



Trauma-Informed Care and Counseling Certificate Program Checklist

The following is a checklist to help you determine what you have completed and what you still need to fulfill the requirements of the certificate program. *Please note that you have 3 years from the first training to complete the program.*

When you have finished the program please contact us and we will verify completion and mail your certificate.

Name:

Date Started:

Online Foundation Trainings (6 Courses)

Courses are identified as **Foundation** in each workshop description. We recommend that you take one of the first two listed courses (Overview or Self-Care first)

Course Title	Date(s) Completed
Online: Overview of the Nature and Treatment of Trauma (6 hours)	
Online: Self-Care in Trauma Work (7.5 hours)	
Online: Trauma, PTSD & Traumatic Grief: Effective Assessments and Immediate Interventions (7.5 Hours).	
Online: Creating Systems of Trauma-Informed Care (6 hours)	
Online: Trauma-Fueled Addiction: Stop the Suffering – End the Pain (6 hours)	
Online: Trauma, Affect Dysregulation and Shame: Treating the Seeds of Self-Destructive Behaviors (6 hours)	

Grounding and Experiential Methods Traing (One Course)

Courses are identified as **Grounding and Experiential Methods** in each workshop description. Select one preferred course. **Live workshop topics may periodically be offered in Buffalo, NY to fulfill this requirement; this will be identified in the description.

Course Titles	Date(s) Completed
Online: The Body Remembers Stress and Trauma: Teaching People Grounding Techniques by Moving the Breath and Body in Harmony (4.75 Hours)	
Online: 2-Day: Post-Traumatic Growth: Leading Clients on a Journey of Resiliency and Healing with Lisa Ferentz, LCSW – C DAPA (11 Hours)	
Online: Yoga & Mindfulness: Clinical Interventions for Anxiety, Depression and Trauma (6 Hours)	
Live workshop Course Title:	

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