



‘Trauma Informed Care/Practice’

Two-Day Practice Support Workshop Brief

2020

WrightLink Ltd.

PERFORMANCE SUPPORT,
TRAINING & RESEARCH

*Children’s Services, Youth Justice,
Criminal Justice, Community Safety*

Trauma Informed Practice (TIP): Workshop Overview

What is TIP?

The term 'Trauma Informed Practice' (TIP) has gained increasing momentum over the past few years. However, it remains broad in its implications and exactly what it means and how it is operationalised is likely to vary across service contexts.

TIP is in many ways synonymous with a psychologically informed strengths-based approach. It involves understanding the origin and effects of past trauma on the individual, and taking this into account in the provision of care.

This involves not only an appreciation of the impact of trauma on the individual being supported, but the importance of attending to the well-being of those providing care in terms of physical, emotional and psychological safety.

Becoming 'trauma-informed' also includes an appreciation of the way in which professionals and services can actively work to avoid contributing to any re-traumatisation through well-meaning efforts to support complex individuals and their behaviour.

Why Consider TIP?

Research into Adverse Childhood Experiences (ACE's) reveals a wide variety of experiences can constitute trauma and that the resulting effects of these continue to impact development and behaviour over time.

Consequently, our understanding of the significant role of past trauma in mental health difficulties and offending behaviour in young people and adults is now being recognised. As a result, service providers and individual practitioners acknowledge the need to adapt approaches and practices in ways that account for the impact of past trauma on the individual.

Viewing behaviour through a trauma-informed lens enables practitioners to more accurately understand a person's efforts to cope. It informs practice in ways that fosters connections with individuals, reduces the likelihood of unwittingly contributing to maintaining difficulties associated with past trauma and facilitates a space for positive change.

Course Overview

This training package has been designed to be delivered over 2 days to ensure sufficient space for the introduction of theoretical material as well as consideration of how this translates into meaningful practice through direct reflective and experiential workshop exercises. WrightLink Ltd. recognise the value of attending to the design of training courses in ways that maximise the impact on delegates and increase the likelihood they will take the benefits of what they learn beyond the training room.

Learning Objectives

- Increased understanding of trauma, including what it is, and how it impacts young people in the short term and over time. This will include a focus on key psychological and neurodevelopmental theory;
- Greater clarity on what TIP is and why it benefits practitioners and services to understand. Includes a focus on how TIP is specifically relevant for Local Authority Services and the care of young people and their families. Addresses how practices such as case planning and casework (i.e. forensic case formulation) can become more trauma informed as well as understanding and working with challenges such as difficulties engaging young people where trauma may be playing a role;
- Increased understanding and confidence in working directly with individuals with a history of trauma in ways that enhance the relationship between the young person, practitioner and others involved. Key topics include safety, connection and relational work, boundaries, and fostering resilience through emotional containment. The value of collaboration, choice and empowerment in practice will be emphasised.;
- Increased awareness of the potential impact of working with traumatised individuals and recognition of the crucial importance in embedding good practice for practitioner self-care into daily work.



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