

Trauma's Impact on Health & Trauma-Informed Interventions

PROGRAM GOAL

This course provides healthcare professionals with an evidence-based overview of how trauma affects health, behavior, and engagement across clinical settings. Participants will examine common types of trauma, understand its neurobiological, psychological, and behavioral impacts, and explore the long-term effects on individuals, families, and care systems. The course introduces core principles of trauma-informed care and practical, role-appropriate strategies to enhance safety, trust, and patient engagement while reducing re-traumatization. Emphasis is placed on real-world application, interprofessional collaboration, and caregiver well-being to support both patient outcomes and staff resilience.

LEARNING OUTCOMES

At the close of this activity, participants will be able to:

- I can recognize trauma-related responses and adjust my communication and care approaches to promote safety, trust, and patient engagement in my role.
- I can apply evidence-based trauma-informed interventions to reduce re-traumatization and improve care experiences across healthcare settings.
- I can integrate trauma-informed strategies within my healthcare team to support patient-centered care while also promoting professional well-being and reducing burnout and compassion fatigue.

TARGET AUDIENCE

- Nurses
- Case Managers
- Social Workers
- Psychologists
- Physicians
- Pharmacists
- Pharmacy Technicians

SPEAKER BIOGRAPHICAL INFORMATION

Chad R. Sedam, Ph.D., CRC

Dr. Chad Sedam is a senior foster care/child welfare trainer for Sunshine Health and has been with the company for almost 10 years. He received his bachelor's degree from Penn State University, his master's degree from Springfield College, and his Ph.D. from Florida State University. Chad has extensive experience in counseling, teaching, advising, and educating children and adolescents. He has worked in a variety of settings and has provided treatment to many individuals with mental health needs as well as abuse and trauma survivors. He is also a Certified Rehabilitation Counselor (CRC). Additionally, he is an adjunct professor at Florida State University and loves being able to share his knowledge and experience with the master's and doctoral students in his classes. Dr. Sedam has over 25 years of experience in direct care and training in both behavioral health and academic settings. In his spare time, Dr. Sedam enjoys spending time with friends and family, watching Penn State sports, pretending to be handy around the house, and doing his best to be a good husband and father.

REGISTRATION

This course is accessible through www.centeneinstitute.com. Once you have registered as a new user, navigate to the Activity Catalog. In the Activity Catalog, search for the course title and register by clicking on **ENROLL NOW**.

AGENDA

- 0–10 min: Defining trauma and recognizing trauma-related responses
- 10–20 min: Effects of trauma on health, behavior, and healthcare engagement
- 20–35 min: Principles and core elements of trauma-informed care
- 35–45 min: Evidence-based trauma-informed interventions and healthcare team roles
- 45–55 min: Applying trauma-informed care through case-based scenarios
- 55–60 min: Supporting caregiver well-being, resources, and questions

CERTIFICATE OF COMPLETION

The completion of a post-evaluation will serve as the final step of completing the course. After successfully completing the survey, the certificate will be available for immediate download and printing.

PROVIDER CONTACT INFORMATION

To contact the Centene Institute for Advanced Health Education, please email CenteneClinicalTraining@centene.com.

CREDIT INFORMATION



In support of improving patient care, the Centene Institute for Advanced Health Education® is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



This activity was planned by and for the healthcare team, and learners will receive 1.00 Interprofessional Continuing Education (IPCE) credit for learning and change.



As a Jointly Accredited Organization, the Centene Institute for Advanced Health Education® is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.00 clinical continuing education credits.



This program has been pre-approved by The Commission to provide continuing education credit to Certified Case Managers (CCM®).

The Centene Institute for Advanced Health Education® designates this Live Activity for a maximum of 1.00 ANCC contact hours.

The Centene Institute for Advanced Health Education® designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



**AMERICAN
PSYCHOLOGICAL
ASSOCIATION**

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.



The Centene Institute for Advanced Health Education® designates this knowledge-based activity for a maximum of 1.00 hour. Participants should only claim credit commensurate with the extent of their participation in the activity. Credit will be provided to CPE Monitor within 60 days after the activity completion.

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