



# CERTIFICATE COURSE ON TRAUMA-INFORMED CARE PRACTICES

First-of-its-kind in India

**#MAKINGINDIATRAUMAINFORMED**



# ABOUT US

*Trauma* is the most unaddressed and unseen epidemic in today's time. Seven out of ten children in India experience some form of adversity at an early age. If left unaddressed, these painful experiences can haunt them for the rest of their lives, deeply impacting their mental, emotional, and physical wellbeing.

**I Am Wellbeing (Nairatmya Foundation)** is a mental health not-for-profit organization dedicated to supporting such young lives struggling with adverse childhood experiences and building an ecosystem of trusted, available, trained adults.

We believe in the power of compassion, connection, and care to develop a healthy and happy nation.

# RATIONALE

While the last decade has highlighted the significant need for mental health interventions, it has also *exposed the scarcity of trained professionals* compared to the staggeringly high number of people in need of mental health care and support in India. With each passing day we get to witness a new statistic or data related to *increasingly high number of deaths by suicide, depression rate, severe mental health and physical health concerns like chronic illnesses, heart problems, and autoimmune diseases.*

The key to mitigating the impact of the perpetually increasing wellbeing concerns in our country is to look beyond the presenting symptoms of an individual and work towards the root cause through a holistic and trauma-informed outlook.

We strive to fulfill this unmet need of quality mental health care by *building the capacity of professionals* towards adapting a trauma-informed approach that is inclusive, contextualised, and de-stigmatising.

To bring this shift in managing mental health concerns, we have designed a *6 months long coursework* on trauma-informed care practices. Experts from the field will support the participants to build a trauma-informed lens for intervention planning.

The course will create an understanding of evidence-based holistic tools used to process deep-rooted trauma.

# COURSE ACTIVITIES & DURATION

The course will encompass various activities like learning sessions, group discussions, assignments, case conceptualisation, roleplays & supervision. There are a total of **six modules** to be covered over a period of **two months**. Upon completion of each module, the participants will submit **graded assignments**. The end of the theory sessions will embark on the beginning of **four months of trauma-informed supervision** with experts from the field. As the supervision commences, participants will attend a **viva** and submit **case studies**. The intensive process is designed to ensure the learning and application of trauma-informed care practices successfully.

Duration: 6 months

Theory sessions: 15

Assignments: 6

Case submissions: 5

Supervision sessions: 8



# CURRICULUM

Week	Topics	No. of sessions	Total hours	Tentative Date	Timing and Day	Assignment
Week 1	Basics of trauma <ul style="list-style-type: none"> <li>• Understanding trauma through the decades</li> <li>• Trauma perspectives across the globe</li> <li>• Adverse Childhood Experiences and its impact</li> </ul>	2	4	8th June	10 am to 12 pm; Saturday	1
				9th June	10 am to 12 pm; Sunday	
Week 2	Neuroscience of trauma and levels of safety <ul style="list-style-type: none"> <li>• Anatomy of survival</li> <li>• Brain-body connection</li> <li>• Levels of safety</li> <li>• Imprint of trauma memories</li> </ul>	2	4	15th June	10 am to 12 pm; Saturday	1
				16th June	10 am to 12 pm; Sunday	
Week 3	Trauma-informed care <ul style="list-style-type: none"> <li>• Goals and Principles</li> </ul>	1	2	22nd June	10 am to 12 pm; Saturday	1
Week 4	Trauma-informed counselling skills <ul style="list-style-type: none"> <li>• Adapting the trauma lens in practice</li> <li>• Understanding client-therapist relationship</li> <li>• Practical applications</li> </ul>	2	4	23rd June	10 am to 12 pm; Sunday	1
				29th June	10 am to 12 pm; Saturday	
BREAK (30th June)						
Week 5	Evidence based tools for processing trauma <ul style="list-style-type: none"> <li>• Orientation to Arts-Based Therapy (ABT)</li> </ul>	5	10	6th July	10 am to 12 pm; Saturday	1
				7th July	10 am to 12 pm; Sunday	
Week 6	<ul style="list-style-type: none"> <li>• Introduction to somatic practices</li> <li>• Basics of Emotional Freedom Tapping (EFT)</li> </ul>			13th July	10 am to 12 pm; Saturday	
				14th July	10 am to 12 pm; Sunday	
Week 7	<ul style="list-style-type: none"> <li>• Mindfulness-based practices</li> <li>• Non-violent communication</li> </ul>			20th July	10 am to 12 pm; Saturday	
				21st July	10 am to 12 pm; Sunday	
Week 8	Practical application and self care <ul style="list-style-type: none"> <li>• Roleplays</li> <li>• Vicarious trauma and self care</li> <li>• Orientation to supervision and case submissions + Q/A</li> </ul>	3	6	27th July	10 am to 12 pm; Saturday	1
				28th July	10 am to 12 pm; Sunday	
Closing Ceremony				December Week 2		

# COURSE STRUCTURE

Category	Hours
Theory	30
Assignments	9
Supervision	12
Case Submissions	10
Viva	1
<b>Total</b>	<b>62 Hours</b>



## BEYOND LEVEL-1

Successful completion of level 1 will qualify you to apply for further courses. These would have specialised topics such as:

- Trauma & addiction
- Complex trauma
- Religious trauma
- Gender, sexuality & trauma
- Relational trauma
- Accidents & trauma



# COURSE POLICIES

## STRUCTURE

- It is mandatory to attend all course classes.
- Regularity in attendance shall be taken into account for final certification.
- Extra class in lieu of missed class shall not be provided.

## ASSIGNMENTS

- After each module, a reflective assignment is required to be submitted by the participants for evaluation.
- On completion of the course module, all assignments must be submitted per the assigned due date.
- Assignments are important in fulfilling criteria required to complete the course.
- Late submissions shall not be accepted.

## EVALUATION

To evaluate a participant's performance, a written assignment will be submitted after the completion of each module. Along with assignments, participants will be required to submit 5 case studies. The trainer will assess the participant's performance based on the assignment, classroom interaction, and case submissions. After completing the course, a viva will be conducted to assess participants' knowledge and skills.

## GRADING CRITERIA

Following grading criteria are used for the evaluation of both assignments and the overall course:

Above 85%	5 (Excellent)
70-85%	4 (Good)
51-65%	3 (Above Average)
31-50%	2 (Average)
>30%	1 (Below Average)

## OVERALL PASSING CRITERIA

- All classes must be attended
- Timely assignment submission
- Complete supervision hours
- Case submission and viva

## CRITERIA FOR GRADING ASSIGNMENTS

Reflective  
Thinking

Problem  
Solving

Critical  
Analysis

Creative  
Application

Perspective  
Taking

Concept  
Clarity



# APPLICATION PROCESS

01

Fill out the application form. Check if you are eligible for scholarship. Find the link to the application form on the last page of the brochure

02

If short-listed, you will be intimated about the next round. It will be a virtual interaction with the program faculty.

03

Attend the interview with the program faculty and await an email from us about the same. (Please keep checking your spam folder as well).

04

If selected, pay the fee in the stipulated time to block your seat. Kindly note that we will only be able to hold a seat up till the given time in the confirmation email.

## ELIGIBILITY

- ✔ Students from psychology and allied fields (undergraduate and postgraduate) undertaking internships with regular client interaction (individual or group).
- ✔ Working mental health practitioners with regular client interaction.

## CONTRIBUTION\*

- The contribution amount of 40,000/- is payable in advance or in 3 instalments as per the application process protocols
- The amount can be paid online (NEFT/IMPS)
- Following details will be required to complete the payment process: Pan card and Aadhar Card

*\*All contributions will be utilised for Nairatmya Foundation's work with under-resourced communities..*

## REFUND POLICY

In case the participant wants to withdraw from the course before it begins, 50% of the contribution amount shall be returned upon connecting with the organisation 15 days before the course commencement.

# SCHOLARSHIP POLICY

We strongly believe that resources play a major role in shaping one's life and no life should struggle to get what they deserve. Keeping our mission at the heart of this, we are gladly announcing a few scholarship slots to students/professionals from under-resourced communities.

01

Fill the scholarship section in the application form

02

Upon receiving an email, write a cover letter extensively covering the details mentioned in the email

03

If selected, appear for the personal interview

04

If you meet the criteria, 50% of your total course fees will be waived off

# KEY TAKEAWAYS

01

Get equipped with trauma-informed counselling skills for practical application.

02

Develop an understanding of evidence-based holistic tools used for processing of deep-rooted trauma.

03

Build a trauma-informed care lens for intervention planning.

04

Become a trauma-informed mental health practitioner.

05

Develop an understanding of trauma in the Indian context.

# TRAINERS



## Akanksha Chandele

Akanksha is a Holistic Trauma Therapist actively engaged in working with survivors of abuse and trauma. Their practice is rooted in building interconnectedness and compassion. They are trained in using EMDR, IEMT, Somatic Practices, Arts-Based Therapy and providing psychological first-aid.



## Pallavi Singh

Pallavi is a Trauma and Grief Therapist driven to support children & young adults living in under-resourced communities. She believes in unfolding, unlayering & unburdening survivors in order to build authentic connections and offer a safe space for each individual.



## Maitreyi Nigwekar

Maitreyi is a Trauma-Informed Healer working with survivors of C-PTSD, abuse, & individuals moving through grief. Her approach involves working with different archetypes, belief systems, patterns and the body.





### Veena Hari

Veena is a Queer-affirmative mental health professional with over a decade of experience. She specializes in reproductive mental health and is trained in advanced perinatal psychotherapy.



### Preeta Ganguli

Preeta is a Trauma-Informed Therapist & she honors the triad of the mind, body, & spirit. In the past 10 years, she has worked closely with children, adolescents, & young adults from different demographics.



### Shambhavi Singh

Shambhavi is a Trauma-Informed Arts Based Therapist working for the last 13 years. Her expertise lies in addressing social-emotional concerns and parenting. She primarily uses Arts based mediums to work with trauma & learn regulation.





*"Today's session was very empowering. For me, it was the safe space where I was able to put forward my opinions and share experiences I have had with the group"*

*Laasya, TICP Cohort-1*



*"The roleplay helped me place my knowledge from this course into action as a therapist. It allowed me to refine my skills and visit basics in a safe space and I am grateful for that"*

*Vani, TICP Cohort-1*



*"In my practice, I try to be mindful of the language I'm using. Non-violent communication class kind of showed me more concrete and tangible ways of doing that"*

*Alisha, TICP Cohort-1*





Shambhavi  
TICP Cohort-2



*"Such an insightful class & also a very good flow ! I had the opportunity to reflect on some of my practices from a new perspective, maybe rethink some & consider new ones shared by my classmates! It was good to pinpoint how I was soothing myself without really recognising that I was. I love how every class we have, removes a layer of shame and moves towards grounding said behaviour in reason n logic!"*



*Today's class was super interesting and helped me recontextualise a lot of the work I have been doing with my clients. The thing that stood out to me the most was at the start of the class when we were talking about meeting the client where they are at and how it can take months for a client to feel safe and be capable of top down processing. I think I do often struggle with having patience and feeling pressured to bring change for my clients. But reminding myself that it can even take 6 months of building safety and connection before we are at a place where we can start processing deeper things was helpful.*



Shubhangi  
TICP Cohort-2

# FAQS

**Q** Is attendance compulsory for all classes?

Yes, full attendance is compulsory to receive the certificate.

**A**

**Q** What is the TICP course?

Trauma-Informed Care Practices Certificate Course is a 62 hours course on trauma-informed care and healing. The coursework intends to build a trauma-informed task force of mental health professionals.

**A**

**Q** How much fees will one have to pay on receiving the scholarship?

If you meet the criteria for the scholarship, 50% of your total course fees will be waived off.

**A**

Q

What is the modality and duration of the course?

The course will be held online via Zoom on Saturdays and Sundays from 10 am to 12 pm. Duration: 6 months (2 months of classes and 4 months of supervision)

A

Q

How will the supervision sessions be conducted?

Supervision will be conducted in small groups of two to four participants with one supervisor. Each session will be conducted for 90 minutes, fortnightly, with the respective supervisor.

A

Q

What is the refund policy?

If the participant wants to withdraw before the course begins, 50% of the course fee shall be returned upon connecting with the organisation 15 days before the course commencement.

A

