

# Trauma Informed Care

Trauma Informed Care is required for DSHS-funded HIV/STD Prevention and Care Services workforce within first year of employment. This course is highly encouraged at least once for all staff funded by DSHS to provide HIV/STD Services.

**Trauma Informed Care (TIC)** – The goal of this course is to provide an overview of trauma, how it affects the brain, and how it impacts health behaviors and outcomes.

By the end of this training, participants will be able to:

- Explain four types of trauma
- Describe how trauma can affect the brain
- Describe the impact of trauma on behaviors and health outcomes
- Explain the six principles of a trauma-informed approach
- Apply at least one trauma-informed strategy in an HIV prevention and care services setting

Course Completion:

- Learners are expected to complete all parts of the course, including prerequisites, pre-work, and post-work to receive your certificate of completion.
- The instructor-led virtual portion of the course is interactive, and learners must participate to complete it.
- The maximum number of participants allowed into the live virtual course is 45. If this course is full, please enroll in the next training.

This course consists of pre-work, one live virtual session, and post-work and can take up to 5 hours to complete all modules.

To view all upcoming courses visit [HIV/STD Program Training](#).

To learn more, contact the [HIV/STD Program](#).

## Resources

[Trauma-Informed Approaches Toolkit](#)

[Trauma Informed Care: Perspectives and Resources, A comprehensive, web-based, video enhanced resource tool](#)



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