



University at Buffalo

Office of Continuing Education

School of Social Work

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socialwork.buffalo.edu/conted/trauma.asp sw-ce@buffalo.edu

Trauma-Informed Care & Counseling Certificate Program Checklist

The following is a checklist to help you keep a record of your **Trauma-Informed Care & Counseling Certificate Program** trainings that may be applied toward completion of the program. This will help you determine what you have completed and what you still need to fulfill the requirements.

- Please note that you have 3 years from the first training to complete the program.
- If you started the program before the July 2012 changes, you may fulfill your original course requirements *OR* the new ones.
- If you have questions, email sw-ce@buffalo.edu or call 716-829-5841.

NAME: _____

DATE STARTED: _____

*ONLINE COURSE INTRODUCTION PAGE:

<http://socialwork.buffalo.edu/continuing-education/training-registration/online-training.html>

*ONLINE SELF-STUDY CATALOG: <http://ubswce.ce21.com/>

ONLINE FOUNDATION Trainings (6 courses)

Courses are identified as **Foundation** in each workshop description. We strongly recommend that you take the *Overview of the Nature and Treatment of Trauma* as your first course unless you prefer to take *Self-Care in Trauma Work* first.

Date(s) Attended

Course Title

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) Effective 3/31/17 replaces Evidence-based Methods for Trauma Treatment. Either course can be used for this requirement and if you took both, one course can count as elective hours.

Online: Creating Systems of Trauma-Informed Care (6 Hours)

Online: Trauma-Fueled Addiction: Stop the Suffering - End the Pain (6 hours) As of 8/21/17, this overview course replaces Trauma & Addiction: Integrating Research into Practice which has been transferred to the elective

category. Anyone starting the certificate program prior to this date may use either course to fulfill this requirement.

Online: Trauma, Affect Dysregulation and Shame: Treating the Seeds of Self-Destructive Behaviors (**6 Hours**) As of 3/2/17, this replaces Trauma & Shame: The Unseen Wound. If you already took this course, you may still count it as fulfilling the requirement or you may use it as elective hours.

GROUNDING AND EXPERIENTIAL METHODS TRAINING (one course)

Courses are identified as *Grounding and Experiential Methods* in each workshop description.

Select one preferred course.

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 topics may periodically be offered in Buffalo, NY to fulfill this requirement; this will be identified in the description.

Course title: _____

ELECTIVE TRAININGS (Choose a selection of elective courses online or in Buffalo, New York for a total of 42 training hours.)

Courses are identified as **Electives** in each workshop and/or credit-CEU description.

Date(s) Attended	# Hours	Course Title
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

SKILL INTERVENTION TRAININGS (12 hours)

Offered in Buffalo, New York, courses are identified as ***Skill Intervention*** in each workshop description. Visit our website for the option of applying an outside course to fulfill the 12-hour skill intervention requirement: <http://socialwork.buffalo.edu/continuing-education/certificate-programs/trauma/care-counseling-certificate.html>

Dates(s) Attended

#Hours

Course Title

Participants may take more than one Skill Intervention Course and apply the additional hours

NOTE: Some University at Buffalo, School of Social Work Credit courses may fulfill **Foundation, Elective or Skill Intervention** courses if taken up to 3 years prior to the first **Trauma-Informed Care & Counseling Certificate Program** workshop. Please visit our website for the most current list of applicable credit courses: <http://socialwork.buffalo.edu/continuing-education/certificate-programs/trauma/msw-credit-courses.html>. **You will need to provide a copy of your UB MSW transcript to have these courses included.**

CEUs: All courses include various CEUs listed in the “Credit” tab of the course description. These CEU hours will print out on your certificate when you finish the course.

Please contact the Office of Continuing Education when you've finished the program and we will verify completion and mail your certificate:

Email: sw-ce@buffalo.edu

Phone: 716-829-5841