# Trauma Informed Care and Practice

This comprehensive two day course is ideal for professionals working with people who have experienced trauma (usually chronic trauma)

## Key Information

Who training is for
**Professionals working with people who have experienced trauma**

Length of course
**2 days**

Per delegate cost
**£300**

Format of course
**Live via Zoom or Face-to-Face**

CPD Hours
**14 hours**

## Course Summary

Our 'Trauma Informed Care and Practice Course' empowers frontline workers to support individuals impacted by trauma, mental health issues, or substance misuse, with a compassionate approach.

Covering trauma recognition, self-care, and tailored responses, this interactive two-day course equips participants with practical tools, grounded in national frameworks, to create safe, supportive care environments.

## Course Alignment

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- Guideline for treatment and planning services for CPTSD in adults – UK Psychological Trauma Society
- Trauma informed framework – Scotland
- Trauma informed Wales
- Trauma informed care toolkit for carers – Surrey & Borders Partnership

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## Book online or contact us

HealthAcademyOnline.co.uk

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## Detailed Course Description

This trauma training is targeted at frontline staff who are supporting patients/clients/service users who have experienced trauma (usually long term interpersonal). They may also have mental health issues and or drug and alcohol problems as well as other chronic illness as a result of this trauma. It is also for frontline workers who have experienced trauma in their own lives and who may be in the role of 'lived experience peer supporter'.

Trauma-informed practice is an approach to health and social care interventions which is grounded in the understanding that trauma exposure can impact an individual's neurological, biological, psychological and social development. Trauma-informed frontline workers recognise the need to see beyond an individual's presenting behaviours and to ask, 'What has happened to this person, what does this person now need?' rather than 'What is wrong with this person?' and react defensively, which then escalates the situation.

This course is suitable for any professional working with those who have experienced trauma. This may include:
Doctors, nurses, psychologists, occupational therapists, care & support staff in a variety of settings: GP surgeries, primary care clinics, A&E, psychiatric hospitals, supported living for mental health, learning disability and autism. Housing Support Teams and Prison and Probation teams who are providing direct care and support.

## Learning Outcomes

After attending this course, learners will be able to:

DAY 1

- Recognise how widespread trauma is - statistics
- Define and describe different kinds of trauma
- Explore the ACE study (Adverse Childhood Experiences)
- Discuss the impacts of developmental trauma (physical, psychological and social) in
- order to understand why traumatised people, behave in certain ways
- Discuss and differentiate between PTSD, complex PTSD and complex
- developmental PTSD
- Identify treatment modalities for each of the diagnoses
- 3 levels of care – professional, personal and social

DAY 2

- Differentiate between trauma informed and trauma skilled
- Explore self-care methods for a dysregulated nervous system caused by trauma
- Examine how trauma informed practice works
- Identify and apply the 6 trauma informed care principles in service settings – safety,
- trustworthiness, choice, collaboration, empowerment & cultural consideration.
- Develop appropriate responses to trauma disclosures
- Recognise personal compassion fatigue and act on it