

Nottingham and Nottinghamshire Trauma Informed
Partnership

Trauma Informed Training Providers and Resources



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TRAUMA INFORMED PARTNERSHIP NOTTINGHAM AND NOTTINGHAMSHIRE

The Trauma Informed Partnership Nottingham and Nottinghamshire is a collection of organisations (mostly public and voluntary sector) working to promote trauma informed approaches.

The work of the partnership is driven by an implementation group who meet every 8 weeks on MS Teams to support the progress of this.

Our work is guided by the Trauma Informed Strategy which explains the causes and impacts of trauma and sets out some important considerations in becoming trauma informed.

Our welcome pack outlines our partnership vision and approach, as well as ways to become involved in our group and be supported by this work.

Interested in joining our Trauma Informed Partnership?



CLICK HERE



For further questions, please contact: vrp@notts.police.uk

This Training Provider and Resource Pack classifies trauma-informed training according to two definitions, Practice Type and Audience:

PRACTICE TYPE

- Trauma Informed Practice
- Trauma Skilled Practice
- Trauma Enhanced Practice
- Trauma Specialist Practice

AUDIENCE

- Training for all staff
- Training for frontline staff
- Training for managerial staff
- Training for strategic leads

1

Trauma Informed

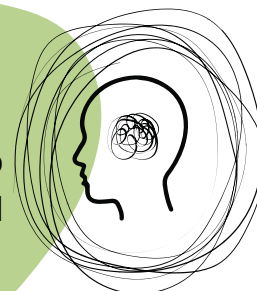
All members of the workforce, whether paid or unpaid



2

Trauma Skilled

Workers who are likely to be coming into contact with people who may have been affected by trauma.



PRACTICE TYPE EXPLAINED



3

Trauma Enhanced

Workers who have a specific remit to respond to people known to be affected by trauma AND are required to provide advocacy support or interventions OR are required to adapt the way they work to take into account trauma reactions to do their job well and reduce risk of re-traumatisation



4

Trauma Specialist

Workers who have a specific remit to provide specialist interventions or therapies for people known to be affected by trauma with complex needs



DO YOU HAVE RESOURCES/ TRAINING TO SHARE?



We are hoping to keep this resource live and up-to-date. Therefore, if there is any trauma-informed training you are aware of that could be included in this pack, please do let us know by completing this form.

<https://forms.office.com/e/iW6uX8cNYH>

When making a submission, please see the guidance below.



Any queries, please email pdu@nottinghamcvs.co.uk



In order to ensure this resource pack is as useful as possible to users, please follow these guidelines when adding to the pack:

- ☒ Please indicate how the training resource is classified as per the previous page, ideally stating how it fits into both classifications.
- ☒ Please ensure entries are specific to trauma (for guidance, see the Training Needs Analysis which discusses the core principles described in our local Trauma-Informed Strategy).
- ☒ Please provide the name of the resource, the provider, and a link to access the training.
- ☒ If the resource is sector-specific (e.g., aimed at staff working in education settings) please indicate this.
- ☒ Resources can be in any format- for example face-to-face training, e-learning, videos, and so on.
- ☒ Training resources you suggest for the pack need to be resources you/ your organisation/ your wider colleagues have had previous experience with.
- ☒ For training that may be a single event in time (for example, a conference), please share this information with the TI Implementation Group, so that this information can be circulated to the mailing list before the date, to avoid “out-of-date” entries in this pack.
- ☒ If you have any concerns about the quality of training resources included in this pack, please contact us.

Introduction to Trauma and Trauma Informed Approaches

- **Introduction to Trauma Informed Care** (Nottingham PDU)

This module covers:

- what is meant by trauma and who can be affected by it;
- the principles of Trauma Informed Care;
- why trauma informed care is important;
- the impact of trauma on ourselves and others;
- Adverse Childhood Experiences
- Community Trauma.

Cost: Free

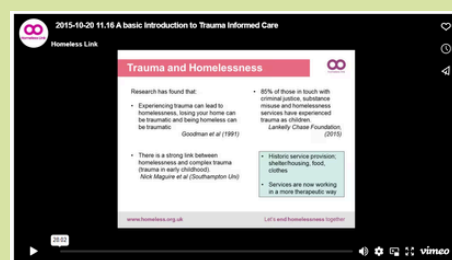


Source: E-Learning
Duration: Approx 45 minutes

CLICK HERE

- **A Basic Introduction to Trauma Informed Care** (Homeless Link)

Trauma-informed Care is an emerging good practice in the homelessness sector. This webinar is designed for volunteers, many of whom have little experience of working with homeless people, dealing with challenging behaviour and understanding support needs. Slides of the webinar are also available to download.



Source: Video (Vimeo)
View Time: 28 minutes

CLICK HERE



- **Opening Doors: Trauma Informed Practice for the Workforce**

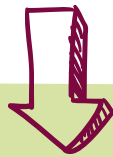
(NHS Education for Scotland)

This short animation from NHS Education Scotland helps workers to understand how to adapt the way they work to make a positive difference to people affected by trauma and adversity. It provides a brief introduction to the impact of trauma and trauma informed practice. We have a series of animations, workshops and e-modules you can find on the above summary document.



Source: Video (Vimeo)
View Time: 8 mins 40 secs

CLICK HERE



Taking a trauma informed lens to your work - Sowing Seeds with Dr Caroline Bruce,

This video workshop helps individuals and teams examine how they work through a trauma informed lens using the Opening Doors: Trauma Informed Practice for the Workforce animation (above). There are five key pause points for reflection, discussion, planning and commitment.



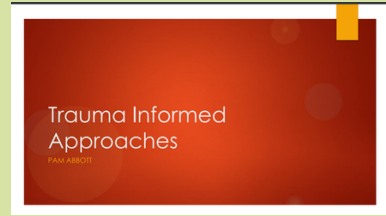
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Source: Video Workshop (Vimeo)
View Time: 27 minutes 30



- **Trauma-Informed Approaches** (PDU/Framework)

Presentation delivered at a past PDU workshop aimed at raising awareness and gaining an introduction to Trauma Informed Approaches.



Source: Presentation Slide
View Time: N/A

CLICK HERE

- **The impact of psychological trauma on our window of tolerance** (NHS Education for Scotland)

Jennie Young, Principal Educator at NHS Education for Scotland and Nurse Psychotherapist talks about the ways that the experience of psychological trauma can affect our emotional “window of tolerance”, and what we can do to create environments that support a person to stay in their optimal “green zone”.



Source: Video (Vimeo)
View time: 18 minutes 30

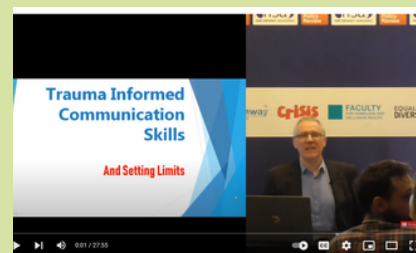


CLICK HERE

Trauma and Communication

- **Trauma Informed Communication Skills and Setting Limits** (John Conolly)

In this video, John Conolly (Lead Counsellor, Westminster Homeless Health Service, Central London Community Healthcare NHS Trust) speaks about the nature of trauma and how - together with social exclusion - it makes for 'Cycles of High Conflict', which can best be de-escalated via 'Trauma Informed Communication Skills'.



Source: Video (Youtube)
View Time: 28 minutes

CLICK HERE

Trauma in the Context of Children and Young People

- **Sowing Seeds: Trauma Informed Practice for Anyone Working with Children and Young People**
(NHS Education for Scotland)

This animation was developed by NHS Education for Scotland, in partnership with the Scottish Government. It is designed for everyone who works with children and young people. It aims to support people to understand the impact of trauma and to know how to adapt the way they work to make a positive difference to the lives of children and young people affected by trauma.



Source: Video (Vimeo)

View Time: 11 minutes

CLICK HERE



Taking a trauma informed lens to your work - Sowing Seeds with Dr Nina Koruth

This video workshop helps individuals and teams examine how they work through a trauma informed lens using the Sowing Seeds: Trauma Informed Practice for Anyone Working with Children and Young People animation (above). There are five key pause points for reflection, discussion, planning and commitment.

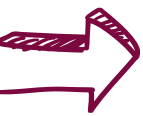


CLICK HERE

Source: Video Workshop
(Vimeo)

View Time: 27 minutes 30





Trauma and the Body/Brain

- **Introduction to the Impact of Trauma on Body and Brain e-learning** (Nottingham PDU)



This module covers:

- How trauma experiences are stored in the brain;
- The effects of trauma, including post-traumatic stress disorder
- Emotional arousal and 'the window of tolerance'
- How to respond to people who struggle with emotional arousal
- How to manage boundaries with people who have experienced significant trauma



Source: E-Learning

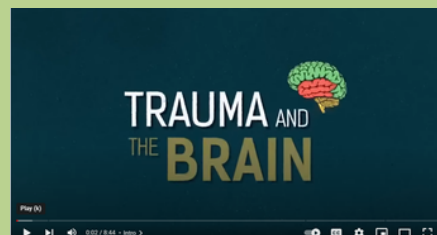
Duration: Approx 45 minutes

CLICK HERE

Cost: Free

- **Trauma & the Brain**
(Trauma Informed Plymouth Network)

NHS Lanarkshire End Violence and Abuse Services and NHS Health Scotland

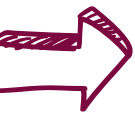


CLICK HERE



Source: Video (Youtube)

View Time: 8 minutes 40



Trauma Informed Approaches in Schools and Community Settings

- **Trauma-Informed Whole-School/Setting Approach** (Thrive)



Virtual training available for different levels of staff working in schools

<https://www.thriveapproach.com/>



Source: Virtual Training
Duration: ?

CLICK HERE

- **Whole Staff Training: Trauma and Mental Health- Informed Schools and Communities** (Trauma Informed Schools UK)



This training is designed to support whole school/setting implementation of trauma informed and mentally healthy practices into schools and organisations.

Who is it for: Whole staff groups
Duration/format: 3 hours, live online or in person.

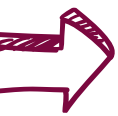
Cost: 3hr £995, 6hr £1550; plus trainer expenses (no VAT)

<https://www.traumainformedschools.co.uk>



Source: Live online or in person training
Duration: 3 or 6 hours,

CLICK HERE



Working with people with a Learning Disability

- **Common Ground- Trauma Informed Practice for anyone working with a person with a learning disability**
(NHS Education for Scotland)

This animation was created by NHS Education for Scotland in partnership with the Scottish Government to highlight specific issues for people with learning disabilities (LD) in relation to psychological trauma. It covers the kinds of experiences people with LD might have, as well as how to work in a trauma informed way



Source: Video (Vimeo)

Duration: 7 minutes



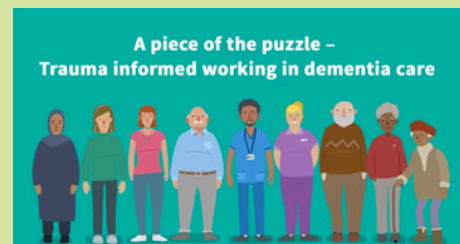
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Working with people with Dementia

- **A Piece of the Puzzle : Trauma Informed practice for everyone who regularly works with, or may come into contact with, people living with dementia, their families, and carers**
(NHS Education for Scotland)

This animation was developed to increase understanding of the different ways that people living with dementia can be affected by psychological trauma. It is designed to highlight the complex relationship between trauma and dementia, and demonstrates the importance of trauma informed ways of working to support people living with dementia to feel safe, supported, and to live well.



Source: Video (Vimeo)

Duration: 10 minutes



CLICK HERE

- **Trauma Informed Practice**
(Al-Huraya)

This 3-hour training session is suitable for various professional both front line and desk based. We create case studies that make sense for your organisation's needs and expertise.

This training can be delivered both online or in person, it is whichever is more suitable for your team.

<https://www.al-huraya.org/copy-of-addiction>



Source: Workshop: online or in-person

Duration: 3 hours

CLICK HERE

Trauma, Toxic Stress, and Adverse Childhood Experiences (Nottinghamshire Safeguarding Children Partnership)

Cost: Free to most NSCP partner agencies.

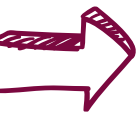


Source: E-Learning

Duration: ?

<https://nscp.nottinghamshire.gov.uk/training/e-learning/>

CLICK HERE



Adverse Childhood Experiences

- **Introduction to Adverse Childhood Experiences** (Aces Online Learning)

This course covers the following topics:

- An Introduction to ACEs's
- Brain Development in the Early Years
- The Impact of Childhood Adversity
- Social, Health and Community Impacts of ACEs Early Trauma
- Protective Factors
- Looking at ACEs Through a Trauma Informed Lens
- Building Resilience

Who: Practitioners, professionals and volunteers who work with children, young people and their families

Cost: £5

<https://xeleratelearning.com/e-learning-aces/>

XELERATE
LEARNING
DELIVERING THE EXTRAORDINARY



Source: Online training

Duration: Approx 50 minutes

CLICK HERE

- **Trauma Informed Plymouth Network – Adverse Childhood Experiences** (Trauma Informed Plymouth Network)

A 40-minute webcast recorded by the Trauma Informed Plymouth Network



CLICK HERE



Source: Video (Vimeo)

View Time: 40 minutes

- **A Short Guide to Understanding Adverse Childhood Experiences and a Trauma and ACE (TrACE) Informed Approach** (ACE HuB Wales)

This short guide developed from the ACE Hub Wales explains what Adverse Childhood Experiences are and what is involved in a Trauma and ACE (TrACE) informed approach



Hyb ACE Cymru
ACE Hub Wales



Source: Online Guide

Duration: N/A

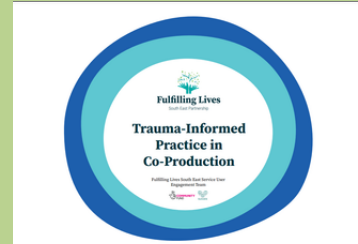
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Trauma Informed Co-Production

- **Trauma-Informed Practice in Co-Production** (Fulfilling Lives South East Partnership)

A guide that looks at the topic of co-production through the perspective of Trauma Informed Principles which includes safety, trust and transparency, collaboration, choice and voice

[CLICK HERE](#)



Source: Online Guide

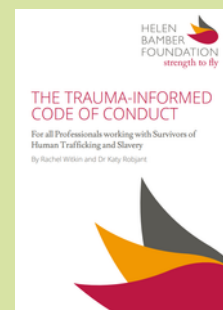
Duration: N/A



Working with Survivors of Human Trafficking and Slavery

- **The Trauma-Informed Code of Conduct: For all Professionals Working with Survivors of Human Trafficking and Slavery**

The Trauma Informed Code of Conduct is a guide for professionals working with survivors of trafficking and slavery. This guide is informed by lived experience and based on what survivors have shared with professionals about what they need and how best to work with them. This resource is written by the Head of Counter-Trafficking Rachel Witkin at the Helen Bamber Foundation and Katy Robjant, a consultant clinical psychologist specialising in the treatment of PTSD and other related disorders in asylum seekers, refugees and victims of trafficking.

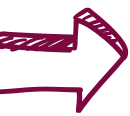


Source: Online Guide

Duration: N/A

[CLICK HERE](#)





Early Years Settings

- **Early Years Practitioners** (Trauma Informed Schools UK)

Practitioners need to understand how young children's brains are shaped by their early experiences and how they can respond to and support children who have experienced trauma. This training provides an overview of the impact of trauma, looks at traumas of omission and traumas of commission and provides practical ways in which you can respond to help and support the young children in your care.

Who:: Early Years professionals

Cost: Live training £995, Webinars £349 whole settings (2 month's access), £60 individual views (1 month's access)

<https://www.traumainformedschools.co.uk>

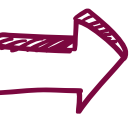
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Source: Live online training, or webinars

Duration: 2 x 2hr live training or 3 webinars

CLICK HERE



Creating Trauma Informed Communities

- **Community Based Professionals and Volunteers** (Trauma Informed Schools UK)

This training course aims to support community workers in their vital work, with both cutting edge therapeutic skills and knowledge of trauma informed care.

Who: Volunteers or professionals working in community settings with children, young people, families and adults.

Cost: Costs are dependent on group size and number of cohorts commissioned and are available on request.

<https://www.traumainformedschools.co.uk>

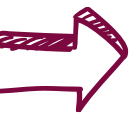
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INFORMED **UK**
SCHOOLS



Source: Training

Duration: 8x 3hr modules + optional assessment day.

CLICK HERE



Recovery from Trauma

- **Recovery From Trauma**
(Nottingham PDU)

This module covers:

- Stages of recovery;
- Asking about trauma and abuse
- Dealing with disclosure
- Compound trauma
- Homelessness; and trauma, loss, and endings.



Source: E-Learning
Duration: Approx 45 minutes

Cost: Free

CLICK HERE



Wellbeing and Resilience

- **How to Maintain wellbeing When Working with People with Histories of Trauma**
(Nottingham PDU)

This module covers:

- How our work affects us;
- Burnout, compassion fatigue
- Vicarious trauma
- Compassion satisfaction
- Resilience
- What can be done, including care for self and collective care



Source: E-Learning
Duration: Approx 45 minutes

Cost: Free

CLICK HERE



Racial Trauma

- **Understanding and Responding to Racial Trauma (ACE Hub Wales)**

The Criminal Justice System are working with Public Health Wales to research and develop policy and practice around racial trauma.

This guide provides a definition of racial trauma and identifies good practice in how best to support individuals who experience this.

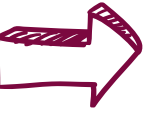


Source: Guide
View Time: N/A

CLICK HERE



Hyb ACE Cymru
ACE Hub Wales



Taking a Trauma Informed Approach with Witnesses (NHS Education for Scotland)

Dr Caroline Bruce, Head of Programme for Trauma, Justice & Victims and Witnesses at NHS Education for Scotland delivers a short series of videos about taking a trauma informed approach with witnesses

- **Part 1: Trauma and Credibility**

This short video discusses how recognising the ways trauma can affect a witness and their evidence, and the implications for assessments of credibility.

Source: Framework
View Time: N/A



CLICK HERE

- **Part 2: Avoiding Re-Traumatisation**

This short video explains what re-traumatisation is, what it can look like for victims and witnesses in the criminal justice system, and some strategies to avoid it.

Source: Video (Vimeo)
View Time: 6 minutes



CLICK HERE

- **Window of Tolerance**

This short videos discusses the ways that experiencing traumatic events can affect our “window of tolerance”, and introduces some trauma informed practices that you can use to help witnesses to stay within their window of tolerance to give evidence effectively

Source: Video (Vimeo)
View Time: 11 minutes



CLICK HERE

- **Trauma Informed Sexual Examinations for Forensic Medical Examiners**

Dr Julie Cumming, Forensic Medical Examiner and Dr Caroline Bruce, NHS Education for Scotland

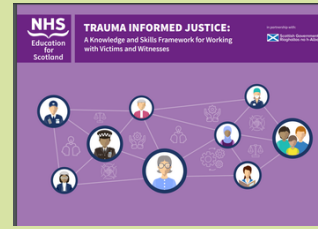
Source: Video (Vimeo)
View Time: 50 minutes



CLICK HERE

- **Trauma Informed Justice: A Knowledge and Skills Framework for working with Victims and Witnesses** (NHS Education for Scotland)

This framework, launched in May 2023, was developed in recognition of the high proportion of victims and witnesses (including the accused) that have experienced traumatic events, and the ways that the justice process can unintentionally exacerbate the impact of trauma. It identifies the aims of a trauma informed justice workforce, and the knowledge and skills that different members of the workforce will need within their own roles to meet those aims



Source: Framework

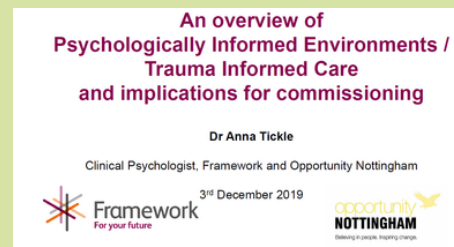
View Time: N/A



CLICK HERE

- **An Overview of Psychologically Informed Environments/Trauma Informed Care and Implications for Commissioning**
(PDU/Framework)

Presentation delivered at at PDU event in December 2019 'Let them have PIE: Commissioning for complexity in homelessness and multiple disadvantage', which explored the benefits of adopting 'trauma informed' approaches and seeking to develop 'psychologically informed environments' (PIE) to promote engagement and recovery.



Source: Presentation
View Time: N/A



- **Senior Mental Health Lead Training (TICS)**

The course will help you to draw on the principles of trauma informed practice, and develop the model of 'realise, recognise, respond and resist ensuring that your school's mental health strategy is underpinned by the 6 Principles of Trauma Informed Practice (safety, trust and transparency, peer support, collaboration, empowerment, voice & choice and cultural issues).

Who: Senior leads within schools

Cost: It is fully funded for schools in England.

<https://www.ticservicesltd.com/senior-mental-health-lead-training/>



Source: Online and face to face training
Duration 2 Full Days

- **Training for Mental Health Leads**

(Trauma Informed Schools UK:)

The course This course supports Senior Mental Health Leads in 8 key areas-

- Leadership and Management
- School Ethos and Environment
- Curriculum, Teaching and Learning
- Student Voice
- Staff Development, Health, and Wellbeing
- Identifying Need and Monitoring Impact
- Working with Parents and Carers
- Targeted Support

Who: Senior leads within schools

Cost: £849 (no VAT). DfE grant funding is available to cover the cost.

<https://www.traumainformedschools.co.uk>

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Source: Online webinars

Duration: 2hrs pre-course
and 2hrs during course, 2 x 2-
day online modules, 1
assessment day

CLICK HERE

- **Trauma-Informed Approaches: What They Are and How to Introduce Them (NPC)**

A short guide designed for charity leaders to help you to understand what trauma-informed approaches are, and how to introduce them into your service



Source: Online Guide

Duration: N/A

CLICK HERE

- **Training for Senior Leads**
(Trauma Informed Schools UK:)

Designed to support Senior Leads to implement trauma informed and mentally healthy practices into their school, this course will ensure that Leads have knowledge, skills and understanding to translate the approach into policy and practice to drive crucial change and optimise the well-being of both adults and pupils in their school.

Who: Headteachers, assistant/deputy heads, governors, SENCOs, EPs, nursery managers, heads of virtual schools.

Cost: Individual places on open courses- £195 (no VAT), commissioned courses £3,100 (no VAT) for up to 40

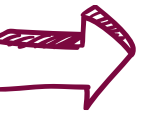
<https://www.traumainformedschools.co.uk>



Source: Online or in person training

Duration: 2-days

CLICK HERE



Social Research

- **Trauma-Informed Social Research: A Practical Guide** (Fulfilling Lives South East Partnership)

A practical guide providing advice and tips on applying the principles of trauma-informed practice to research activities, specifically running focus groups, one-to-one interviews, and service observations. This guide is aimed at evaluators, researchers, service leads, commissioners, or anyone who would like to learn more about the experiences of people affected by trauma



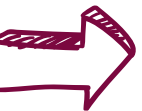
Source: Online Guide

Duration: N/A



Fulfilling Lives
South East Partnership

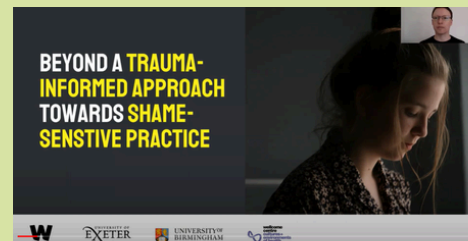
CLICK HERE



Shame Sensitive Practice

- **Beyond A Trauma - informed approach and towards shame-sensitive practice** (Dr Matthew Gibson)

In this webinar for the University of Birmingham Dr Gibson outlines how the trauma-informed approach fails to adequately theorise and address shame. He argues that many of the aims of the trauma-informed approach are more effectively addressed through shame-sensitivity, and outlines what shame sensitivity is and how to practice it.



Source: Online training

View Time: 37 minutes 30

CLICK HERE

