

10 Core Competencies of Traumatic Stress, PTSD, Grief and Loss

- ✓ **Competency 1:** Identify and utilize the four “active ingredients” common to all evidence-based trauma treatments.
- ✓ **Competency 2:** Establish a trusting and productive therapeutic relationship that quickly restores the client’s hope and begins to alleviate their pain.
- ✓ **Competency 3:** Teach clients about the human threat detection system and the role that dysregulation plays in the development and continuation of PTSD symptoms.
- ✓ **Competency 4:** Teach clients to control their response to stress using a variety of relaxation and self-regulation techniques.
- ✓ **Competency 5:** Understand the causes, symptoms, and treatment of posttraumatic stress sufficiently to provide comprehensive psychoeducation to clients.
- ✓ **Competency 6:** Utilize tools for accurately assessing and diagnosing PTSD
- ✓ **Competency 7:** Help trauma survivors achieve “good enough” safety and stabilization (Phase 1).
- ✓ **Competency 8:** Utilize cognitive-behavioral method(s) to help survivors successfully desensitize and reprocess trauma memories (Phase II).
- ✓ **Competency 9:** Guide clients through the reconnection phase of treatment (Phase III).
- ✓ **Competency 10:** Help clients successfully navigate the organic process of bereavement and mourning and utilize Forward-Facing Trauma Therapy to resume the growth and maturational processes stalled by trauma and its adaptations.