

## Promotional: Trauma-Informed Care: Interventions for Care Providers

\*\*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:**

Events that occurred previously can emerge or re-emerge late in life as post-traumatic stress symptoms. This is important to all persons working with older adults in any healthcare setting to keep in mind to help them understand, assess, and put individualized plans of care/service plans in place to help these individuals. This is part of person-centered care.

### **Target audience:**

The target audience for this learning activity is nurses across all healthcare settings, social workers, 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.

### **Readability/Reading Level:**

The readability/reading level of this course is 11<sup>th</sup>-12<sup>th</sup> grade.

### **Learning outcome:**

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

### **Learning objectives:**

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

1. Identify two (2) ways to apply substance abuse and mental health services best practices when caring for older adults.
2. Select three (3) trauma-informed care interventions that can be used with an individual displaying symptoms of traumatic stress.
3. Identify the difference between blaming language and trauma-informed care language.

### **Author:**

Ashley Swinson, MSW, LCSW, EMDR Therapist

Ashley Swinson, MSW, LCSW, Certified Therapist in EMDR, is the owner of TIDE Associates, a private group practice that specializes in trauma-informed services, and she is the co-founder of the Provider Sustainability Program in Wilmington, NC. Her clinical expertise includes the treatment of eating disorders, trauma disorders, traumatic grief, dissociation, secondary traumatic stress among professionals, and provider sustainability; notably, she is a national speaker on these respective topics. Ashley has developed trauma-informed therapy curriculums for treatment facilities and customized workshops for organizations that seek to improve employee health and wellness. She works closely with the Wilmington community providing specialized consultation to professionals seeking to enhance their clinical practice. Ashley holds an adjunct faculty position with the School of Social Work at the University of North Carolina at Wilmington and facilitates professional trainings through the University on the topics of social work ethics, supervision, and provider sustainability.

**Reviewer:**

Linda Shubert, MSN, RN, NPD-BC, CDP®

Linda has worked with older adults across the continuum of eldercare as a rehab nurse, geriatric nurse case manager, Director of Nursing, consultant, Staff Development specialist, instructor, and clinical professor. In her role as Director of Education of a 180-bed long-term care facility she developed, implemented, and evaluated competency-based staff education to comply with regulatory training mandates. She enjoys developing creative learning that supports the diversity of the learner while engaging and motivating them to be competent and person-centered caregivers.

**Planning committee:**

Judy Hoff, RN, BSN, MA, PhD

Linda Shubert, MSN, RN, NPD-BC, CDP®

Jessica Burkybile, MSN, RN, NPD-BC

Ashley Swinson, MSW, LCSW, EMDR Therapist

**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.

There are no relevant financial relationships for any individual in a position to control content of this activity.

**EXPIRATION:** The expiration date for this educational activity is December 15, 2026. No contact hours will be awarded to participants who fail to submit evaluation forms. Please contact Healthcare Academy with questions.

## Trauma-Informed Care: Interventions for Care Providers Continuing Education Information

### Social Workers

#### **NASW continuing education information:**

This program was approved by the National Association of Social Workers (Approval # 886709333-9057) for 1.0 Social Work continuing education contact hours.

Expiration: 12-31-2026

#### **NASW disclosure information:**

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