

# FOUNDATIONS IN TRAUMA-INFORMED CARE ONLINE CERTIFICATE

**Transform your health care practice to improve the experience and outcomes for patients, providers, and staff.**

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In today's fast-paced and emotionally demanding world, the ability to recognize and respond to trauma is a critical skill for professionals in health care and related fields. This online certificate equips participants with the tools and knowledge to better support patients, providers, and staff by implementing a trauma-informed approach that fosters trust, healing, and better health outcomes.

This highly practical, self-paced program introduces the key principles of Trauma-Informed Care (TIC)—a powerful shift from asking “What’s wrong with you?” to “What happened to you?” Participants will learn how trauma impacts behavior, how to communicate more effectively, and how to transform clinical environments into safe, empowering spaces.

With TIC strategies in place, organizations see improved patient engagement, reduced staff burnout, and better long-term health outcomes. Whether you're a provider, administrator, or frontline professional, this course will help you lead with empathy and create lasting positive change.



## **Participants will walk away with these skills:**

- Understand the foundational principles of Trauma-Informed Care
- Identify signs of trauma and recognize trauma responses in various care settings
- Communicate with empathy using active listening and trauma-informed strategies
- Foster psychologically safe environments for patients and staff
- Apply TIC principles across diverse populations with cultural sensitivity
- Develop a plan to implement trauma-informed changes in their workplace

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## **Audience:**

Designed for professionals and paraprofessionals in health care, mental health, and emergency services. Ideal for those working in hospitals, outpatient settings, and first responder roles. Administrators and staff who support direct service providers will also benefit.

## **Duration:**

This program consists of six asynchronous, online modules. XLC recommends completing the program within six months.

**\$695 General Registration**  
**6.0 CEUs will be issued for this program.**

## **Modules in this Certificate:**

- Introduction to Trauma-Informed Care
- Recognizing Trauma Responses in Your Setting
- Trauma-Informed Communication
- Creating a Safe and Empowering Environment
- Working with Special Populations and Cultural Sensitivity
- Applying Trauma-Informed Care



## **ABOUT THE ONLINE LEARNING ENVIRONMENT:**

This certificate program is 100% online and asynchronous, allowing participants to learn at their own pace. Once all modules are complete, participants will receive a certificate of completion and a digital badge.

## **Digital Badge:**

Xavier Leadership Center is proud to offer each participant a digital badge in Foundations in Trauma-Informed Care Online Certificate once participants have met program completion criteria. Digital badges include a direct link to view program credentials and can be utilized by participants on social media and digital resumes.