

## Trauma 101 Competencies:

- View trauma as a public health problem that is a common and complex experience for children and adults and that recovery is possible
- Be able to define the nature and extent of trauma and abuse in different populations/consumers seeking AHS services
- Be able to identify/describe the signs, symptoms, impact and manifestations of trauma
- Understand that maladaptive behaviors are often reflective of the need to protect and survive traumatic experiences
- Know the impact of trauma and abuse on human development 0-5 as it relates to brain development
- Be able to identify trauma-related strategies including risk and protective factors associated with trauma, healthy development and tools/strategies to strengthen recovery
- Understand the definition and principles of trauma informed care
- Believe that trauma-informed care is an appropriate and important role for agency staff and community partners
- Be able to identify agency practices and policies that are likely to re-victimize clients with trauma histories
- Understand the principles of growing, learning, changing and healing in the context of safe healthy relationships
- Facilitate collaborative relationships with children, parents and caregivers that are trauma-informed and demonstrate cultural competence, strength-based approaches, maximizing opportunities for consumer choice, control and decision making, and maximize emotional and physical safety
- Understand vicarious trauma and its impact on the service provider and identify ways to mitigate the impact of that work with clients with trauma histories

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