



## Trauma Informed Workplaces

**Trauma Informed Practice recognises the emotional and psychological wounds we sustain during our lives, how we think about them, and how we can impact our emotional, physical and social development.**

Trauma Informed Practice acknowledges both the macro health system consequences and the micro daily life consequences of trauma - from how we interact with others to how we respond in times of stress. It provides a strengths-based framework that acknowledges the impacts of trauma while providing a roadmap to improved service design and delivery.

**Education on Trauma Informed Practice supports the delivery of services that are effective, respectful and person centred. This promotes better outcomes for service users, as well as increasing staff resilience, competence and mental fitness.**

## Our Workshops

Give participants:

- an understanding of trauma and it's consequences
- an awareness of pain based behaviours
- awareness of trauma impacts on brain development and function
- language and thinking swaps to increase psychological safety and promote inclusion
- awareness of the domains of safety and how to tap into them in day to day practice
- insights into stress burnout, vicarious trauma and empathy fatigue
- knowledge of how to work with rational compassion
- practical strategies for harnessing vicarious resilience
- self care practices, professional approaches and grounding techniques to cultivate wellbeing, resilience, and mental and emotional fitness

## Supporting Resources

- *Understanding and Managing Trauma* booklet
- *Empathy vs Rational Compassion* resource
- *Trauma Informed Self Care* info sheet
- *Language Swap* resource
- *What Compassion Sounds Like* educational office poster
- *Respecting Boundaries* educational office poster

