

Trauma Informed Practice- Building Resilient People

CPD accredited 6 hours

Morning Session

01

Introduction to Adverse Childhood Experiences

We introduce Adverse Childhood Experiences (ACEs)—what they are, why they occur, and how they can shape lifelong wellbeing, behaviour, and relationships, with a group exercise to support shared understanding and knowledge.

02

Maslow's Hierarchy of Needs

Maslow's Hierarchy of Needs is introduced as a key lens for understanding how unmet physical and emotional needs can drive behaviour, resilience, and engagement—laying vital foundations for trauma-informed, compassionate practice.

03

Attachment Theory

This session unpacks attachment theory to show how early bonds shape trust, behaviour, and emotional safety—brought to life through a reflective group exercise that deepens shared understanding.

04

The Impact of Trauma and Adversity on Neuro-development and Latent Vulnerability

This section of the course highlights how trauma and adversity can disrupt neurodevelopment and create latent vulnerabilities—key insights for recognising hidden needs, supporting regulation, and responding with trauma-informed care.

05

The Threat/Trauma Response and Different Types of Stress

To understand how behaviour and communication are shaped by survival instincts, we look at how the brain and body respond to threat and trauma—alongside different types of stress—building insight into emotional safety and steadiness in ourselves and others.

06

Protective and Resilience Factors

By focusing on the global evidence base, this section highlights the protective and resilience factors that can buffer the impact of ACEs—revealing how connection, safety, and everyday moments of support can spark recovery, hope, and meaningful change.

Afternoon Session

01

Different Types of Trauma

From frontline roles to everyday interactions, trauma shows up in many forms. This part of the course shines a light on why we're all susceptible to being affected, and how recognising these effects helps protect wellbeing, restore energy, and keep care sustainable.

02

Self- Care and Compassion Fatigue

We take a closer look at self-care and compassion fatigue as essential parts of trauma-informed practice—highlighting how emotional strain builds over time, and how restoring energy, boundaries, and connection protects both personal and professional wellbeing.

03

The Power of Compassion

The science of compassion is introduced not just as a skill, but as a powerful force that shapes how we lead, connect, and care—building emotional safety, trust, and resilience across our work, relationships, and everyday interactions.

04

Different Generations

Generational experiences shape how trauma is understood, talked about, and responded to. Enhanced by a group activity, we uncover why these differences matter—building insight into trust, connection, and emotionally safe support across ages and roles.

05

Trauma Informed Principles and Approach

The trauma-informed principles and a trauma informed approach are introduced as the core of emotionally safe, inclusive support—offering a shared framework to guide how we respond, relate, and create environments that foster trust, care, and accountability.

06

Trauma Informed Communication

We conclude the training course by introducing trauma-informed communication as a way of speaking, listening, and responding that protects emotional safety—essential for building trust, reducing reactivity, and supporting meaningful connection across roles and settings.