



## 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
<a href="#">Overview of the Nature and Treatment of Trauma</a> (6 hours)	
<a href="#">Self-Care in Trauma Work</a> (7.5 hours)	
<a href="#">Creating Systems of Trauma-Informed Care</a> (6 hours)	
<a href="#">Trauma and Addiction: Integrating Research into Practice</a> (6.25 Hours)	
<a href="#">Trauma, Affect Dysregulation and Shame: Treating the Seeds of Self-Destructive Behaviors</a> (6 hours)	
<a href="#">Trauma, PTSD &amp; Complicated Grief: Effective Assessments and Immediate Interventions for Children, Adolescents and Adults</a> (7 hours)	
<b>UB SSW Live workshop Course Title:</b>	
<b>Previous Courses</b>	
* <a href="#">Trauma-Fueled Addiction: Stop the Suffering – End the Pain</a> (6 hours)	
* <a href="#">Trauma, PTSD &amp; Traumatic Grief: Effective Assessments and Immediate Interventions</a> (7.5 Hours)	

### Grounding and Experiential Methods Training (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
<a href="#">Using Expressive Modalities to Enhance Inner Work and Help Heal Trauma: Getting Creative with Parts</a> (6 hours)	

**Office of Continuing Education**

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Course Titles	Date(s) Completed
<a href="#">Healing from the Heart: Ancient Practices for Modern Wounds (5.25 hours)</a>	
<a href="#">Yoga &amp; Mindfulness: Clinical Interventions for Anxiety, Depression and Trauma (6 Hours)</a>	
<a href="#">Managing Dissociation through the Use of Soothing &amp; Grounding Skills (6.5 hours)</a>	
<a href="#">Certificate Program: Foundations of Trauma Center Trauma Sensitive Yoga – 20-Hour Training (20 hours)</a>	
<b>Previous Courses</b>	
* <a href="#">The Body Remembers Stress and Trauma: Teaching People Grounding Techniques by Moving the Breath and Body in Harmony (4.75 Hours)</a>	
* <a href="#">2-Day: Post-Traumatic Growth: Leading Clients on a Journey of Resiliency and Healing with Lisa Ferentz, LCSW – C DAPA (11 Hours)</a>	

\*Accepted for purchases through 1/26/21

### Skill Intervention Trainings (12 Hours)

Offered in Buffalo, New York, courses are identified as **Skill Intervention** in each workshop description. You also have the option of [applying an outside course](#) to fulfill 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.

### 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	Date(s) Completed

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University at Buffalo

School of Social Work

Course Title	Hours	Date(s) Completed

\*NOTE: Some University at Buffalo, School of Social Work [Credit courses](#) 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.

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