



Australian Government

CHCMHS007 Work effectively in trauma informed care

Release: 1

CHCMHS007 Work effectively in trauma informed care

Modification History

Release	Comments
Release 1	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. Minimal changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency.

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.

1.5 Assist individuals affected by trauma to identify personal resources and strengths

1.6 Recognise the coping strategies and adaptations of individuals who have experienced trauma

1.7 Identify resources and strengths within individuals who have experienced trauma

2. Utilise self-care strategies

2.1. Apply self-care strategies in managing re-traumatisation

2.2 Apply self-care strategies in managing vicarious trauma

3. Contribute to the continuous improvement of trauma informed care in services

3.1 Reflect upon own practice and work environment and identify opportunities to embed trauma informed care and practice in service delivery

3.2 Identify barriers to implementing trauma informed care and practice and refer to appropriate/senior personnel

3.3 Participate in organisation policy development on trauma informed care according to job role

3.4 Identify and participate in strategies to enhance service delivery of trauma informed care

3.5 Invite and respond to consumer feedback on trauma informed practices and service delivery

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>

Assessment Requirements for CHCMHS007 Work effectively in trauma informed care

Modification History

Release	Comments
Release 1	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. Minimal changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency.

Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- worked from a trauma informed care perspective with at least 3 people with mental illness

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the work role. This includes knowledge of:

- legal and ethical considerations (international, national, state/territory, local) for trauma related practice, and how these are applied in organisations and individual practice:
 - codes of practice
 - discrimination
 - dignity of risk
 - duty of care
 - human rights
 - informed consent
 - mandatory reporting
 - practice standards
 - privacy, confidentiality and disclosure
 - policy frameworks
 - records management

- rights and responsibilities of workers, employers and individuals accessing the service
- specific legislative requirements related to trauma
- work role boundaries – responsibilities and limitations
- work health and safety
- trauma, including:
 - prevalence of trauma in the general population and with service users
 - definitions of trauma and complex trauma and its impacts
 - how trauma impacts development of those affected
 - the dynamics of interpersonal violence and the relationship to trauma
 - the way individuals cope and manage the impact of trauma
 - the potential for and causes of re-traumatisation, in particular in accessing or receiving services
- gender differences in the application of trauma informed care
- common beliefs and attitudes towards people who experience interpersonal violence and how this impacts on their access to services
- values and core principles and features of trauma informed care and practice, including:
 - understanding trauma and its impact
 - promoting safety in environments and relationships
 - ensuring cultural competence
 - supporting control, choice and autonomy
 - fostering healthy, supportive relationships
 - promoting the belief that recovery is possible
 - promoting strengths based, collaborative practices
- impacts of traumatic events that occur when accessing or receiving services (including the use of compulsory treatment, seclusion and restraint)
- role of triggers and ‘flashback’ (re-experiencing), re-victimisation and re-traumatisation
- referral options and resources available to support self-advocacy
- links between suicidality, self-harm and interpersonal trauma
- self-care strategies for workers

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. Where simulation is used, it must reflect real working conditions by modelling industry operating conditions and contingencies, as well as, using suitable facilities, equipment and resources.

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

Links

Companion Volume implementation guides are found in VETNet -

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