

FSU | INSTITUTE FOR TRAUMA & RESILIENCE STUDIES
COLLEGE OF SOCIAL WORK

ONLINE PROFESSIONAL DEVELOPMENT COURSE GUIDE



2026_2027

WHY CHOOSE US?

The Pathway to Growth Starts Here

Welcome to Florida State University (FSU) and the Institute for Trauma and Resilience Studies (ITRS) Pathways to Professional Advancement. Our **award-winning** virtual professional development courses are designed to meet the needs of today's workforce, offering engaging, research-based training for **professionals across all disciplines**. Whether you're looking to enhance your skills or expand your knowledge, our programs empower you to create real-world impact—on your schedule, from wherever you are.

Enhance your knowledge, skills, and career potential



Karen Oehme
ITRS Director

Welcome to the Institute for Trauma and Resilience Studies at Florida State University! Our professional development courses are more than just training—they're your pathway to creating meaningful change. Designed to fit into your busy life, these online programs deliver cutting-edge strategies and practical tools to help you lead with confidence, support diverse communities, and build resilience in any setting. Join a network of professionals transforming their fields and discover the difference our courses can make for your career—and the people you serve.

WHY CHOOSE US?

Unlock Your Potential with FSU

At FSU, one of the most respected research and learning institutions in the country, we believe professional development should be transformative. That's why our Pathways to Professional Advancement courses are designed to deliver meaningful, research-based training to help you thrive in your field. Through flexible, engaging, and practical learning experiences, we empower professionals like you to create lasting, positive change. **The Pathways to Professional Advancement was awarded the 2026 UPCEA Outstanding Non-Credit Program Award.**

- **100% virtual**
- **Self-paced**
- **Research-based**
- **Real-world impact**
- **National recognition**



Who Are Our Learners?

Our learners include thousands of professionals who are:

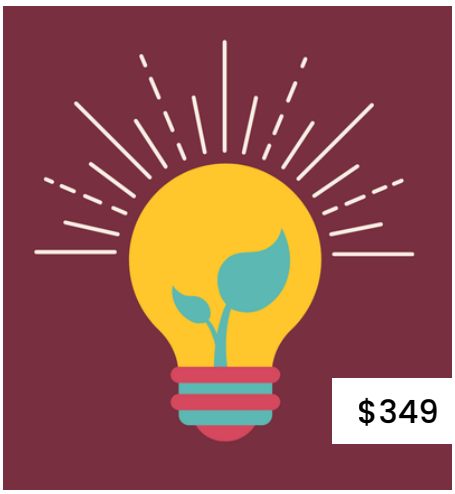
- Deeply committed to clients
- Curious and eager to learn
- Juggling multiple responsibilities
- Ambitious
- Committed to personal growth
- Motivated by making a positive impact
- Career-driven; seeking CEUs
- Seeking innovative ways to support people with complex needs

CERTIFICATION PROGRAMS

Group Discounts Available

Our Professional Certification Courses

FSU Professional Certifications offer a rigorous 10-20 hour curriculum on essential topics, helping participants deepen their expertise. Upon completion, participants receive a certificate and digital badge, which can be shared online and displayed on social media to highlight their achievements.



$349

Trauma & Resilience, Level One

Two out of every three people have experienced trauma that can impact them throughout their lives. Build knowledge to understand the impact of trauma experienced by the people you serve and develop important resilience skills.



$299

Trauma & Resilience, Level Two

This advanced curriculum enables professionals to further develop the knowledge and skills they need to understand the impact of individual and community trauma, along with a practical guide to building resilience.

CERTIFICATION PROGRAMS



College Student Wellbeing, Trauma, and Resilience

Students arrive with a range of stressors, including mental health issues, histories of trauma, and everyday challenges that can impact their wellbeing and college experience. Higher education professionals will gain new knowledge and practical skills to better support their students.



The Fundamentals of Neurodivergence

15-20% of the population is neurodivergent. This training empowers professionals to create inclusive environments and provide trauma-informed support for clients of all ages.



Human Trafficking Prevention and Intervention

Increase awareness and enhance services for those impacted by human trafficking. Professionals will develop the knowledge and skills to understand trafficking dynamics, improve interventions, and provide effective support to survivors.



Professional Certification in Resilience Strategies for the Workplace

This new certification teaches learners about crucial workplace dynamics such as effective work in multidisciplinary teams, collaborating with colleagues across generations, and coping with ever-constant organizational change. The curriculum empowers participants to improve organizational processes, fostering an environment where all team members can thrive together.

Create Your Customized Certification

- In this flexible, unique course, start with three mandatory short courses (2-3 hours each), then choose from a variety of electives to tailor your learning experience.
- Our electives are quick, 1-3 hour courses that let you gain valuable skills and knowledge without the up-front time commitment of a full certification.
- Each course is available for individual purchase, and after completing any course, you'll earn a digital badge and a certificate of completion through the Canvas Credentials pathway.

This course is available for **$349** per participant.

LEARN ON THE GO

Our Lightning Courses allow you to gain skills and knowledge without committing to the time or financial commitment of a full certification. They only take 1-3 hours to complete and they provide valuable introductions to important topics.

If you've never taken a course with us before, you may want to explore a lightning course to experience what our courses offer!



Change Management for Resilient Professionals

This training helps professionals understand a specific kind of change: organizational change powered by people working collaboratively toward a common goal.

$75

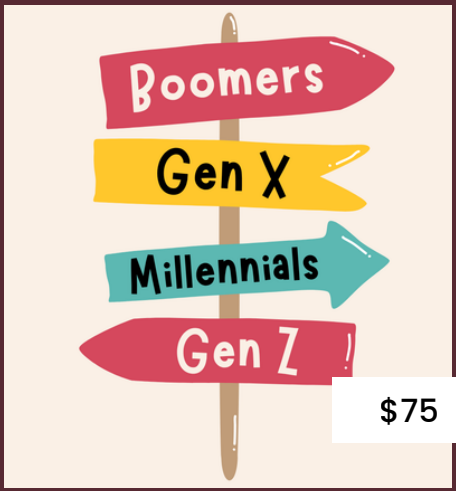


Resilient Multidisciplinary Teams

Professionals will learn the essential elements of a successful team and crack the code to managing other professionals for a cohesive, resilient team.

$99

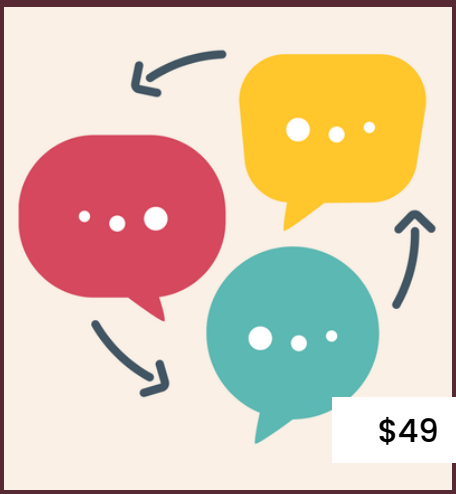
LIGHTNING COURSES



$75

Navigating the Multigenerational Workplace

Strengthen your teams with a new understanding of the value of a multigenerational perspective. Professionals will gain crucial strategies and knowledge to promote a cooperative, resilient, and productive workplace.



$49

Practical Strategies for Effective Communication

Improve interactions with clients, customers, and colleagues. The strategies and trauma-informed skills gained here will strengthen your relationships and contribute to building a culture of support and mutual respect.

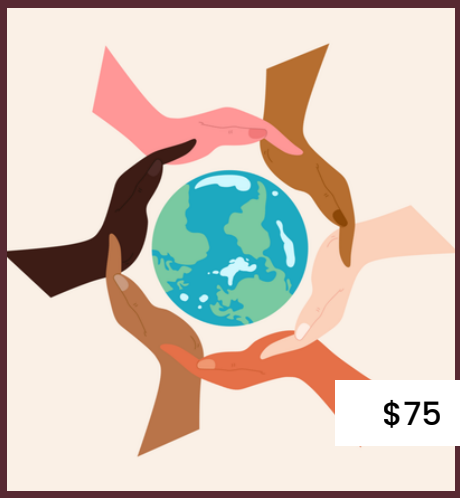


$75

Introduction to Resilience

This course describes the different characteristics of resilience and the interacting factors that contribute to a person's ability to cope with challenges. Professionals will gain evidence-based skills for targeted stress management.

LIGHTNING COURSES



$75

Introduction to Human Trafficking Prevention

Increase awareness and improve services and interventions by taking this 2-hour introductory course. Professionals will gain introductory knowledge of human trafficking dynamics, including an overview of legal and research updates.



$75

Domestic Violence Dynamics for Professionals

Gain a working knowledge of domestic violence dynamics and learn best practices for trauma-informed, meaningful client interaction.



$75

Vicarious Trauma for Judges and Court Staff in Domestic Violence Cases

Understand how burnout and vicarious trauma impact court professionals, and explore practical tools to foster resilience, manage stress, and strengthen compassion satisfaction.

TESTIMONIALS

What Professionals Are Saying

Trauma & Resilience, Level One

The course was awesome! I am a nonprofit administrator and attorney working with women, girls, and native Hawaiian females affected by trauma and incarceration. **I enrolled my entire team and recommended the course to colleagues**. Thank you, FSU.

Toni Bissen
Executive Director, Pua Foundation

College Student Wellbeing, Trauma, & Resilience

This course is helpful for thinking about trauma, before and since the pandemic and provides **real tools to help students** gain resilience skills. **It also highlights actions practitioners can take to care for their own wellbeing** to continue being effective while working with students who may be in distress.

Paula Wilmot
Assistant Dean of Students, University of Connecticut

Human Trafficking Prevention & Intervention

I really enjoyed the course. It was **informative** and **well organized**. The course covered all areas of human trafficking. **I have worked with survivors for the past 26 years** and **have not seen a course offered like this**. This course will **truly assist me** with my current position. . . . The knowledge I have gained will **truly be impactful with** the **survivors I assist.**

Melba Robinson
Program Director, The Salvation Army

Fundamentals of Neurodivergence

I really **enjoyed this certificate**! I am neurodivergent myself, and it is **rare** to **find educational materials** that still **offer new perspectives and further depth** beyond my own lived experiences. I appreciate the **variability of conten**t in this training, and expect that **folks will be able to find something meaningful** in this course **regardless of their prior familiarity** with neurodiversity.

Sophie Cole
University of Tennessee, Knoxville



CONTACT INFO

Ready to Begin?



Enroll Now!

WEBSITE
www.itrs.csw.fsu.edu

EMAIL
ITRS-Pathways@fsu.edu

PHONE
(850) 645-5429



FSU

INSTITUTE FOR TRAUMA & RESILIENCE STUDIES

COLLEGE OF SOCIAL WORK

www.itrs.csw.fsu.edu

ITRS-Pathways@fsu.edu

