

Course Descriptor

Trauma-Informed Care: Practice, Not Therapy · OBA-TIC-2026

DOCUMENT CONTROL

- Programme: Trauma-Informed Care: Practice, Not Therapy (OBA-TIC-2026)
- Audience: Student and Facilitator · public-facing
- Version 1.0 | Issued 19/09/2026 | Review due 19/09/2027
- Provider: OBA Nursing Academy

Trauma-Informed Care: Practice, Not Therapy

A fully self-directed, entirely online professional development programme for nurses, midwives, assistants in nursing, personal care and disability support workers, mental health and AOD workers, aged care staff, students and educators. 8.5 CPD hours.

TWO THINGS TO SETTLE BEFORE YOU ENROL

- **THIS IS NOT TRAUMA NURSING.** OBA's Trauma Nursing Fundamentals is about physical injury - haemorrhage, the primary survey, the first hour after a crash. It shares a word with this course and nothing else.
- **THIS IS NOT TRAUMA THERAPY.** This course does not teach you to treat trauma and is not intended to. It teaches how ordinary care is delivered so that it does not re-traumatise.

Course code	OBA-TIC-2026
Provider	OBA Nursing Academy
Duration	8.5 CPD hours, self-paced
Delivery	Entirely online, self-directed, through the OBA learning management system
Modules	11, plus a case study assessment and a summative assessment
Assessment	60 single-best-answer items, 80% pass mark, 2 attempts
Entry requirements	None. Content is written for a mixed audience and identifies which sections apply to each role
Content note	No graphic or detailed accounts of abuse, assault or violence anywhere in the programme
Outcome	Certificate of completion with a unique certificate identifier
Version	1.0, issued 19/09/2026, review due 19/09/2027

Who should enrol

- Registered and enrolled nurses in every setting - this is now expected practice across Australian health, aged care, disability and mental health services, and it is usually taught either as a slogan or as therapy
- Assistants in nursing, personal care workers and disability support workers, who provide the most intimate care, spend the most time with the person, and are the least likely to have been taught any of this
- Midwives and maternity staff - birth trauma is one of the most consequential and least discussed forms of iatrogenic trauma in Australian health care
- Mental health and alcohol and other drug workers, for whom the framework is oldest and the gap between policy and practice is often widest
- Aged care staff, where the resident may have been a child in an institution, a refugee, or a survivor of family violence, and where nobody has ever asked and nobody should have to
- Internationally qualified nurses, for whom the Australian frameworks - cultural safety, regulated restrictive practices, mandatory reporting - are usually entirely new
- Emergency department staff, where almost every element of the environment works against the framework and small changes therefore do the most
- Educators, clinical leads and managers responsible for making a service trauma-informed rather than for saying that it is

What you will cover

Module	Title	Hours
00	Orientation: What This Course Is, and What It Is Not	0.50
01	What Trauma Is, and What It Does	0.50
02	The Five Principles, at a Bedside	0.50
03	You Do Not Need the Story	0.50
04	Re-traumatisation: the Ordinary Things That Do Harm	0.50
05	Behaviour Is Communication	0.50
06	Restrictive Practice, and Why It Re-traumatises	0.50
07	Cultural Safety and Intergenerational Trauma	0.50
08	Children, Young People and Mandatory Reporting	0.50
09	The Settings Where It Is Hardest	0.50
10	The Workforce: Vicarious Trauma, and the Survivors Among Us	0.50

How you will learn

1. Watch the narrated module video.
2. Read the Student Learner Guide for that module.
3. Complete the reflective workbook activity.

4. Complete the knowledge check and read the rationales.
5. Move to the next module when the system unlocks it.

A note on the content

A LARGE PROPORTION OF THE PEOPLE TAKING THIS COURSE ARE SURVIVORS.

The Australian Child Maltreatment Study found that 62.2 per cent of Australians experienced at least one type of child maltreatment. That figure is the argument for the whole framework, and it is also a statement about this course's own audience: whatever room you are in, a majority of it has a history, and you are not going to know which people.

So this programme is built to the same standard it teaches. It carries no graphic or detailed account of abuse, assault or violence - not in a case study, not in an assessment item, not on a slide. Where a case needs a history it is named in a clause and not described. Nothing here is included for effect.

Every module carries the support lines. You may stop at any point and come back; nothing is timed and there is no penalty. If a module is harder than you expected, that is information about the module's subject rather than about you - and the services below exist for exactly this.

SUPPORT - FOR YOU, NOT FOR A PATIENT

- Blue Knot Helpline and Redress Support Service - 1300 657 380. 9am to 5pm, seven days. Specialist support for adult survivors of complex trauma, and the national body behind most of this course's content.
- 1800RESPECT - 1800 737 732. 24 hours, seven days. The national domestic, family and sexual violence counselling, information and support service. Text 0458 737 732, and webchat and video call are also available 24/7.
- 13YARN - 13 92 76. 24 hours, seven days. Crisis support for Aboriginal and Torres Strait Islander people, in a confidential, culturally safe space, answered by Aboriginal and Torres Strait Islander Crisis Supporters.
- Nurse & Midwife Support - 1800 667 877. 24 hours, seven days, free and confidential, for nurses, midwives and students - including about the effects of the work itself.
- Lifeline - 13 11 14. 24 hours, seven days. National crisis support.
- Open Arms - Veterans & Families Counselling - 1800 011 046. 24 hours, seven days, for current and former ADF members and their families.
- You may stop this programme at any point and come back. Nothing is timed and there is no penalty.

What this course is, and is not

SCOPE OF PRACTICE AND CURRENCY

- This programme is professional development. It is not a qualification, it is not therapy training, and it does not make any learner able to treat trauma, to diagnose a trauma-related condition, or to take a trauma history as a clinical assessment. Those are role-limited and are governed by your qualifications, your service's policy and, for treatment, the Australian Guidelines for the Prevention and Treatment of Acute Stress Disorder, PTSD and Complex PTSD. It is not clinical advice about any individual, and it is not personal support for a learner's own experiences - for that, the support

lines in this programme and a treating clinician are the right places. Where your service's policy or your jurisdiction's legislation differs from anything in this course, those apply.

- Sources and their versions, retrieved 19/09/2026. Trauma-informed practice and the five principles: Blue Knot Foundation, Trauma-Informed Practice fact sheet for workers, DEC 23 Version 1, and the Blue Knot Practice Guidelines. Treatment of trauma: Australian Guidelines for the Prevention and Treatment of Acute Stress Disorder, PTSD and Complex PTSD - living guidelines, approved by the NHMRC Chief Executive Officer on 23 June 2020 with updated recommendations approved 22 December 2021, each approval valid for five years. Prevalence: Australian Child Maltreatment Study, 2023. Restrictive practice: NSQHS Comprehensive Care Standard (2nd ed), Actions 5.35 and 5.36; NDIS Quality and Safeguards Commission. Cultural safety: Ahpra and National Boards shared Code of conduct, June 2022.

NOT stated in this course, because they belong to a treating clinician, to legislation, or to your workplace: any trauma therapy modality, protocol or technique; any diagnostic criteria or screening tool score; your jurisdiction's mandatory reporting threshold, mechanism and list of mandated reporters; your jurisdiction's restrictive practice authorisation pathway; and your service's referral, supervision and debriefing arrangements.