

## Digital Trauma-Informed Academy

### Module Viewing, Workbook Exercises, and Activity Completion Time Estimates

*These estimated completion time frames are meant to provide a general estimate for your planning and convenience. Actual time may vary by individual learner.*

Activity / Module	Estimated Completion Time
Pre-Test	3 – 5 minutes
Download Workbook and Slides	1 – 2 minutes
Energy Check Video and Exercise	4 – 6 minutes
Module One and Workbook Activities	30 minutes – 1 hour
Written Response One	10 – 30 minutes
Scenario One	5 – 20 minutes
Module Two and Workbook Activities	30 minutes – 1 hour
Trauma's Impact on Belief Systems	15 – 30 minutes
Module Three and Workbook Activities	30 minutes – 1 hour
Self-Care Assessment and Plan Activities	20 – 45 minutes
Download Part Two Slides	1 – 2 minutes
Module Four and Workbook Activities	20 – 45 minutes
Scenario Two	5 – 20 minutes
Module Five and Workbook Activities	30 minutes – 1 hour
Scenario Three	5 – 20 minutes
Module Six and Workbook Activities	20 – 45 minutes
Post-Test and Survey	5 – 10 minutes