

TENTS-TP Core Curriculum

The TENTS-TP core curriculum is based on the current evidence base. It aims to facilitate the training of mental health and social service professionals throughout Europe to deliver appropriate services to individuals affected by traumatic events. The curriculum is divided into 13 modules with learning outcomes that should be achieved upon completion.

a. Introduction to the TENTS-TP Adopted Guidance

- i Describe the core principles of the guidance
- ii Describe the core principles of governance and strategic policy
- iii Describe the stepped model of care

b. Psychosocial Resilience

- i Define resilience in the context of trauma.
- ii Describe interventions/approaches that foster resilience
- iii Describe post traumatic growth

c. Introduction to Traumatic Stress Reactions and Disorders

- i Describe the range of normal reactions following traumatic events and their natural course.
- ii Describe problematic reactions following traumatic events including PTSD and other common disorders according to the DSMIV and ICD-10.
- iii Explain the principles of the theoretical basis of PTSD from neurobiological, psychological and social standpoints.
- iv Describe the basic epidemiology of traumatic stress disorders
- v Explain the principles of an evidence based approach to the prevention and treatment of post traumatic disorders
- vi Describe an accurate overview of the current evidence base for the prevention and treatment of PTSD.

d. Early Intervention following Traumatic Events

- i Describe the commonly used approaches to acute and early intervention following traumatic events and the rationale behind them including interventions for everyone, targeted interventions and the timing of them.
- ii Describe specific interventions including critical incident stress debriefing, psychological debriefing, psychological first aid, critical incident stress management, trauma risk management, supportive counselling and trauma focused cognitive behavioural therapy.
- iii Discuss the current evidence base for the effectiveness of early interventions following traumatic events.

e. Screening and Information

- i Describe the evidence base for screening for post traumatic disorders.
- ii Describe the evidence base for providing information and psychoeducation following traumatic events.

f. Assessment, Formulation and Treatment Planning for Psychologically Traumatized Individuals

- i Describe the essential components of a full assessment of a psychologically traumatized individual.
- ii Describe the principles of formulation and treatment planning.
- iii Discuss the importance of understanding an individual's presentation before commencing treatment.

g. Psychological Treatment of PTSD

- i Describe the theoretical basis underlying the commonly used trauma focused psychological treatments including exposure therapy, cognitive therapy, cognitive behavioural therapy, eye movement desensitisation and reprocessing and brief eclectic psychotherapy.
- ii Describe non trauma focused approaches including stress inoculation training, anxiety management, psychodynamic therapy and hypnotherapy.
- iii Discuss the current evidence base for the effectiveness of psychological treatment approaches for PTSD.

h. Pharmacological Treatment

- i Describe the theoretical basis underlying the commonly used pharmacological treatments including selective serotonin reuptake inhibitors, tricyclic antidepressants, monoamine oxidase inhibitors, other antidepressants, anticonvulsants, antipsychotics and benzodiazepines.
- ii Discuss the current evidence base for the effectiveness of pharmacological treatments for PTSD.

i. Community Interventions

- i Describe the impact of traumatic events on communities.
- ii Describe specific approaches to effective interventions for communities.

j. Complex PTSD

- i Describe the common presentations of complex PTSD sufferers.
- ii Discuss the theoretical basis as to why alternative management approaches may be beneficial for complex PTSD compared to simple PTSD.
- iii Describe the current evidence base for the effectiveness of treatments for complex PTSD.

k. Grief

- i Describe normal grief reactions.

ii Describe pathological/traumatic grief reactions.

iii Describe the current evidence base for facilitating the grieving process.

I. Children and Families

i Describe the normal and pathological reactions that children may experience following traumatic events and their age and developmental specific mechanisms.

ii Describe the basic epidemiology of traumatic stress disorders in children and adolescents

iii Discuss the current evidence base for the prevention and treatment of PTSD in children.

m. Emergency Responders

i Describe the principles of appropriately supporting emergency responders

ii Describe the current evidence base for the effectiveness of interventions for emergency responders