



**Australian Government**

# **CHCMHS007 Work effectively in trauma informed care**

**Release: 1**

## CHCMHS007 Work effectively in trauma informed care

### Modification History

Release	Comments
Release 1	<p>This version was released in <i>CHC Community Services Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages.</p> <p>Minimal changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency.</p>

### Application

This unit describes the skills and knowledge required to practice and contribute to the continuous improvement of trauma informed care within a service.

This unit applies to individuals working in the community services and health sectors where services are informed by the knowledge and understanding of central trauma, particularly the impact of interpersonal violence.

*The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.*

### Elements and Performance Criteria

#### ELEMENT

#### PERFORMANCE CRITERIA

*Elements define the essential outcomes*

*Performance criteria describe the performance needed to demonstrate achievement of the element.*

1. Work from a trauma informed care perspective

1.1 Apply the key principles and practices of trauma informed care

1.2 Promote safe environments and relationships with those affected by trauma, including preventing traumatisation and re-traumatisation in the context of service use

1.3 Respond to disclosures of past and current trauma or abuse using principles of trauma informed care

1.4 Respond to behaviours and distress related to trauma using principles of trauma informed care

**ELEMENT****PERFORMANCE CRITERIA**

*Elements define the essential outcomes*

*Performance criteria describe the performance needed to demonstrate achievement of the element.*

2. Utilise self-care strategies	<p>1.5 Assist individuals affected by trauma to identify personal resources and strengths</p> <p>1.6 Recognise the coping strategies and adaptations of individuals who have experienced trauma</p> <p>1.7 Identify resources and strengths within individuals who have experienced trauma</p>
3. Contribute to the continuous improvement of trauma informed care in services	<p>2.1. Apply self-care strategies in managing re-traumatisation</p> <p>2.2 Apply self-care strategies in managing vicarious trauma</p> <p>3.1 Reflect upon own practice and work environment and identify opportunities to embed trauma informed care and practice in service delivery</p> <p>3.2 Identify barriers to implementing trauma informed care and practice and refer to appropriate/senior personnel</p> <p>3.3 Participate in organisation policy development on trauma informed care according to job role</p> <p>3.4 Identify and participate in strategies to enhance service delivery of trauma informed care</p> <p>3.5 Invite and respond to consumer feedback on trauma informed practices and service delivery</p>

**Foundation Skills**

*The Foundation Skills describe those required skills (such as language, literacy, numeracy and employment skills) that are essential to performance.*

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

## **Unit Mapping Information**

No equivalent unit.

## **Links**

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=5e0c25cc-3d9d-4b43-80d3-bd22cc4f1e53>