

Promotional: Trauma-Informed Care: A Change in Perspective

You **MUST print this for Continuing Education purposes and keep with your certificate of completion.

Requirements:

For successful completion of this educational activity and receipt of 1.0 contact hour(s), the learner must:

1. Participate in 60 minutes of continuous learning.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

Educational activity description:

Many individuals living in a long-term care facility have experienced trauma that affects them years later. This educational activity discusses how to identify people at-risk from trauma experiences and apply evidence-based practices for delivering person-centered care.

Target audience:

The target audience for this educational activity is nurses and social workers in the long-term care setting and other interested staff. This is an intermediate level educational activity. Information is geared to practitioners with a general working knowledge of current practice trends and literature related to the subject matter. The focus is on increasing understanding and competent application of the subject matter

Learning outcome:

At the completion of this educational activity, the learner will be able to demonstrate knowledge about trauma-informed care by passing a quiz with 85% or greater accuracy.

Learning objectives:

At the completion of this educational activity, the learner will be able to:

1. Select two (2) ways that trauma-informed care (TIC) supports person-centered care.
2. Choose three (3) ways in which a traumatic experience can affect residents or staff in the long-term care (LTC) facility.
3. Identify three (3) TIC interventions that can be used directly with residents.

Author:

Ashley Swinson, MSW, LCSW, Certified Therapist in EMDR

Ashley Swinson is the Founder of TIDE Associates, a private practice that specializes in trauma-informed services and she is the Co-Founder of the Provider Sustainability Program Collaborative in Wilmington, NC. Her clinical expertise includes the treatment of dually diagnosed eating disorders and trauma disorders, traumatic grief, dissociation, secondary traumatic stress among professionals, and provider sustainability; notably, she has become a national speaker on these respective topics. Ashley has developed trauma-based group curriculums for outpatient and intensive outpatient facilities, and she works closely with the Wilmington community providing clinical supervision to professionals, as well as customized workshops for agencies to improve organizational health and wellness. She holds an adjunct faculty position with the School of Social Work at the University of North Carolina at Wilmington and facilitates professional training through the university on the topics of social work ethics, supervision, and provider sustainability.

Reviewer:

Asa Morin, MSW, LICSW, LNHA

Asa is both a Licensed Independent Clinical Social Worker and a Licensed Nursing Home Administrator. She currently works at a State Veterans Home as the Deputy Administrator and oversees the Behavioral Health Department, directing the mental health services provided to the Veterans at the home. She has worked with Veterans in mental health for over 12 years. Asa has worked in private practice, treating patients with severe mental illness, PTSD, and suicidal ideation. She has experience in conducting suicidal risk assessments with Veterans and partnering with healthcare facilities to ensure they receive the needed services for recovery.

Planning committee:

Judy Hoff, RN, BSN, MA, PhD

Jessica Burkybile, MSN, RN, NPD-BC

Ashley Swinson, MSW, LCSW, Certified Therapist in EMDR

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ANCC continuing professional development information:

Healthcare Academy is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

ANCC disclosure and program information:

Participants will be required to complete the entire educational activity, quiz, and evaluation form. There will be no endorsements of products or off-label use.

Disclosures for planning committee Judy Hoff, RN, BSN, MA, PhD, Linda Shubert, MSN, RN, and Ashley Swinson, MSW, LCSW, Certified Therapist in EMDR have no relevant relationships and no conflicts of interest.

EXPIRATION: The expiration date for this educational activity is January 30, 2028. No contact hours will be awarded to participants who fail to submit evaluation forms. Please contact Healthcare Academy with questions.

NAB/NCERS:

Healthcare Academy is a certified CE provider of continuing education with the National Association of Long-Term Care Administrator Boards (NAB). This program has been approved for Continuing Education for 1 total participant hours by NAB/NCERS—Approval #20260416-1-A110519-DL.

Trauma-Informed Care: A Change in Perspective Continuing Education Information

Social Workers

NASW continuing education information:

This program was approved by the National Association of Social Workers (Approval #886709333-8281) for 1.0 Social Work continuing education contact hours.

Expiration: 8-31-2026

NASW disclosure information:

Disclosures for planning committee, Judy Hoff, RN, BSN, MA, PhD, Linda Shubert, MSN, RN, Ashley Swinson, MSW, LCSW, CNE and Mary DaCorta, LCSW have nothing to disclose and no conflict of interest.