

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 idendefied 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 <u>Grounding and Experiential Methods</u> in each workshop description. Select one preferred course. **Live workshop topics may periodically be offered in Buffalo, NY to fufill 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	<u>in</u>
Harmony (4.75 Hours)	
Online: 2-Day: Post-Traumatic Growth: Leading Clients on a	
Journey of Resiliency and Healing with Lisa Ferentz, LCSW – C	2
DAPA (11 Hours)	
Online: Yoga & Mindfulness: Clinical Interventions for Anxiet	<u>y.</u>
<u>Depression and Trauma</u> (6 Hours)	
Live workshop Course Title:	
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Skill Intervention Trainings (12 Hours)

Offered in Buffalo, New York, courses are identified as <u>Skill Intervention</u> in each workshop description. You also have the option of <u>applying an outside course</u> to fufill the 12-hour skill intervention requirement.

Course Title	Hours	Date(s) Completed

^{*}NOTE: Participants may take more than one Skill Intervention Course and apply the additional hours to

Electives (Advanced and Special Topic) Trainings (42 hours)

Choose a course or courses online or in-person. Courses are identified as *Electives* in each workshop description and in the categories.

Course Title	Hours	S Date(s)	Date(s) Completed		

*NOTE: Some University at Buffalo, School of Social Work <u>Credit courses</u> fulfill a Foundation or Elective course if taken up to 3 years prior to the first Trauma-Informed Clinical Foundation Certificate Program workshop. A copy of your UB MSW transcript is required to have these courses included.