MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE  
COURSE OUTLINE

Faculty members are required to have the outline submitted to the Academic Affairs Office. The course outline is the form used for approval of new courses by the Academic Affairs and Standards Council.

DEPT. CMHW  COURSE NUMBER: 1250

NUMBER OF CREDITS: 2 Lecture: 2 Lab: NA

<table>
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<th>Course Title:</th>
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<tbody>
<tr>
<td>Introduction to Trauma Informed Care</td>
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<th>Catalog Description:</th>
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<td>Explore how trauma impacts the role of the CHW with a focus on specific populations to include American Indian, African American and Refugees. The CHW student will gain an overview of Trauma, it’s impact among various populations, the scientific basis of Trauma and how this connects to Chronic Disease, what is Trauma informed care, define historical trauma, secondary trauma, barriers related to healing related to trauma and the role CHW’s play in healing and self-care.</td>
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FULFILLS MN TRANSFER CURRICULUM AREA(S)

Goal 1: Communication: ____ by meeting the following competencies:

Goal 2: Critical Thinking: ____ by meeting the following competencies:

Goal 3: Natural Sciences: ____ by meeting the following competencies:

Goal 4: Mathematics/Logical Reasoning: ____ by meeting the following competencies:

Goal 5: History and the Social and Behavioral Sciences: ____ by meeting the following competencies:

Goal 6: The Humanities and Fine Arts: ____ by meeting the following competencies:

Goal 7: Human Diversity: ____ by meeting the following competencies:

Goal 8: Global Perspective: ____ by meeting the following competencies:

Goal 9: Ethical and Civic Responsibility: ____ by meeting the following competencies:

Goal 10: People and the Environment: ____ by meeting the following competencies:
# Prerequisites or Necessary Entry Skills/Knowledge:
Prerequisites CMHW 1000, 1100 and Corequisites CMHW1200 and CMHW1300

## Topics to be Covered
Introduction of Trauma and how Trauma impacts Health Promotion, the effects of trauma for refugees, American Indians, and African Americans. Definition of Historical Trauma, what is ACES (Adverse Childhood Experiences) and the impact of trauma to overall health. How science explains the connection of trauma to Chronic Health conditions and what is the role of the CHW in Healing and Self-care.

## Student Learning Outcomes
- Describe the impact various types of trauma has on health. Why is trauma informed care critical for healing?
- Discuss clients’ obstacles to healing when trauma has impacted their life.
- Understand/discuss the traumatic journey of refugees and impact of trauma in the refugee communities.
- Provide historical references to trauma incurred by refugees.
- Describe examples of historical trauma within the American Indian Communities.
- Discuss the connection between culture and healing among American Indians.
- Explain the African American trauma experience.
- Define Post Traumatic Slave Syndrome.
- Explain how poverty is a form of trauma and how this relates to trauma.
- Discuss microaggressions and the impact on health.
- Define the role as a CHW in identification of who is at risk. Understanding self-care and vicarious trauma.
- Discuss ACES and how this impacts children and adults.

## Is this course part of a transfer pathway?:
- Yes ☐
- No ☒

Revised Date: Proposed curriculum additions; Minnesota Community Health Worker Alliance-Trauma Modules March 2020
Outline updated June 2020