HAHS 3700 - Trauma-Informed Care and Self-Care Practices in Health Care and Public Health Professions

Fall 2026 Syllabus, Section 01, CRN 43933,

Credit hours: 3

Instructor

Sherri Woods

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Public Instructor Information

Instructor Title: Associate Professor
Instructor Professional Qualifications:DMin, LISW-S, EMDR Certified Therapist
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Course Description

3700. Trauma-Informed Care and Self-Care Practices in Health Care and Public Health Professions. This course is designed to equip health care and public professions with the knowledge and skills necessary to integrate trauma-informed care (TIC) principles into their clinical practice while promoting self-care strategies to prevent the occupational hazards of vicarious trauma, compassion fatigue, and burnout and ensure well-being. Prereq.: none. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Fontaine, D. K., Cunningham, T., & May, N. (Eds.). (2025). Self-care for new and student nurses (2nd ed.). Sigma Theta Tau International.		

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The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	Chapter 1 & 8	Fundamentals of stress, burnout, and self-care BREATH Practice Self-care Assessment and introduction Reading Summary	8/30
8/31	Chapter 2	Fundamentals of resilience, growth, and wisdom BREATH PRACTICE Self-care Activity: Fostering positive emotions Reading Summary	9/6

9/7	Chapter 9	Occupational hazards related to trauma exposure Reading Summary BREATH Practice Perceived Stress Scale	9/13
9/14	Chapters 4&5	Underrepresented Minoritized and LGBTQIA Populations BREATH Practice Self-care Activity: Beyond the Scrubs Reading Summary	9/20
9/21	Chapters 7, 9, & 18	Narrative Practices, Mindful Compassion, and Spirituality Reading Summary BREATH Practices Self-Care Activity: 55 Words	9/27
9/28	Chapter 3	Developing Resilient Mindset using Appreciative Practices Reading Summary BREATH Practices Self-Care Activity: Vision Board	10/2 and 10/4
10/5	PowerPoint Reading	Community Resilience Model Reading Summary BREATH Practice Self-care Activity: CRM survey	10/11
10/12	Chapter 8	Trauma and Adverse Experiences and Racial Trauma Reading Summary BREATH Practice Self-care Activity: What trauma taught me	10/18
10/19	Powerpoint Reading	Core Principles of trauma informed care and trauma-informed resilient oriented care Reading Summary BREATH Practice Self-care Activity: Authentically Me	10/25
10/26	Chapter 11 and Chapter 12	Trauma Screenings, Sleep/exercise and nutrition Reading Summary BREATH Practice Self-care Activity: ACES assessment and reflection	11/1
11/2	Powerpoint Reading	Trauma-informed organizational culture Reading Summary BREATH Practice Self-care Activity: Podcast	11/8
11/9	Chapter 19	Trauma-informed mental wellness: perfectionism Reading Summary BREATH practice Self care activity	11/15
11/16	Chapter 16	Trauma-informed Wellness: perfectionism Reading summary BREATH practice Self-care practice	11/22

11/23	Powerpoint reading and Chapter 20	Therapeutic Presence and Grief Reading summary BREATH practice Self-care activity	11/29
11/30	Powerpoint reading	Self-care Plan / Final	12/2

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.