

# Trauma Informed Care



## AIM

To understand how a Trauma-Informed approach can create a safe physical, social and emotional environment

## DURATION

Half Day Course (3 hours)

## LEARNING OUTCOMES

By the end of this course you will:

- Understand how trauma can affect people
- Understand what is meant by Trauma-Informed Care
- Know what factors can cause distress
- Know how to support others living with the effects of trauma
- Understand what is meant by person-centred values
- Be able to support others in a person-centred way
- Be able to meet a person's needs

## LESSONS

### Trauma

- What is Trauma?
- Facts and Statistics
- How Trauma Affects People

### Trauma-Informed Care

- What is Trauma-Informed Care?
- Aims of Trauma-Informed Care
- Trauma-Informed Principles
- Benefits of Trauma-Informed Care

### Distress

- What Factors Cause Distress?
- Personal
- Friends and Family
- Employment and Study
- Housing
- Money
- Social Factors
- Environmental Factors
- Moving or Touching a Person

### Person-Centred Care

- What is Person-Centred Care?
- Values
- The 6 C's
- Person-Centred Principles

### Person-Centred vs Institutional Care

- Person-Centred vs Institutional Care
- Institutional Language
- Scheduled Regimes
- Examples of Institutional Care

### Person-Centred Care Planning

- What is a Care Plan?
- Who is Involved in Care Planning?
- The Changing Needs of a Person
- Wellbeing
- Trauma-Informed Care

### Re-Traumatisation

- What is Re-Traumatisation?
- Avoiding Re-Traumatisation