

Target Audience

Housing Support Teams who are providing direct care and support.

Some of the people you may be supporting may be accessing Trauma Informed Therapy and it is essential for their support team to understand the process they are going through.

This course will give learners an understanding of what Trauma Informed Therapy may look like.

This course is delivered using a range of methods and resources including:

- ◆ Face to Face tutor facilitation, questionnaires, scenarios for breakout groups, questioning and participation and an end of session assessment.

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- ◆ NHS – Trauma Informed Practice and Therapy

Course Content

- ◆ Principles of Trauma-informed care
- ◆ Types of therapy:
 - Talking
 - Arts and creative
 - Medication
 - Cognitive Analytical
- ◆ Crisis services
- ◆ Accessing treatment

Learning Outcomes

After attending this course, learners will be able to:

- ◆ State the principles of Trauma-informed care
- ◆ List types of therapy available
- ◆ Give an overview of how a crisis service can support a person
- ◆ Explain how someone can access treatment

Duration: 3 Hours