

The Impact of Trauma on the Child e-learning course

This course will introduce learners to key understandings about trauma and adversity, and their impact on children. It explores the ways that a child might respond to trauma, and how children and families can recover from trauma.

It will also introduce a trauma-sensitive approach to supporting children who have experienced trauma or adversity, and invite learners to reflect on how they can integrate this into their interactions with children.

Who is this course for?

This foundation-level course is designed for professionals, volunteers, families, carers and community workers who work with, or care for, children. While it briefly introduces a trauma-informed approach to responding to the prevalence of trauma, and its impacts on children and families, it **does not** explore trauma-specific therapies.

Therapeutic work with children who have experienced trauma requires specialised training, and should be undertaken by suitably skilled professionals.

Why was this course developed?

This is a foundation course for all Emerging Minds e-learning courses, and will provide learners with key understandings that will support their engagement with any of the areas that they choose to pursue with Emerging Minds' resources.

How was this course developed?

The course was developed in collaboration with stakeholders from academia, children and family services, child mental health experts and with parents with lived experience of trauma and other coexisting issues. A comprehensive literature review was undertaken into the effects of trauma on Australian children.



Course duration

This course will take approximately one hour to complete, and includes readings, videos and reflective activities. It is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.

Learning outcomes

As learners progress through this course, they will work towards being able to:

- describe what is meant by trauma and adversity
- explain the potential impact of trauma and adversity on children
- recognise child responses to trauma
- explain ways that children and families can recover from trauma
- recognise the importance of a trauma-informed approach when supporting children.

Visit the course at:
emergingminds.com.au/training