



Certificate of Achievement

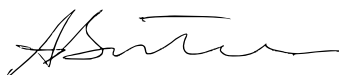
Katarzyna Bascik

has completed the following course:

BECOME A TRAUMA-INFORMED MINDFULNESS PRACTITIONER
BETHLEHEM TERTIARY INSTITUTE

This online course covered structured trauma-informed mindfulness skills to manage trauma.

6 weeks, 2 hours per week



Dr Andrew Butcher
Te Taiurungi/Principal
Bethlehem Tertiary Institute



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit futurelearn.com/proof-of-learning/certificate-of-achievement.

This certificate represents proof of learning. It is not a formal qualification, degree, or part of a degree.



Katarzyna Bascik

has completed the following course:

BECOME A TRAUMA-INFORMED MINDFULNESS PRACTITIONER BETHLEHEM TERTIARY INSTITUTE

This practical course introduced and demonstrated fundamental elements of trauma-informed practice. Through case examples and exercises, learners were introduced to the benefits of using mindfulness for managing symptoms of trauma such as dissociation, flashbacks, anxiety and depression.

STUDY REQUIREMENT

6 weeks, 2 hours per week

LEARNING OUTCOMES

- Identify the characteristics of psychological trauma and how they affect both the mind and body
- Explore the key characteristics of the Trauma Informed Mindfulness (TIM) model and how these are used in a personal or professional context
- Interpret different TIM attitudes and skills and apply these to different scenarios
- Develop key skills that lead to greater awareness and mindfulness in yourself and others
- Critically reflect on how you evaluate, understand and interpret situations and events
- Demonstrate and apply key TIM attitudes and skills to a personal or professional context

SYLLABUS

- Psychological trauma knowledge
- Mindfulness knowledge
- Personal practice of mindfulness and self-compassion
- Prioritisation of client safety and choice
- Avoidance of harm
- Work with titration
- Dynamic stabilisation and integration

- Being present
- Having hope
- Self-compassion
- Having patience
- Being honest
- Being courageous
- Integrating Trauma-informed Mindfulness into your practice