



# Certificate of Complex Trauma and Attachment

**ENROL & START TODAY**

\* Ts&Cs apply

✓ Unlimited Support

✓ 12 Months Access

TOTAL COST

**\$299.00**

Learn how trauma and attachment impact a child's development. Whether you work in healthcare, education or community services, this course will empower you to respond with empathy and make a meaningful difference in the lives of vulnerable families.

## Course Description

Learn how trauma and attachment impact a child's development. Whether you work in healthcare, education or community services, this course will empower you to respond with empathy and make a meaningful difference in the lives of vulnerable families.

Certificate of Complex Trauma and Attachment is a professional development course that explores trauma-related behaviour, and the coping strategies children adopt to cope in response to overwhelming or traumatic environments.

In this complex trauma and attachment course, you'll examine how trauma affects the stress response system and its impact on emotional regulation, memory, and impulse control. You'll also learn about different attachment patterns and their impact on a child's ability to trust, form relationships, and feel emotionally safe.

You will explore trauma-informed communication, co-regulation, and how to create supportive environments that promote recovery. You'll learn to adapt interventions for individual needs, promote consistency across settings, engage families, build resilience, and prioritise child safety.

On completion of this course, you will have the skills to understand trauma behaviour and successfully engage with children and caregivers.

## Study Hours

Estimated duration **15 Hours**

## Course Delivery and Start

Start anytime, self-paced and 100% online

## Assessment

Assessment will be comprised of written exercises, including short-answer questions, reflective tasks, short reports and/or projects. There are no examinations or due dates for assessment. As a result, you can complete training in your own time and at your own pace with the assistance of unlimited tutor support.

## Career Outcomes

### Professional Development for:

- Foster Carer Workers
- Community Support Officers
- Social Workers

# Course Structure

## **Unit 1: Understanding Childhood Trauma and Attachment**

- Foundations of childhood trauma
- Types and origins of childhood trauma
- Neurodevelopmental impacts of trauma
- Brain development and the stress response
- Emotional regulation and trauma
- Behavioural impacts of trauma
- Introduction to attachment theory
- Secure and insecure attachment patterns
- Understanding avoidant attachment
- Understanding anxious attachment
- Understanding disorganised attachment
- Signs of trauma and attachment difficulties

## **Unit 2: Developmental Impacts of Trauma**

- Developmental milestones and trauma
- Developmental delays
- Emotional dysregulation
- Regression
- Trauma, behaviour and unmet needs
- Neglected children
- Culture, family dynamics and community

## **Unit 3: Trauma-Informed Communication and Engagement**

- Safe and supportive communication
- Communication with children
- Communication with families
- Trust and psychological safety
- Disassociation and other trauma responses
- Exploring personal histories safely

# Course Structure

## Unit 4: Supporting Recovery and Resilience in Children and Families

- Building resilience
- Connecting families with trauma support
- Trauma-informed team approach
- Interprofessional collaboration framework
- Designing routines and interventions
- Creating predictability and structure
- Embedding emotional safety
- Tailoring interventions to child's needs
- Maintaining consistency across environments
- Reporting responsibilities and safeguarding
- National framework for protecting children





## Testimonials

[View All Testimonials](#)

**It has been a pleasure studying this course! Very user-friendly and support was offered multiple times!**

*Hayden - Narellan Vale, NSW | Certificate of Complex Trauma and Attachment*

**This is my second course with AOC and the help you receive is amazing.**

*Abdirahman - Essendon, VIC | Certificate of Complex Trauma and Attachment*

**Course was easy to understand and very informative.**

*Rebekah - Park Ridge South, QLD | Certificate of Complex Trauma and Attachment Management*

**I enjoyed completing my learning through this course. It was helpful to complete this course at my own speed as a mum who is the primary carer for my daughter who has multiple appointments weekly. I felt supported as the tutors regularly checked in via email to see my progress and it was an easy and fast response when I needed guidance from tutors. This course gave me new knowledge which I was able to extend on my own knowledge and I was able to research into more detail. I wanted to put 100% effort in to all my answers to show my learning and knowledge. Thank you!**

*Casey - Kingswood, NSW | Certificate of Complex Trauma and Attachment Management*

**Excellent, the material was set out in a clear and concise manner and was easy to understand. The assessments were at a suitable level and the tutors were very supportive.**

*Alicia - Fremantle, WA | Certificate of Complex Trauma and Attachment Management*

## Graduation

A **Certificate of Attainment** and **Statement of Results** will be issued upon successful completion of this course.

## How to Enrol

All enrolments are completed through our course pages. Simply visit your chosen course page to get started. You will be guided through the enrolment process step by step.

If you have any questions or need help choosing the right course, our team is available during business hours to assist.

[Browse Courses](#)

## Enrolling Staff or a Team

Staff can be enrolled directly through your chosen course page, using the same process as any individual enrolment.

There's no limit to how many team members you can enrol, whether you're adding one person or training across your organisation.

For employer support, team training enquiries, or additional information, visit our website or [contact us](#) directly.

[For Businesses and Organisations](#)

## Payment Options

We offer flexible payment options, including credit card, Afterpay, bank transfer, BPAY, and payment plans.

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