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CHCMHS007

Work effectively in trauma informed care

This unit of competency focuses on developing the skills and knowledge required to work effectively using a trauma-informed approach in community services and mental health settings.

It emphasises understanding the impact of trauma on individuals, particularly the impact of interpersonal violence, and applying principles that promote safety, trust, choice, collaboration, and empowerment.

What you'll learn

- Understanding different types of trauma and their effects on mental health, behaviour, and wellbeing.
- Applying trauma-informed care principles in everyday work practices.
- Communicating in ways that promote emotional and physical safety.
- Recognising and responding appropriately to trauma triggers and signs of distress.
- Maintaining professional boundaries and practising self-care to reduce vicarious trauma.
- Working within legal, ethical, and organisational frameworks.

This unit is one of three short-course units offered by Orygen, designed to assist students who want to pursue further education or a career in the mental health sector. This unit is commonly required in mental health, community services, alcohol and other drugs, and related support roles. It supports workers to provide safe, respectful, and recovery-oriented services.

How will it be delivered?

The unit is delivered online in a classroom setting which includes group discussion and activities to enhance the learning experience. Students are also provided with Learner Guides that provide additional content and learning activities, which are undertaken in a self-paced mode to reinforce learning.

How am I assessed?

The assessment process includes written questions, case studies, and the use of a reflective journal to enable students to demonstrate their understanding of the knowledge and practical requirements of the unit, as well as the impact of trauma on individuals.

To be deemed competent for this unit, students will be required to provide evidence of having worked from a trauma informed care perspective with at least three people experiencing mental ill-health.

For more details on the unit of competency, refer to training.gov.au



Orygen acknowledges the Traditional Owners of the lands we are on and pays respect to their Elders past and present. Orygen recognises and respects their cultural heritage, beliefs and relationships to Country, which continue to be important to the First Nations people living today.

GET IN TOUCH

IF YOU'D LIKE MORE INFORMATION ABOUT ORYGEN, PLEASE CALL **+61 460 432 745** OR SEND AN EMAIL TO **RTO.STUDENT@ORYGEN.ORG.AU**

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