# Training Course on Trauma Support and Counselling

Professional Development Training Course Outline

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| **Category** | Public Health | **Duration** | 5 Days |
| **Base Fee** | $1,500 USD | **Delivery Mode** | Online / On-site Hybrid |

## Course Introduction

Trauma can profoundly impact individuals' mental, emotional, and physical well-being, often leading to long-term psychological challenges. The need for qualified professionals to provide trauma support and counseling is critical in addressing the consequences of various forms of trauma, such as abuse, accidents, natural disasters, and violence. This **Training Course on Trauma Support and Counseling** is designed to equip professionals and volunteers with the essential skills, tools, and techniques to effectively provide trauma-informed care, support recovery, and promote healing in individuals affected by trauma.

The course covers key trauma theories, therapeutic techniques, and practical approaches to trauma counseling. Emphasis is placed on understanding the psychological and emotional impact of trauma, building trust and rapport with survivors, and utilizing evidence-based counseling methods. By the end of the course, participants will be prepared to assess trauma cases, provide effective support, and facilitate trauma recovery in a compassionate and professional manner.

## Programme Curriculum

**Training Course on Trauma Support and Counselling**

**Introduction**

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**Course Duration**

5 Days

**Course Objectives**

1. Understand the concept of trauma and its effects on mental, emotional, and physical health.
2. Learn the principles of trauma-informed care and how to apply them in counseling practices.
3. Develop skills in establishing rapport and creating a safe space for trauma survivors.
4. Understand the psychological, emotional, and physiological responses to trauma.
5. Explore various trauma counseling techniques, including cognitive-behavioral therapy (CBT), narrative therapy, and EMDR (Eye Movement Desensitization and Reprocessing).
6. Gain practical experience in conducting trauma assessments and creating treatment plans for survivors.
7. Learn how to address specific types of trauma, including sexual abuse, domestic violence, natural disasters, and grief.
8. Understand the role of self-care and supervision for trauma counselors to avoid burnout and secondary trauma.
9. Gain insight into cultural considerations and ethical dilemmas when providing trauma counseling in diverse settings.
10. Build capacity to work collaboratively with other professionals and agencies involved in trauma recovery.

**Organization Benefits**

1. **Enhanced Capacity**: Equip your organization with trauma-informed practitioners who can effectively support and counsel individuals impacted by trauma.
2. **Improved Service Delivery**: Increase the effectiveness of counseling services by integrating trauma-sensitive approaches into practice.
3. **Better Mental Health Outcomes**: Foster healing and recovery in trauma survivors by providing evidence-based counseling interventions.
4. **Increased Understanding of Trauma**: Build organizational awareness of trauma's effects and the importance of trauma-informed care.
5. **Employee Well-being**: Provide tools for counselors to manage the emotional impact of their work, reducing burnout and improving job satisfaction.
6. **Community Impact**: Strengthen your community's ability to cope with and heal from trauma, enhancing overall mental health resilience.

**Target Participants**

This course is ideal for individuals working in mental health, social services, education, healthcare, and other fields that involve direct support for individuals affected by trauma. Participants may include:

- Psychologists, counselors, and therapists.
- Social workers and case managers.
- Teachers and school counselors.

- Healthcare professionals (doctors, nurses, and medical staff).
- Emergency responders (police, fire, and medical personnel).
- Community workers and volunteers in disaster relief.
- Non-governmental organization (NGO) staff working in post-conflict or disaster areas.
- Faith-based leaders and clergy providing support to individuals in trauma.

**Course Outline**

**Module 1: Introduction to Trauma**

1. Definition and types of trauma: Acute, chronic, and complex trauma.
2. Understanding the physiological, psychological, and emotional effects of trauma.
3. Common trauma responses: Fight, flight, freeze, and fawn.
4. The impact of trauma on mental health, including PTSD, anxiety, depression, and substance abuse.
5. Case Study: Impact of trauma in refugees and displaced populations.

**Module 2: Principles of Trauma-Informed Care**

1. What is trauma-informed care? Key principles and practices.
2. Recognizing the signs of trauma in individuals and communities.
3. Creating a safe and supportive environment for trauma survivors.
4. Establishing boundaries and trust in the therapeutic relationship.
5. Case Study: Applying trauma-informed care in a community-based setting.

**Module 3: Trauma Assessment and Diagnosis**

1. Conducting trauma assessments: Tools and techniques for screening and evaluation.
2. Identifying different types of trauma (e.g., physical, sexual, emotional abuse, and natural disasters).
3. Assessing the immediate and long-term psychological impact of trauma.
4. Developing individualized treatment plans based on trauma assessment.
5. Case Study: Assessing trauma in survivors of domestic violence.

**Module 4: Trauma Counseling Techniques**

1. Introduction to trauma counseling models: Cognitive Behavioral Therapy (CBT), Narrative Therapy, and EMDR.
2. Cognitive Behavioral Therapy (CBT) for trauma: Techniques for addressing negative thought patterns.
3. Narrative therapy: Helping clients reframe their trauma stories.
4. Eye Movement Desensitization and Reprocessing (EMDR): A structured approach to processing traumatic memories.
5. Case Study: Trauma-focused CBT in practice with childhood sexual abuse survivors.

**Module 5: Addressing Specific Types of Trauma**

1. Working with survivors of sexual abuse and violence.
2. Providing support for individuals affected by natural disasters and emergencies.
3. Addressing grief and loss: Supporting individuals through the stages of grief.
4. Trauma in children and adolescents: Unique considerations and approaches.
5. Case Study: Trauma recovery after a natural disaster.

**Module 6: Ethical Considerations and Cultural Sensitivity in Trauma Counseling**

1. Ethical dilemmas in trauma counseling: Maintaining boundaries and confidentiality.
2. Cultural considerations: Providing culturally competent trauma support.
3. Addressing stigma and discrimination in trauma counseling.
4. Working with diverse populations, including marginalized and underserved communities.
5. Case Study: Ethical challenges in providing trauma support to refugees.

**Module 7: Self-Care for Trauma Counselors**

1. The emotional toll of trauma work: Recognizing secondary trauma and burnout.
2. Strategies for managing personal stress and emotional reactions.
3. Supervision and peer support: Building resilience in trauma counselors.
4. Developing a self-care plan to maintain professional well-being.
5. Case Study: Preventing burnout in a counseling center.

**Module 8: Practical Skills and Role-Playing**

1. Role-playing trauma counseling scenarios to practice therapeutic skills.
2. Using trauma-informed communication techniques to engage survivors.
3. Providing immediate emotional support in a crisis situation.
4. Reflective practice: Evaluating counseling sessions for continuous improvement.
5. Case Study: Simulating a trauma counseling session.

**Training Methodology**

1. **Instructor-Led Presentations**: Detailed lectures on trauma, therapeutic techniques, and ethical practices in trauma counseling.
2. **Case Studies**: Real-world scenarios to illustrate the practical application of trauma-informed approaches.
3. **Role-Playing and Simulations**: Hands-on exercises to practice counseling skills and techniques in a supportive environment.
4. **Group Discussions**: Engaging participants in group discussions to share experiences and strategies for dealing with trauma survivors.
5. **Practical Exercises**: Participants will work on creating treatment plans, conducting assessments, and applying counseling methods.
6. **Reflection and Debriefing**: Time for personal reflection and debriefing to discuss challenges, emotional responses, and self-care strategies.

By the end of this **Training Course on Trauma Support and Counseling**, participants will be equipped with the knowledge and practical tools to provide effective trauma-informed care. They will understand the diverse ways in which trauma affects individuals and communities, and how to offer compassionate, ethical, and culturally sensitive support. Whether working with survivors of violence, natural disasters, or other forms of trauma, participants will leave with the skills necessary to promote healing, build resilience, and create a supportive environment for recovery.

**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 |
|---|---|---|---|
| **21 Sep 2026** | 25 Sep 2026 | Online | $1,000 |
| **21 Sep 2026** | 25 Sep 2026 | Physical | $1,500 |
| **21 Sep 2026** | 25 Sep 2026 | Physical | $0 |
| **21 Sep 2026** | 25 Sep 2026 | Physical | $0 |
| **21 Sep 2026** | 25 Sep 2026 | Physical | $0 |
| **21 Sep 2026** | 25 Sep 2026 | Physical | $0 |
| **21 Sep 2026** | 25 Sep 2026 | Physical | $0 |
| **21 Sep 2026** | 25 Sep 2026 | Physical | $0 |

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