

The Heal For Life **Certificate in Therapeutic Skills** incorporates all theoretical components of Trauma Informed Practice. It is a one-year program for any therapist or ex-guest wishing to further their knowledge on trauma so they can work more effectively with themselves and to understand all aspects of healing from childhood trauma.

People are welcome to enroll for any individual module by distance or by attendance.

Those who chose to enroll in the **HFLF Certificate in Therapeutic Skills** are required to complete seven modules, which will provide a conceptual framework for understanding the theoretical knowledge and practice behind trauma healing. Each person will be given the opportunity to explore the relevance of the theoretical themes within their own lives. Each module will be assessed both by written assignment and practical application. Heal For Life recognizes that students will come from varying educational backgrounds and wishes to encourage those who may have not completed formal education. Students will be supported in all aspects of their learning. Students who complete all requirements will be awarded the Heal For Life Foundation's **Certificate in Therapeutic Skills**.

Any student, who attends all modules, without completing **all of the written assessment tasks of The Heal For Life Certificate in Therapeutic Skills, will be awarded a Certificate of Attendance.*

Modules

The Heal For Life Certificate in Trauma Healing comprises seven consecutive modules:

Module 1	History & Theory of Trauma Healing
Module 2	The Effects of Trauma on the Brain
Module 3	Childhood Abuse & Altered Development (Attachment Theory)
Module 4	Professional Practice Issues – Boundaries & Visualisations
Module 5	Applied Transactional Analysis & Conflict Resolution
Module 6	How to Utilise Faith & Culture to Assist in Trauma Healing
Module 7	Complex Trauma & Advance Skills

Please note that: Each of the Modules is held over two days – Thursday and Friday. Accommodation is available and the cost is included in the fee. Linen is an extra cost. Students bring their own food. Otherwise it is delivered by Zoom

Cost

Each 2-day module (theory certificate - requires assignments)	\$300.00 per module	x 7	=	\$2,100
<i>Early Bird Payment Discount</i> – pay all 7 modules upfront in a single payment				\$1,750
Each 2-day module (attendance certificate – no assessments)	\$200.00 per module	x 7	=	\$1,400
<i>Early Bird Payment Discount</i> – pay all 7 modules upfront in a single payment				\$1,150

Module Information

- Modules will be presented approximately every six weeks for two consecutive days.
- Each module will include 14 hours of face-to-face learning.
- Students are expected to spend at least eight hours in pre-module preparation.

- Students may be awarded Recognition of Prior Learning (RPL) for prior relevant study. If you are applying for RPL, please contact the Education Coordinator as soon as possible. Applications for RPL must be in writing.

Objectives

Students will:

1. Develop knowledge and critical understanding of the research and theoretical basis for effective permanent healing from trauma.
2. Be able to walk alongside a person in need.
3. Develop advanced skills in supporting survivors of childhood trauma.
4. Be able to apply appropriate intervention strategies
5. Learn how to help guests through de-triggering, emotional release and recovering from trauma.
6. Recognise anxiety and apply appropriate responses.
7. Be able to articulate different types of boundaries and be able to apply appropriate boundary setting to ensure minimising likelihood of burn out or vicarious traumatisation.
8. Apply in the workplace trauma informed professional ethics.
9. Develop a capacity for reflection and critical evaluation of the self as a Trauma Informed practitioner.
10. Be able to apply Mental Health First Aid.
11. Safe management of incidents relating to a person being triggered.
12. Demonstrate ability to maintain safety for a client.

Attendance Requirements

We support flexible study where possible - students are welcome to attend as little or as few modules at the centre. They may choose to do some modules by Distance education. As there is advanced preparation required, it is necessary for students to contact the office as soon as they become aware that they are unable to attend a module.

Assessment Requirements

- Students must complete all requirements of a module to achieve a "satisfactory" grade to pass the module. This includes submission of all written and practical assessment tasks set out in the Module Outline.
- All assessments must be submitted and finalised before the next module commences
- Students must **clearly print** their full name on all assessment submissions. Assessment tasks may be submitted via email or post.
- Students challenged by learning difficulties may be permitted to provide a verbal assessment if necessary, however, prior arrangements must be made and agreed to by Heal For Life.
- It is preferred that all assessments are typed. If this is a problem, please discuss this with the Training Coordinator.
- We use the Harvard referencing style.
- An Introductory Study Skills and Essay Writing document is available on request.

Supervision

Supervision and support will be given throughout the study year to enable the integration of theory and practice. It is the student's responsibility to contact the Supervisor to schedule the supervision time. A fee is charged for professional supervision for external therapists. Professional supervision is available on site for each student at no cost if the student is volunteering at Heal For Life.



Heal For Life Commitment to Students

- Heal For Life will provide individual module information on theory days.
- Heal For Life will be supportive and encouraging when supervising 'on the job training'.
- Heal For Life will be fair and supportive when marking assessments.
- Heal For Life has protocols for relationship resolutions.
- Heal For Life welcomes students and will always try to make students comfortable.

Distance Education

Most modules are provided by distance education with additional tasks to replace the face-to-face component of the module.

Further Information

For further enquiries about Training Modules please contact the Training Coordinator.

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