

Resilience and Trauma-Informed Perspectives, Certificate

Learning Outcomes

Students who complete the certificate program will be able to:

- describe adverse childhood experiences (ACEs) and the influence they have on physical, mental, emotional, and spiritual outcomes in childhood and adulthood;
- identify their own trauma, if any, and learn how to process it to become healthier and more resilient in their own lives;
- describe resiliency, its dynamics, and ways to strengthen resiliency;
- analyze strategies to decrease or eliminate trauma in society including learning how to create trauma-informed organizations; and
- describe the impact of ACEs on communities and formulate strategies to prevent ACEs in communities and their field of practice.