up for success in trauma treatment

## Week 2: Assessment

- Informed consent in trauma assessment
- Evidence-based assessment of trauma exposure
- Evidence-based assessment of Post-Traumatic Stress Disorder
- Differential diagnosis of trauma exposure
- Common challenges in assessment
- Using measurement wisely

## Week 3: Case Conceptualization & Treatment Planning

- Case formulation and case conceptualization
- Using the best science to inform treatment considerations
- Psychoeducation, shared decision making and treatment planning
- Skills-based treatment options
- Evidence-based trauma-focused PTSD treatment options
- Alternative and complementary therapy approaches
- Therapies that lack empirical basis



#### Week 4: Gold-Standard Evidence-Based Treatments for PTSD

- Cognitive Processing Therapy
- Prolonged Exposure Therapy
- EMDR

#### Week 5: Navigating Challenges in Trauma Therapy

- Timing, logistics and contextual factors
- Balancing fidelity and flexibility in treatment
- Psychosocial stressors and crises
- Working with avoidance
- Overcoming common clinician fears

#### Week 6: Advanced Topics

- Dissociation
- Substance use
- Suicidality and para-suicidal behavior
- Other co-occurring issues (Mood Disorders, Anxiety and OCD-Spectrum Disorders, Schizophrenia-Spectrum Disorders, Traumatic Brain Injury, etc.)
- Somatic and pain issues
- Psychosocial challenges and barriers