

Course Information Sheet

Trauma informed



Course Description:

Join our 3-hour Trauma Informed workshop to gain essential insights into trauma and its impact, and learn practical strategies to support individuals affected by trauma.

Our Trauma Informed workshop is designed to provide participants with a comprehensive understanding of trauma and its effects on individuals. This 3-hour session covers key concepts such as the types and signs of trauma, the physiological and psychological impact of trauma, and best practices for supporting trauma-affected individuals. Ideal for anyone interested in enhancing their knowledge and skills in trauma-informed care, this workshop offers practical strategies and tools for creating supportive environments.

What Will I Learn?

Introduction to Trauma:

Definition and types of trauma

- Recognizing signs and symptoms

Impact of Trauma

- Physiological and psychological effects
- Long-term consequences on mental health

Trauma-Informed Approaches

- Principles of trauma-informed care
- Strategies for creating safe and supportive environments

Who should join this course?

This course is suitable for anyone interested in understanding trauma and its impact, including educators, healthcare professionals, social workers, and individuals working in supportive roles.

Entry Requirements:

There are no entry requirements for this course.

Progression Opportunities:

Upon completing the Trauma Informed workshop, learners can progress onto a range of course such as:

Counselling Introduction

Level 1 Mental Health

Level 2 Adverse Childhood Experiences

How do I enrol?

To apply for this course online at www.oucoursesouthwest.co.uk and simply click on the 'How to Enrol' button and complete the Enrolment Form and one of our customer service team will be in touch or call to speak to one of our friendly Learning Advisors on 01752 660713.

How will the course be delivered?

You will be working with your tutor and other learners face to face.

Will I need to practise outside the classroom?

As this is a one-day course, you may wish to think about *the* content before you attend.

How will I know I'm making progress?

At the beginning of the session, your tutor will share with you the objectives of the day, which will give you an opportunity to think about your individual aims for the session. At the end of the session, you will have time to share your experience and reflect on what you learned.

What will I need?

Please bring a notepad and pen.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.oucoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

