

ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Trauma-Informed Care Training

£22.00 + VAT

Health and Social Care Training
Trauma-informed care practice

Experiences that lead to trauma

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Trauma can result from many different experiences.

It may be caused by:

- ▶ A single overwhelming event
- ▶ Repeated ongoing events
- ▶ Adverse Childhood Experiences (ACEs)

▶ Click NEXT to move on.

The diagram shows three overlapping circles. The left circle is green and labeled 'Adverse childhood experiences (ACEs)'. The top-right circle is blue and labeled 'Complex trauma'. The bottom-right circle is blue and labeled 'Single incident event'. The intersection of all three circles is labeled 'Trauma'. The ACEs circle lists: Caregiver incarceration, Caregiver substance use, Caregiver separation, Witnessing caregiver violence, Caregiver mental illness, Physical neglect, and Emotional neglect. The Complex trauma circle lists: Chronic life threatening illness, Domestic abuse, Sexual abuse in adulthood, Torture, Trafficking, War as a civilian, Military trauma, and Acute health crisis. The Single incident event circle lists: Rape, RTA, and Assault.

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Recognising the effects of trauma

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Good social support is one of the most important factors in recovery.

Research shows that supportive relationships are more important to recovery than the severity of the trauma itself. People who feel supported, believed, and connected to others recover better and faster than those who face trauma alone.

Supportive relationships help to:

- ▶ Reduce feelings of isolation and shame
- ▶ Make daily challenges easier to manage
- ▶ Offer emotional validation and understanding
- ▶ Rebuild a sense of safety and trust
- ▶ Create hope for the future

▶ Click NEXT to move on.

A central figure of a person is surrounded by four colored circles: green for 'FAMILY', blue for 'COMMUNITY', purple for 'PROFESSIONALS', and teal for 'FRIENDS'. All circles are connected by a circular line.

- ✓ Certified by CPD
- ✓ Audio voiceover
- ✓ Downloadable certificate on completion
- ✓ 100% online training
- ✓ No time limits



Our online Trauma-Informed Care training course explains what trauma-informed practice is, why it matters, and how you can apply it in your everyday work to create safer, more supportive environments for the people you support.

This course will help you understand what trauma is, how it affects people, and how to work in ways that prevent re-traumatisation and support recovery. You will also learn about the importance of self-care, supervision and support in managing secondary trauma.

The approximate duration of this training is 2 hours.

PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress.

Our training licences **don't expire** and are only assigned to a learner when they launch the training. Substantial discounts are available for bulk purchases.

Learners are able to download their certificate on successful completion of the online assessment.

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Trauma-Informed Care Training

INTRODUCTION TO TRAUMA-INFORMED CARE PRACTICE

- The prevalence of trauma in the UK
- The importance of recognising trauma in service setting
- What trauma-informed practice means
- The 5 Rs of trauma-informed practice

UNDERSTANDING TRAUMA

- What trauma is
- The three E's of trauma—event, experience and effects
- The three parts of the brain that play key roles in trauma responses
- How the brain responds to trauma

THE DIFFERENT EXPERIENCES THAT CAN LEAD TO TRAUMA

- Single-incident traumatic experiences
- Repeated traumatic experiences
- Adverse Childhood Experiences (ACEs)

RECOGNISING THE EFFECTS OF TRAUMA

- Why people respond to traumatic experiences differently
- Protective factors and risk factors, and how they affect individuals' ability to cope with trauma
- Groups of people who are more susceptible to trauma
- The emotional, cognitive, behavioural, and physical effects of trauma
- How trauma affects daily lives and access to services

TRAUMA TRIGGERS AND RE-TRAUMATISATION

- What trauma triggers are
- Some common triggers
- What re-traumatisation means and why it happens
- How service settings can unintentionally trigger trauma responses

UNDERSTANDING TRAUMA RESPONSES

- The four main trauma responses: fight, flight, freeze and fawn
- How to recognise when someone is experiencing a trauma response
- Why challenging behaviours are often adaptive survival strategies, rather than conscious choices
- How to move from judging behaviour to understanding it

THE KEY PRINCIPLES OF TRAUMA-INFORMED CARE

- The five principles of trauma-informed care
- Practical ways to apply trauma-informed principles in your interactions

TRAUMA-INFORMED COMMUNICATION

- Using trauma-informed principles in your interactions with service users
- Listening actively when someone talks about trauma
- Responding with empathy and without blame
- Asking "What happened to you?" instead of "What's wrong with you?"
- Asking what help (if any) a person wants
- Responding when you recognize a person may be experiencing a trauma response

STAFF WELL-BEING AND SUPPORT

- What secondary trauma is and how it happens
- How to recognise the signs that trauma exposure at work is affecting you
- Why your self-care matters for your own well-being and for the people you support
- Practical self-care strategies to maintain your well-being
- The role of supervision and organizational support in protecting your well-being

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