



powered by

**innovatingminds**

# Trauma Informed Practitioner Training

The course is suitable for individuals who regularly interact with children, young people and adults and who are interested in enhancing their knowledge, understanding and confidence to implement trauma informed, trauma sensitive practice and resources in all areas of their work and interactions.

## COURSE OUTLINE

This online course provides in-depth insight into the impact of trauma on children, young people and adults. The course provides an understanding of the behaviour, the importance of co-regulating relationships and safe spaces.

This course enables the practitioner to recognise their responses to trauma, the impact of vicarious trauma on their wellbeing, how and why 'in the moment interactions' can be adapted so that trauma informed responses and support are given.

## 9 LEARNING MODULES

- Starting your trauma informed journey
- What is childhood trauma?
- When and how can a child experience trauma?
- Recognising and supporting trauma reactions
- Supporting trauma reactions in a body based way
- Trauma triggers and creating safe spaces
- Becoming a trauma sensitive practitioner
- Being a trauma sensitive practitioner
- Understanding vicarious trauma

12

**learning hours**

