

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
Overview of the Nature and Treatment of Trauma (6 hours)	
Self-Care in Trauma Work (7.5 hours)	
Creating Systems of Trauma-Informed Care (6 hours)	
Trauma and Addiction: Integrating Research into Practice (6.25 Hours)	
Trauma, Affect Dysregulation and Shame: Treating the Seeds of Self-Destructive Behaviors (7.5 hours)	
Trauma, PTSD & Complicated Grief: Effective Assessments and Immediate Interventions for Children, Adolescents and Adults (7 hours)	
UB SSW Live workshop Course Title:	
Previous Courses	
* Trauma-Fueled Addiction: Stop the Suffering – End the Pain (6 hours)	
* Trauma, PTSD & Traumatic Grief: Effective Assessments and Immediate Interventions (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
Using Expressive Modalities to Enhance Inner Work and Help Heal Trauma: Getting Creative with Parts (6.5 hours)	

Office of Continuing Education

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

*Accepted for purchases through 1/26/21

Skill Intervention Trainings (One Course)

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