

# Trauma-Informed Support eLearn Course



**5 Modules**

**3 Hours**

**Great for:** All supporters of people with intellectual and developmental disabilities (IDD)

## What You'll Gain

This five-module, self-paced course gives frontline supporters a clear, practical understanding of how trauma affects people with intellectual and developmental disabilities and how to respond in ways that promote safety, healing, and positive identity.

Featuring expert instruction and storytelling from **Dr. Karyn Harvey**, the training explains how trauma shapes the brain, drives behavior, and can lead to PTSD in people with IDD.

Learners will explore the unique sources of trauma in this population, recognize common trauma responses, and apply proven strategies drawn from positive psychology, grief counseling, and relationship-based support.



Engaging videos, visuals, animations, and illustrations



Interactive scenarios and knowledge checks



Practical strategies and tools that supporters can use immediately

Reduce incidents, strengthen relationships, and improve quality of life for the people you support.

## How It Works

The *Trauma-Informed Support* eLearning course can be hosted within an existing SCORM-compliant Learning Management System or through IntellectAbility's electronic Learning Platform (eLP). Both options allow learners to progress at their own pace while enabling tracking of user activity and course completion, with certificates generated upon successful completion.

## Learning Objectives

### Module 1: Unique Sources of Trauma in the Lives of People with IDD

1. Describe the difference between Big "T" Trauma and Little "t" Trauma.
2. Identify unique sources of trauma for individuals with IDD.
3. Explain how a trauma-informed lens changes everything.

### Module 2: Trauma-Based Responses and Their Biological Basis

1. Describe the roles of the smart brain, emotional brain, and mechanical brain.
2. Explain how trauma disrupts normal brain functioning.
3. Identify the different trauma responses: fight, flight, freeze, and fawn.
4. Recognize the difference between a trauma response and an intentional behavioral response.

### Module 3: Symptoms and Manifestations of PTSD in the Lives of People with IDD

1. Recognize how PTSD can look in people with IDD.
2. Explain how trauma can affect identity and behavior over time.
3. Use strategies to avoid triggering hidden land mines of past trauma.

### Module 4: Key Ingredients for Healing from Trauma for People with IDD

1. Identify the three key ingredients for healing.
2. Recognize the critical periods in a person's lifespan when these ingredients matter most.
3. Apply practical strategies to help people build a strong, positive identity.

### Module 5: Positive Practices for DSPs Supporting People with Trauma

1. Apply tools that build positive identity.
2. Support healing through relationships and grief counseling.
3. Use positive psychology to boost well-being.
4. Integrate the Happiness Assessment into everyday planning.

Learn more about IntellectAbility and the *Trauma-Informed Support* eLearn course by visiting **ReplacingRisk.com**