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Trauma & Post-traumatic Stress Disorder

Duration: 60-120m

Target audience: Mental health professionals, healthcare workers, educators, and anyone seeking to understand trauma's impact and recovery pathways.

Brief Description: This training provides a comprehensive, evidence-based introduction to trauma and Post-Traumatic Stress Disorder (PTSD). Participants will gain foundational knowledge about the various definitions and types of trauma, such as acute, chronic, and complex, and explore common sources of trauma, from natural disasters to military combat. The course will explain both the physiological and psychological effects of trauma, including the fight-or-flight response and other neurobiological changes. We will also cover the diagnostic criteria for PTSD and the individual and environmental factors that influence a person's trauma response. Most importantly, the training will delve into various evidence-based treatment approaches like CBT and EMDR, as well as pharmacological and complementary options. Finally, we'll focus on practical strategies for building resilience and coping with trauma's aftermath.

At the conclusion of the training, participants will have attained the following:

Learning objectives:

1. Understand trauma and its various forms - Explore definitions, types, and sources of traumatic experiences
2. Learn physiological and psychological responses - Examine how trauma affects both body and mind
3. Explore PTSD definition and symptoms - Review diagnostic criteria and clinical presentations
4. Discuss treatment and coping strategies - Evidence-based approaches for recovery and resilience