

# MHRT/C Competency Survey

## Domain II: Trauma and Resiliency

**Please read through each set of knowledge competencies on the next few pages. At the end of each set, please rate them using the following scale:**

0: Not a Priority - Competency not needed for MHRT/C

1: Low Priority - Should have competency within first 3 years of being a MHRT/C

2: Medium Priority - Should have competency within first year of employment as a MHRT/C

3: High Priority - Needs to have competency when beginning job as a MHRT/C

4: Special Priority - This is a priority for those MHRT/Cs who provide specialty services or services to special populations.

### Awareness of:

0	1	2	3	4
Not a Priority	Low Priority	Medium Priority	High Priority	Special Priority

1. Importance of working from a trauma-informed perspective
2. Prevalence of various types and contexts of trauma, including domestic violence, physical and sexual abuse, sexual assault, exposure to combat, and other life threatening events
3. Effects of trauma on survivors, including intergenerational and inter-familial trauma experience of trauma at various life stages, and experience of trauma specific to special populations and cultural contexts (veterans, refugees, immigrants)
4. Relationship between the effects of trauma and physical illness
5. Screening and assessment strategies for trauma-affected populations
6. Stages of recovery for survivors of trauma
7. Resources to assist in recovery process from the effects of trauma
8. Evidence-based treatment approaches for treating trauma-related

conditions, e.g., Seeking Safety, 9. Trauma Recovery and Empowerment Model (TREM), and Eye Movement Desensitization and Reprocessing (EMDR), and Dialectical Behavior Therapy (DBT)

10. Diagnostic criteria for Post-Traumatic Stress Disorder (PTSD) and other common diagnoses associated with the experience of trauma survivors

11. The Adverse Childhood Experiences (ACE) Study and its correlation with trauma

## Skills

0	1	2	3	4
Not a	Low	Medium	High	Special
Priority	Priority	Priority	Priority	Priority

12. Sensitive to issues affecting survivors of trauma

13. Identify appropriate support resources in the community that are geared toward serving survivors of trauma, e.g., domestic violence projects, substance abuse projects, legal resources, victim advocates, treatment providers, etc.

**If you checked #4, Special Priority, for any of the competencies or skills listed in this section, please indicate which # competency or skill is a special priority and explain why that is.**

#13 - Again, case managers are primarily resource developers...we need to know where to go under the press of the needs of our clients.

**Please submit any additional feedback on the competencies in Domain II.**

Prev

Next