

1.4 Trauma-Informed Practices

LEARNING OUTCOMES	<p><i>By the end of this module, students will be able to:</i></p> <ol style="list-style-type: none">1. Define and recognize different types of trauma and their effects on the prison population, taking into account psychological, emotional and social aspects.2. Understand how trauma affects prisoners' behavior, mental health, and recidivism, analyzing practice examples and relevant case studies.3. Develop the ability to recognize the signs of retraumatization and respond appropriately in crisis situations, including techniques and de-escalation of emotional regulation.4. They create personalized support plans for inmates with traumatic experiences, in accordance with the principles of individualized approach and holistic rehabilitation.5. Evaluate the effects of trauma-informed strategies on improving safety, trust, and rehabilitation in prison settings.6. They implement self-help and self-care methods to reduce occupational stress and burnout in working with traumatized populations, including mindfulness and emotional resilience strategies.						
LEARNING ACTIVITIES	<table border="1"><tr><td data-bbox="462 1423 759 1776">Activity 1 Introduction</td><td data-bbox="759 1423 1056 1776"><i>Preliminary test for participants - Determine the level of knowledge of the participants before the start of the course.</i></td><td data-bbox="1056 1423 1330 1776">Preliminary test <i>30 minutes</i></td></tr><tr><td data-bbox="462 1776 759 2041">Activity 2 : Defining trauma - its types</td><td data-bbox="759 1776 1056 2041"><i>Basic Concepts and Definitions of Trauma</i> <i>Division of traumas</i></td><td data-bbox="1056 1776 1330 2041"><i>PDF: 30 minutes</i> <i>PPT: 30 minutes</i> <i>Discussion: 30 minutes</i></td></tr></table>	Activity 1 Introduction	<i>Preliminary test for participants - Determine the level of knowledge of the participants before the start of the course.</i>	Preliminary test <i>30 minutes</i>	Activity 2 : Defining trauma - its types	<i>Basic Concepts and Definitions of Trauma</i> <i>Division of traumas</i>	<i>PDF: 30 minutes</i> <i>PPT: 30 minutes</i> <i>Discussion: 30 minutes</i>
Activity 1 Introduction	<i>Preliminary test for participants - Determine the level of knowledge of the participants before the start of the course.</i>	Preliminary test <i>30 minutes</i>					
Activity 2 : Defining trauma - its types	<i>Basic Concepts and Definitions of Trauma</i> <i>Division of traumas</i>	<i>PDF: 30 minutes</i> <i>PPT: 30 minutes</i> <i>Discussion: 30 minutes</i>					

		<p><i>Types of trauma</i> <i>Understand the basic concepts of trauma, including acute, chronic, and complex trauma.</i></p>	<p><i>Group work analysis definition</i> <i>30 minutes</i></p> <p>Total: 120 minutes</p>
	<p>Activity 3: The impact of trauma on the brain and behavior and mental health, and the application of techniques</p>	<p><i>Explain the neurobiological effects of trauma</i> <i>Trauma therapy techniques</i> <i>Understanding and Recognizing Secondary Traumatization</i></p>	<p><i>Introduction 15 minutes</i> <i>Presentation 30 minutes</i> <i>Techniques 60 minutes</i> <i>Presentation 30 minutes</i> <i>Conclusion 10 minutes</i></p> <p>Total:145 minutes</p>
	<p>Activity 4: Case Study - Analysis of Prisoners with a Traumatic Past</p>	<p><i>Understand the connection between trauma and criminal behavior</i> <i>Specific needs of prisoners with a traumatic past</i> <i>Prevention of retraumatization and support for rehabilitation</i></p>	<p><i>Introduction 15 minutes</i> <i>Scenario simulation</i> <i>Analysis of three cases video 60 minutes</i> <i>Presentation and feedback 30 minutes</i> <i>Reflection and conclusions 15 minutes</i></p> <p>Total:120 minutes</p>

Activity 5: Implementation of the trauma approach in correctional institutions	<p><i>Participants develop practical skills to recognize symptoms and apply appropriate strategies.</i></p> <p><i>Trauma assessment and early intervention</i></p> <p><i>Trauma-informed communication and interaction with inmates</i></p> <p><i>Creating a Safe Environment Alternative Disciplinary Measures</i></p>	<p><i>Introduction 15 minutes</i></p> <p><i>Work in groups - analysis of documents for 30 minutes</i></p> <p><i>Practical application discussion for 20 minutes</i></p> <p><i>Creating an Individualized Treatment Plan in 20 Minutes</i></p> <p><i>Conclusions 10 minutes</i></p> <p>Total 95 minutes</p>
Activity 6: Trauma-informed communication	<p><i>Practical Strategies and Tools for Working with Traumatized Prisoners</i></p> <p><i>Develop skills for safe and empathetic communication with traumatized people.</i></p> <p><i>Professional resilience and self-help in work</i></p>	<p><i>Work in groups - analysis of crisis informed communication 35 minutes</i></p> <p><i>Presentation and discussion 30 minutes Role-playing simulation - Role Play Game: "The Path to Healing 60 minutes</i></p> <p><i>Conclude 10 minutes</i></p> <p>Total 135 minutes</p>

	<p>Activity 7 3: Approach and Application of Trauma Assessment Interviews</p>	<p><i>Analysis of interview guidelines</i></p>	<p><i>PPT 30 minutes</i> <i>Role-playing 45 minutes</i> <i>Discussion 30 minutes</i> <i>Conclude 15</i> Total 120 minutes</p>
	<p>Activity 8: Safe environment for prisoners</p>	<p><i>Identify and analyze challenges that disrupt the safe environment and can lead to retraumatization of prisoners</i></p>	<p><i>Introduction 10 minutes</i> <i>PPT 20 minutes</i> <i>30 Minute Analysis</i> <i>Group discussion for 15 minutes.</i> <i>Final reflection 15 minutes</i> Total 90 minutes</p>
	<p>Activity 9: Implementing Maintaining and Maintaining Professional Boundaries</p>	<p><i>Analysing the reading of an article on the importance of guidelines that enable practitioners to maintain professional boundaries to prevent burnout of professionals working with traumatised populations.</i></p>	<p><i>Teamwork simulation for 30 minutes.</i> <i>Final reflection for 5 minutes.</i> Total: 110 minutes</p>

Activity 10: Analysis of the use of scales in trauma assessment	<i>Group analysis of the application of the PCL-5 and TSC-40 scales</i>	<i>Introduction 15 minutes</i> <i>Presentation and feedback 30 minutes</i> <i>Group work-application scale 30 minutes</i> Total: 110 minutes
Activity 11: Emotion Regulation and Stress Management Techniques	<i>Mindfulness exercises, guided relaxation and breathing techniques</i>	<i>Introduction 10 minutes</i> <i>Presentation and feedback 30 minutes</i> <i>Group work-application technique 40 minutes</i> Total: 80 minutes
Activity 12: Developing individualized support plans	<i>Creating support plans for traumatized inmates</i> <i>Plan to tailor the approach to the individual needs of the prisoners.</i>	<i>Introduction 10 minutes</i> <i>PPT 10 minutes</i> <i>Group work on creating an intervention model 40 minutes</i> <i>Conclude 10 minutes</i> Total: 70 minutes
Activity 13: Evaluation of trauma-	<i>Evaluate the effectiveness of</i>	<i>Introduction 10 minutes</i>

	informed strategies	<i>trauma-informed practices.</i> <i>Analysis of the impact on trust, security and rehabilitation in prisons.</i>	<i>PPT 10 minutes</i> <i>Group work on creating information practices 20</i> <i>Anlaiza impact 25 minutes</i> <i>Conclude 10 minutes</i> Total: 75 minutes
	Activity 14: Creating a guide for self-reflection	<i>Analysis of the application of developing resilience through reflection and practical strategies</i>	<i>Introduction 10 minutes</i> <i>PPT 10 minutes</i> <i>Group work on creating a guide 40</i> <i>Conclude 10 minutes</i> Total: 70 minutes
	Activity 15: Prevention of burnout and secondary traumatization	<i>Creating a specific description of recognizing burnout in the work of practitioners, and listing ways of prevention</i>	<i>Introduction 10 minutes</i> <i>PPT 10 minutes</i> <i>Group work application guide 40</i> <i>Conclude 10 minutes</i> Total: 70 minutes
	Activity 16: Final reflection and evaluation of the course	<i>Assessment of the knowledge acquired during the course</i> <i>Evaluation of the quality of the</i>	<i>Final test 15 minutes</i> <i>Evolution of the course 15 minutes</i>

	<p>course and instructor methods</p> <p>Reflection on key lessons and their application in practice</p>	<p>Reflection and discussion for 30 minutes.</p> <p>Total: 60 minutes</p>
Activity 1: Introduction		
<p>Preliminary test for participants.</p> <p>📌 Description: At the beginning of this course, students will take a preliminary test to learn about their knowledge of trauma and practices</p> <p>Instructor actions:</p> <ul style="list-style-type: none"> • Give a preliminary test <p>Student actions:</p> <ul style="list-style-type: none"> • Do a preliminary test. • Educational content: A preliminary test for students to demonstrate their knowledge of trauma-informed practices prior to this course. • Test assignment: 30 minutes <p>📌 Activity 2: Defining trauma - its types Description: Understanding the basic concepts of trauma, including acute, chronic, and complex trauma.</p> <p>Objectives: Define key concepts related to trauma.</p> <p>Distinguish between types of trauma according to their duration, source, and impact.</p> <p>Activity details:</p> <p>Duration: 120 minutes</p> <p>Activity Steps</p> <ol style="list-style-type: none"> 1. Participants study the basic concepts and definitions of trauma using PDF material (30 minutes). 2. The lecturer presents the types of trauma using a PPT presentation (30 minutes). 		

3. Joint discussion among participants about the division and types of trauma (30 minutes).

4. Group work – participants analyze definitions and share conclusions (30 minutes).

Instructor actions:

- Explains the basic concepts and types of trauma through presentation.
- Coordinates the discussion by asking questions that encourage critical thinking.
- Assigns group tasks and guides participants during group work.

Participant's actions:

- Actively study content from PDF and PPT.

Participate in discussions, ask questions, and express their opinions.

- Collaborate within the group to analyze the definition of trauma.

Outcome of the course:

Realization of LO1 and LO4

- **Educational content:** PDF material: 30 minutes, PPT presentation: 30 minutes, Discussion: 30 minutes, Group work – analysis definitions: 30 minutes

- **Methods:** Group work, discussion, individual analysis.

 **Activity 3 The impact of trauma on the brain and behavior and mental health, and the application of techniques**

Description: This activity aims to help participants understand the neurobiological effects of trauma, trauma therapy techniques, as well as the recognition and understanding of secondary traumatization.

Goals:

- Explain the neurobiological effects of trauma.
- Understand and recognize secondary traumatization.
- Apply trauma therapy techniques.

Activity details:

1. **Introduction:**

- *A brief introduction to the topic and objectives of the activity.*
- *Duration: 15 minutes.*

2. *Presentation of the neurobiological effects of trauma:*

- *A presentation on the neurobiological effects of trauma.*
- *Duration: 30 minutes.*

3. *Trauma therapy techniques:*

- *Presentation and application of various trauma therapy techniques.*
- *Duration: 60 minutes.*

4. *Presentation on secondary traumatization:*

- *Presentation on understanding and recognizing secondary traumatization.*
- *Duration: 30 minutes.*

5. *Conclusion:*

- *A brief summary and reflection on what has been learned.*
- *Duration: 10 minutes.*

Total duration: 145 minutes.

Activity steps:

- *A brief introduction to the topic and objectives of the activity.*
- *A presentation on the neurobiological effects of trauma.*
- *Presentation and application of various trauma therapy techniques.*
- *Presentation on understanding and recognizing secondary traumatization.*
- *A brief summary and reflection on what has been learned.*

Instructor actions:

- *Explains the neurobiological effects of trauma through presentation.*
- *Coordinates the application of trauma therapy techniques.*
- *Explains secondary traumatization through presentation.*
- *Reflecting on what has been learned.*

Participant's actions:

- *Actively listen to a presentation on the neurobiological effects of trauma.*

- *Participate in the application of trauma therapy techniques.*
- *They actively listen to the presentation on secondary traumatization.*
- *They participate in a reflection on what has been learned.*

Outcome of the course:

- *LO2: Understand how trauma affects prisoners' behavior, mental health, and recidivism, analyzing practice examples and relevant case studies.*
- *LO3: Develop the ability to recognize the signs of retraumatization and respond appropriately in crisis situations, including techniques and de-escalation of emotional regulation.*

Educational content: PDFs and PPTs, Group work. Discussion.

Bottom line: Participants will understand the neurobiological effects of trauma. Understand and recognize secondary traumatization. Apply trauma therapy techniques.

 **Activity 4- Case Study - Analysis of Prisoners with a Traumatic Past**

Description: This activity aims to help participants understand the connection between trauma and criminal behavior, the specific needs of prisoners with a traumatic past, as well as retraumatization prevention and rehabilitation support.

Goals:

- *Understand the connection between trauma and criminal behavior.*
- *Identify the specific needs of inmates with a traumatic past.*
- *Apply strategies for the prevention of retraumatization and support rehabilitation.*

Activity details:

1. **Introduction:**

- *A brief introduction to the topic and objectives of the activity.*
- *Duration: 15 minutes.*

2. **Scenario simulation:**

- *Analysis of three cases through video materials.*
- *Duration: 60 minutes.*

3. **Presentation and feedback:**

- *Presentation of the results of the analysis and feedback.*

- Duration: 30 minutes.

4. **Reflections and conclusions:**

- A brief reflection and conclusions about what has been learned.
- Duration: 15 minutes.

Total duration: 120 minutes.

Activity steps:

- A brief introduction to the topic and objectives of the activity.
- Analysis of three cases through video materials.
- Presentation of the results of the analysis and feedback.
- A brief reflection and conclusions about what has been learned.

Instructor actions:

- It explains the connection between trauma and criminal behavior through an introduction.
- Coordinates the analysis of cases through video materials.
- Conducting presentations and feedback.
- Conducting reflection and conclusions.

Participant's actions:

- They actively listen to an introduction about the connection between trauma and criminal behavior.
- Participate in the analysis of cases through video materials.
- Participate in the presentation of the results of the analysis and feedback.
- They participate in reflection and conclusions about what has been learned.

Outcome of the course:

- LO2: Understand how trauma affects prisoners' behavior, mental health, and recidivism, analyzing practice examples and relevant case studies.
- LO4: Create personalized support plans for inmates with traumatic experiences, in accordance with the principles of individualized approach and holistic rehabilitation.

Educational content: PDFs and PPTs, Video materials, Group work, Discussion.

End Outcome: Participants will understand the connection between trauma and criminal behavior. Identify the specific needs of inmates with a traumatic past. Apply strategies for the prevention of retraumatization and support rehabilitation.

Activity 5 Implementation of the trauma approach in correctional institutions

Description: This activity aims to enable participants to develop practical skills for recognizing the symptoms of trauma and implementing appropriate strategies, including trauma assessment, early intervention, trauma-informed communication and interaction with prisoners, creating a safe environment and alternative disciplinary measures.

Goals:

- Develop practical skills to recognize the symptoms of trauma.
- Apply appropriate strategies for trauma assessment and early intervention.
- Implement trauma-informed communication and interaction with prisoners.
- Create a safe environment and apply alternative disciplinary measures.

Activity details:

1. Introduction:

- A brief introduction to the topic and objectives of the activity.
- Duration: 15 minutes.

2. Work in groups - analysis of documents:

- Group work on the analysis of relevant documents.
- Duration: 30 minutes.

3. Discussion on practical application:

- Discuss the practical application of trauma-informed strategies.
- Duration: 20 minutes.

4. How to create an individualized treatment plan:

- Creating an individualized treatment plan for prisoners.
- Duration: 20 minutes.

5. Conclusions:

- Brief conclusions and reflection on what has been learned.

- Duration: 10 minutes.

Total duration: 95 minutes.

Activity steps:

- A brief introduction to the topic and objectives of the activity.
- Group work on the analysis of relevant documents.
- Discuss the practical application of trauma-informed strategies.
- Creating an individualized treatment plan for prisoners.
- Brief conclusions and reflection on what has been learned.

Instructor actions:

- Explains the objectives of the activity through an introduction.
- Coordinates group work on document analysis.
- Lead a discussion on the practical application of trauma-informed strategies.
- Coordinates the development of an individualized treatment plan.
- Conducting reflection and conclusions.

Participant's actions:

- They actively listen to the introduction about the objectives of the activity.
- Participate in group work on the analysis of documents.
- Participate in a discussion on the practical application of trauma-informed strategies.
- They are involved in the development of an individualized treatment plan.
- They participate in reflection and conclusions about what has been learned.

Outcome of the course:

- LO1: Define and recognize the different types of trauma and their effects on the prison population, taking into account psychological, emotional and social aspects.
- LO4: Create personalized support plans for inmates with traumatic experiences, in accordance with the principles of individualized approach and holistic rehabilitation.

- LO5: Assess the effects of trauma-informed strategies on improving safety, trust, and rehabilitation in prison settings.

Educational content: PDFs and PPTs, Group work, Discussion.

End Outcome: Participants will develop practical skills to recognize the symptoms of trauma. Apply appropriate strategies for trauma assessment and early intervention. Implement trauma-informed communication and interaction with prisoners.

Create a safe environment and apply alternative disciplinary measures.

📌 **Activity 6: Trauma-informed communication**

Description: This activity aims to develop practical strategies and tools for working with traumatized prisoners, skills for safe and empathetic communication with traumatized people, as well as professional resilience and self-help in work.

Goals:

- Develop practical strategies and tools for working with traumatized prisoners.
- Develop skills for safe and empathetic communication with traumatized people.
- Develop professional resilience and self-help in work.

Activity details:

1. Working in Groups: Analysis of Crisis Informed Communications:

- Work on the analysis of crisis informed communications.
- Duration: 35 minutes.

2. Presentation and discussion:

- Presentation and discussion of practical strategies and tools.
- Duration: 30 minutes.

3. Role-playing simulation - Role Play Game: "The Path to Healing":

- Simulation of role-playing with a focus on a trauma-informed approach.
- Duration: 60 minutes.

4. Conclusions:

- Brief conclusions and reflection on what has been learned.
- Duration: 10 minutes.

Total duration: 135 minutes.

Activity steps:

- *Work on the analysis of crisis informed communications.*
- *Presentation and discussion of practical strategies and tools.*
- *Simulation of role-playing with a focus on a trauma-informed approach.*
- *Brief conclusions and reflection on what has been learned.*

Instructor actions:

- *Coordinates group work on crisis informed communication analysis.*
- *Leading presentations and discussions on practical strategies and tools.*
- *Coordinates a role-playing simulation.*
- *Conducting reflection and conclusions.*

Participant's actions:

- *Participate in group work on the analysis of crisis informed communications.*
- *Actively listen to the presentation and participate in the discussion.*
- *Participate in a role-playing simulation.*
- *They participate in reflection and conclusions about what has been learned.*

Outcome of the course:

- *LO3: Develop the ability to recognize the signs of retraumatization and respond appropriately in crisis situations, including techniques and de-escalation of emotional regulation.*
- *LO6: Implement self-help and self-care methods to reduce occupational stress and burnout in working with traumatized populations, including mindfulness and emotional resilience strategies.*

Educational content: PDFs and PPTs, Group work, Discussion, Role-playing simulation.

End-Effect: Participants will develop practical strategies and tools for working with traumatized prisoners. Develop skills for safe and empathetic communication with traumatized people. Develop professional resilience and self-help in work.

Activity 7 Approach and Application of Trauma Assessment Interviews

Description: *This activity aims to have participants analyze trauma assessment interview guidelines, apply role-playing techniques, and discuss in order to better understand trauma assessment processes and develop skills for effective application of interviews.*

Goals:

- *Analyze interview guidelines for trauma assessment.*
- *Develop skills to effectively apply interviews through role-playing.*
- *Discuss challenges and strategies in trauma assessment.*

Activity details:

1. Analysis of interview guidelines:

- *Presentation of interview guidelines for trauma assessment.*
- *Duration: 30 minutes.*

2. Role-playing:

- *Simulation of an interview through role-playing.*
- *Duration: 45 minutes.*

3. Discussion:

- *Discussion of challenges and strategies in trauma assessment.*
- *Duration: 30 minutes.*

4. Conclusions:

- *Brief conclusions and reflection on what has been learned.*
- *Duration: 15 minutes.*

Total duration: 120 minutes.

Activity steps:

- *Presentation of interview guidelines for trauma assessment.*
- *Simulation of an interview through role-playing.*
- *Discussion of challenges and strategies in trauma assessment.*
- *Brief conclusions and reflection on what has been learned.*

Instructor actions:

- *Explains the guidelines of the interview for assessing trauma through a presentation.*
- *Coordinates the simulation of an interview through role-playing.*
- *Leading a discussion on challenges and strategies in trauma assessment.*
- *Conducting reflection and conclusions.*

Participant's actions:

- *They actively listen to the presentation on the interview guidelines.*
- *Participate in a simulation of an interview through role-playing.*
- *Participate in the discussion of challenges and strategies in trauma assessment.*
- *They participate in reflection and conclusions about what has been learned.*

Outcome of the course:

- *LO2: Understand how trauma affects prisoners' behavior, mental health, and recidivism, analyzing practice examples and relevant case studies.*
- *LO4: Create personalized support plans for inmates with traumatic experiences, in accordance with the principles of individualized approach and holistic rehabilitation.*

Educational content: PDFs and PPTs, Group work, Discussion, Role-playing simulation.

The end result; Participants will understand the interview guidelines for trauma assessment. Develop skills for the effective application of interviews through role-playing, Discuss challenges and strategies in trauma assessment.

 **Activity 8 Safe environment for prisoners**

Description: This activity aims to enable participants to identify and analyze challenges that disrupt the safe environment and can lead to retraumatization of prisoners.

Goals:

- *Identify challenges that disrupt a safe environment.*

- *Analyze how these challenges can lead to retraumatization of prisoners.*

Activity details:

1. Introduction:

- *A brief introduction to the topic and objectives of the activity.*
- *Duration: 10 minutes.*

2. PPT Presentation:

- *Presentation on the challenges that disrupt the safe environment.*
- *Duration: 20 minutes.*

3. Analysis:

- *Analysis of challenges and their effects on retraumatization.*
- *Duration: 30 minutes.*

4. Group discussion:

- *A group discussion of the challenges identified.*
- *Duration: 15 minutes.*

5. Final reflection:

- *A brief reflection and conclusions about what has been learned.*
- *Duration: 15 minutes.*

Total duration: 90 minutes.

Activity steps:

- *A brief introduction to the topic and objectives of the activity.*
- *Presentation on the challenges that disrupt the safe environment.*
- *Analysis of challenges and their effects on retraumatization.*
- *A group discussion of the challenges identified.*
- *A brief reflection and conclusions about what has been learned.*

Instructor actions:

- *Explains the objectives of the activity through an introduction.*
- *Coordinates a presentation on challenges.*
- *Conducting a challenge analysis.*
- *Coordinating the group discussion.*

- *Conducting reflection and conclusions.*

Participant's actions:

- *They actively listen to the introduction about the objectives of the activity.*
- *Participate in a presentation on challenges.*
- *Participate in the analysis of challenges.*
- *Participate in a group discussion.*
- *They participate in reflection and conclusions about what has been learned.*

Outcome of the course:

- *LO1: Define and recognize the different types of trauma and their effects on the prison population, taking into account psychological, emotional and social aspects.*
- *LO5: Assess the effects of trauma-informed strategies on improving safety, trust, and rehabilitation in prison settings.*

Educational content: PDFs and PPTs, Group work, Discussion.

Bottom line: Participants will identify challenges that disrupt the safe environment. Analyze how these challenges can lead to retraumatization of prisoners.

 **Activity 9: Implementation of upholding and maintaining professional boundaries**

Description: This activity aims to have participants analyze the importance of guidelines that enable practitioners to maintain professional boundaries and prevent burnout for professionals working with traumatized populations.

Goals:

- *Analyze the importance of guidelines that allow practitioners to maintain professional boundaries*
- *Prevent burnout of professionals who work with traumatized populations*

Activity details:

1. ***Analyzing the article:***

- *Reading an article on the importance of guidelines that allow practitioners to maintain professional boundaries*
- *Duration: 30 minutes*

2. ***Simulation of teamwork:***

- *Simulation of teamwork on the application of guidelines*
- *Duration: 30 minutes*

3. Final reflection:

- *A Brief Reflection and Conclusions on What Has Been Learned*
- *Duration: 5 minutes*

Total duration: 65 minutes

Activity steps:

- *Reading an article on the importance of guidelines that allow practitioners to maintain professional boundaries*
- *Simulation of teamwork on the application of guidelines*
- *A Brief Reflection and Conclusions on What Has Been Learned*

Instructor actions:

- *Coordinates the reading of an article on the importance of guidelines*
- *Managing a Teamwork Simulation*
- *Conducting reflection and conclusions*

Participant's actions:

- *They actively listen to the reading of the article on the importance of guidelines*
- *Participate in the simulation of teamwork.*
- *Participate in reflection and conclusions about what has been learned*

Outcome of the course:

- *LO6: Implement self-help and self-care methods to reduce occupational stress and burnout in working with traumatized populations, including mindfulness and emotional resilience strategies*External link removed to protect your privacy.

Educational content: PDFs and PPTs, Group work, Discussion

End Outcome: Participants will analyze the importance of guidelines that allow practitioners to maintain professional boundaries. Prevent burnout of professionals who work with traumatized populations.

Activity 10 Analysis of the use of scales in trauma assessment

Description: This activity aims to have participants analyze the application of the PCL-5 and TSC-40 scales in trauma assessment, through introduction, presentation, group work, and feedback.

Goals:

- Analyze the use of the PCL-5 and TSC-40 scales in trauma assessment.
- Develop the skills to effectively apply scales through group work.

Activity details:

1. Introduction:

- A brief introduction to the topic and objectives of the activity.
- Duration: 15 minutes.

2. Presentation and feedback:

- Presentation on the application of the PCL-5 and TSC-40 scales.
- Duration: 30 minutes.

3. Group work - application of scales:

- Group work on the application of the PCL-5 and TSC-40 scales.
- Duration: 30 minutes.

Total duration: 75 minutes.

Activity steps:

- A brief introduction to the topic and objectives of the activity.
- Presentation on the application of the PCL-5 and TSC-40 scales.
- Group work on the application of the PCL-5 and TSC-40 scales.

Instructor actions:

- Explains the objectives of the activity through an introduction.
- Coordinates the presentation on the application of scales.
- Leading group work on the application of scales.

Participant's actions:

- *They actively listen to the introduction about the objectives of the activity.*
- *Participate in a presentation on the application of scales.*
- *Participate in group work on the application of scales.*

Outcome of the course:

- *LO1: Define and recognize the different types of trauma and their effects on the prison population, taking into account psychological, emotional and social aspects.*
- *LO4: Create personalized support plans for inmates with traumatic experiences, in accordance with the principles of individualized approach and holistic rehabilitation.*

Educational content: PDFs and PPTs, Group work, Discussion.

Endpoint: Participants will analyze the use of the PCL-5 and TSC-40 scales in trauma assessment. Develop the skills to effectively apply scales through group work.

 **Activity 11 : Techniques for regulating emotions and managing stress**

Description: This activity aims to help participants develop skills to regulate emotions and manage stress through mindfulness exercises, guided relaxation and breathing techniques.

Goals:

- *Develop skills to regulate emotions.*
- *Learn stress management techniques.*

Activity details:

1. **Introduction:**

- *A brief introduction to the topic and objectives of the activity.*
- *Duration: 10 minutes.*

2. **Presentation and feedback:**

- *Presentation on techniques of emotion regulation and stress management.*
- *Duration: 30 minutes.*

3. **Group work - application of techniques:**

- *Group work on the application of mindfulness techniques, guided relaxation and breathing techniques.*

- Duration: 40 minutes.

Total duration: 80 minutes.

Activity steps:

- A brief introduction to the topic and objectives of the activity.
- Presentation on techniques of emotion regulation and stress management.
- Group work on the application of mindfulness techniques, guided relaxation and breathing techniques.

Instructor actions:

- Explains the objectives of the activity through an introduction.
- Coordinates a presentation on emotion regulation and stress management techniques.
- Leading group work on the application of techniques.

Participant's actions:

- They actively listen to the introduction about the objectives of the activity.
- Participate in a presentation on techniques for regulating emotions and managing stress.
- Participate in group work to apply techniques.

Outcome of the course:

- LO3: Develop the ability to recognize the signs of retraumatization and respond appropriately in crisis situations, including techniques and de-escalation of emotional regulation.
- LO6: Implement self-help and self-care methods to reduce occupational stress and burnout in working with traumatized populations, including mindfulness and emotional resilience strategies.

Educational content: PDFs and PPTs, Group work, Discussion.

End Outcome: Participants will develop skills to regulate emotions. Learn stress management techniques.

 **Activity 12: Developing individualized support plans**

Description: This activity aims to have participants create support plans for traumatized prisoners, tailoring the approach to the individual needs of the prisoners.

Goals:

- *Creating support plans for traumatized prisoners.*
- *Adapt the approach to the individual needs of the prisoner.*

Activity details:

1. Introduction:

- *A brief introduction to the topic and objectives of the activity.*
- *Duration: 10 minutes.*

2. PPT Presentation:

- *How to create individualized support plans.*
- *Duration: 10 minutes.*

3. Group work on creating an intervention model:

- *Work together to create an intervention model.*
- *Duration: 40 minutes.*

4. Conclusions:

- *Brief conclusions and reflection on what has been learned.*
- *Duration: 10 minutes.*

Total duration: 70 minutes.

Activity steps:

- *A brief introduction to the topic and objectives of the activity.*
- *How to create individualized support plans.*
- *Work together to create an intervention model.*
- *Brief conclusions and reflection on what has been learned.*

Instructor actions:

- *Explains the objectives of the activity through an introduction.*
- *Coordinates presentations on the creation of individualized support plans.*
- *Lead group work on creating an intervention model.*
- *Conducting reflection and conclusions.*

Participant's actions:

- *They actively listen to the introduction about the objectives of the activity.*
- *Participate in a presentation on the creation of individualized support plans.*
- *Participate in group work to create an intervention model.*
- *They participate in reflection and conclusions about what has been learned.*

Outcome of the course:

- *LO4: Create personalized support plans for inmates with traumatic experiences, in accordance with the principles of individualized approach and holistic rehabilitation.*

Educational content: PDFs and PPTs, Group work..

End Result: Participants will create support plans for traumatized prisoners. Adapt the approach to the individual needs of the prisoner.

 **Activity 13: Evaluation of trauma-informed strategies**

Description: This activity aims to have participants assess the effectiveness of trauma-informed practices and analyze their impact on trust, security, and rehabilitation in prisons.

Goals:

- *Evaluate the effectiveness of trauma-informed practices.*
- *Analyze the impact on trust, security, and rehabilitation in prisons.*

Activity details:

1. **Introduction:**

- *A brief introduction to the topic and objectives of the activity.*
- *Duration: 10 minutes.*

2. **PPT Presentation:**

- *Presentation on the effectiveness of trauma-informed practices.*
- *Duration: 10 minutes.*

3. **Group work on creating information practices:**

- *Work together to create information practices.*
- *Duration: 20 minutes.*

4. **Impact Analysis:**

- *Analysis of the impact of trauma-informed practices.*
- *Duration: 25 minutes.*

5. *Conclusions:*

- *Brief conclusions and reflection on what has been learned.*
- *Duration: 10 minutes.*

Total duration: 75 minutes.

Activity steps:

- *A brief introduction to the topic and objectives of the activity.*
- *Presentation on the effectiveness of trauma-informed practices.*
- *Work together to create information practices.*
- *Analysis of the impact of trauma-informed practices.*
- *Brief conclusions and reflection on what has been learned.*

Instructor actions:

- *Explains the objectives of the activity through an introduction.*
- *Coordinates a presentation on the effectiveness of trauma-informed practices.*
- *Lead group work on creating information practices.*
- *Conducting an impact analysis.*
- *Conducting reflection and conclusions.*

Participant's actions:

- *They actively listen to the introduction about the objectives of the activity.*
- *Participate in a presentation on the effectiveness of trauma-informed practices.*
- *Participate in group work to create information practices.*
- *Participate in the analysis of the impact of trauma-informed practices.*
- *They participate in reflection and conclusions about what has been learned.*

Outcome of the course:

- *LO5: Assess the effects of trauma-informed strategies on improving safety, trust, and rehabilitation in prison settings.*

Educational content: PDFs and PPTs, Group work, Discussion.

Endpoint: Participants will assess the effectiveness of trauma-informed practices applied. Analyze the impact on trust, security, and rehabilitation in prisons.

Activity 14 Creating a guide for self-reflection

Description: This activity aims to have participants analyze the application of developing resilience through reflection and practical strategies.

Goals:

- Analyze the application of developing resilience through reflection.
- Develop practical strategies for self-reflection.

Activity details:

1. **Introduction:**

- A brief introduction to the topic and objectives of the activity.
- Duration: 10 minutes.

2. **PPT Presentation:**

- Presentation on the application of developing resilience through reflection.
- Duration: 10 minutes.

3. **Group work on creating a guide:**

- Group work on creating a guide for self-reflection.
- Duration: 40 minutes.

4. **Conclusions:**

- Brief conclusions and reflection on what has been learned.
- Duration: 10 minutes.

Total duration: 70 minutes.

Activity steps:

- A brief introduction to the topic and objectives of the activity.
- Presentation on the application of developing resilience through reflection.
- Group work on creating a guide for self-reflection.
- Brief conclusions and reflection on what has been learned.

Instructor actions:

- *Explains the objectives of the activity through an introduction.*
- *Coordinates a presentation on the application of developing resilience through reflection.*
- *Lead group work on creating a guide.*
- *Conducting reflection and conclusions.*

Participant's actions:

- *They actively listen to the introduction about the objectives of the activity.*
- *Participate in a presentation on the application of developing resilience through reflection.*
- *Participate in group work to create a guide.*
- *They participate in reflection and conclusions about what has been learned.*

Outcome of the course:

- *LO6: Implement self-help and self-care methods to reduce occupational stress and burnout in working with traumatized populations, including mindfulness and emotional resilience strategies.*

Educational content: PDFs and PPTs, Group work, Discussion.

Final Outcome: Participants will analyze the application of developing resilience through reflection. Develop practical strategies for self-reflection.

 ***Activity Prevention of burnout and secondary traumatization***

Description: This activity aims to have participants develop a specific description of recognizing burnout in the work of practitioners, and indicate ways of prevention.

Goals:

- Create a specific description of recognizing burnout in the work of practitioners.
- Specify ways to prevent burnout.

Activity details:

1. ***Introduction:***

- A brief introduction to the topic and objectives of the activity.

- Duration: 10 minutes.
- 2. **PPT Presentation:**
 - Presentation on the recognition of burnout and ways of prevention.
 - Duration: 10 minutes.
- 3. **Group work - application of the guide:**
 - Group work on the application of burnout prevention guides.
 - Duration: 40 minutes.
- 4. **Conclusions:**
 - Brief conclusions and reflection on what has been learned.
 - Duration: 10 minutes.

Total duration: 70 minutes.

Activity steps:

- A brief introduction to the topic and objectives of the activity.
- Presentation on the recognition of burnout and ways of prevention.
- Group work on the application of burnout prevention guides.
- Brief conclusions and reflection on what has been learned.

Instructor actions:

- Explains the objectives of the activity through an introduction.
- Coordinates a presentation on burnout recognition and prevention methods.
- Leading group work on the application of the guide.
- Conducting reflection and conclusions.

Participant's actions:

- They actively listen to the introduction about the objectives of the activity.
- Participate in a presentation on the recognition of burnout and methods of prevention.
- Participate in group work to implement the guide.
- They participate in reflection and conclusions about what has been learned.

Outcome of the course:

- LO6: Implement self-help and self-care methods to reduce occupational stress and burnout in working with traumatized populations, including mindfulness and emotional resilience strategies.

Educational content: PDFs and PPTs. Group work. Discussion..

End Outcome: Participants will create a specific description of recognizing burnout in the work of practitioners. Specify ways to prevent burnout.

Activity 16 : Final reflection and evaluation of the course

Description: This activity aims to allow participants to assess the knowledge gained during the course, evaluate the quality of the course and instructor methods, and reflect on the key lessons and their application in practice.

Goals:

- Assess the knowledge gained during the course.
- Evaluate the quality of the course and instructor methods.
- Reflect on key lessons and their application in practice.

Activity details:

1. Final test:

- Assessment of the knowledge gained during the course.
- Duration: 15 minutes.

2. Course Evaluation:

- Evaluation of the quality of the course and instructor methods.
- Duration: 15 minutes.

3. Reflection and discussion:

- Reflection on key lessons and their application in practice.
- Duration: 30 minutes.

Total duration: 60 minutes.

Activity steps:

- Assessment of the knowledge gained during the course.

- Evaluation of the quality of the course and instructor methods.
- Reflection on key lessons and their application in practice.

Instructor actions:

- Coordinates the final test.
- Conducting the evaluation of the course.
- Reflection and discussion.

Participant's actions:

- Take part in the final test.
- Participate in the evaluation of the course.
- Take part in reflection and discussion.

Outcome of the course:

- LO1: Define and recognize the different types of trauma and their effects on the prison population, taking into account psychological, emotional and social aspects.
- LO2: Understand how trauma affects prisoners' behavior, mental health, and recidivism, analyzing practice examples and relevant case studies.
- LO3: Develop the ability to recognize the signs of retraumatization and respond appropriately in crisis situations, including techniques and de-escalation of emotional regulation.
- LO4: Create personalized support plans for inmates with traumatic experiences, in accordance with the principles of individualized approach and holistic rehabilitation.
- LO5: Assess the effects of trauma-informed strategies on improving safety, trust, and rehabilitation in prison settings.
- LO6: Implement self-help and self-care methods to reduce occupational stress and burnout in working with traumatized populations, including mindfulness and emotional resilience strategies.

Educational content:

- The final test.
- Evaluation of the course.
- Discussion.

	<p>Final Outcome: Participants will assess the knowledge acquired during the course. Evaluate the quality of the course and instructor methods.</p> <p>Reflect on key lessons and their application in practice.</p>
<p>EDUCATIONAL CONTENT / RESOURCES</p>	<p><i>Educational content:</i></p> <ul style="list-style-type: none"> • <i>PDFs and PPTs: Basic material in pdf and ppt formats, including interactive material developed with RISE, available in all languages of the consortium.</i> • <i>Articles: Available via links or pdf documents.</i> • <i>Video materials: Video materials available on the Internet.</i> <p><i>Resources:</i></p> <ul style="list-style-type: none"> • <i>Multimedia digital content: Video materials available on the Internet.</i> • <i>All materials and activities will be on a common module document.</i>
<p>THE USE OF ICT</p>	<p>All materials and activities will be on a common module document. Multimedia digital content, including videos, will be available online. Participants will have access to interactive PDFs and PPTs, as well as articles available via links or pdf documents. The use of ICT allows participants to access the materials at any time and from any device, making it easier to learn and put the acquired knowledge into practice.</p>
<p>TEACHING METHODS</p>	<ul style="list-style-type: none"> • <i>Presentations: Basic knowledge of trauma-informed practices, emotional regulation strategies, and therapy techniques will be delivered through articles, videos, and information presented in the ppt of Module 1.</i> • <i>Case Study Analysis: Examining real-life or hypothetical scenarios and analyzing or developing solutions.</i> • <i>Role-playing simulations: Practicing empathy, active listening, and conflict resolution techniques 3.</i> • <i>Scenario-Based Problem Solving: Applying Learned Concepts to Hypothetical Situations.</i> • <i>Collaborative Learning: Group Role-Play, Engaging Through Forum Discussion 5.</i>

	<ul style="list-style-type: none"> • <i>Self-reflection and journaling: Encouraging students to document personal insights and emotional reactions.</i> • <i>Group work: Participants will work in groups to analyze documents, apply trauma therapy techniques, create individualized support plans, and evaluate trauma-informed strategies - 78910.</i> • <i>Discussion: Participants will participate in discussions on the practical application of trauma-informed strategies, challenges in trauma assessment, and identified challenges that undermine a safe environment 111213.</i>
DELIVERY METHOD	<ul style="list-style-type: none"> • <i>Online and Asynchronous Module: Theory, Activities, Exercises</i>
ASSESSMENT METHODS (formative and/or other assessments for each unit/module, if applicable)	<p><i>Formative assessments: Activities and exercises (aligning and filling in the gap)</i></p> <p><i>Summative estimates:</i></p> <ul style="list-style-type: none"> • <i>Final Quiz: An Overview of the Key Theory Learned</i> <p><i>Self-Assessment: Reflection Exercises and Engaging Colleagues</i></p>