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Introduction to Trauma Informed Practice

This online course is suitable for individuals who regularly interact with children, young people and adults, and who are interested to start their journey of learning how to use a trauma informed approach.

COURSE OUTLINE

The course provides insight into the impact of trauma on children, young people and adults.

An understanding of their behaviour and needs.

And how and why 'in the moment interactions' can be adapted so that trauma informed responses and support are given.

5 LEARNING MODULES

- Starting your trauma informed journey
- Understanding trauma
- Understanding why and how early experiences shape us
- Understanding and supporting behaviour
- Using a trauma informed approach

2.5

learning hours

