PROFESSIONAL DEVELOPMENT SERVICE DESCRIPTION

Trauma Informed Practice (TIP)

Overview

Trauma can shape every aspect of a child or young person's life, influencing their development, relationships, and overall wellbeing. Understanding how to respond effectively to trauma is essential to preventing further harm and supporting positive, long-term outcomes.

This highly interactive training provides you with the knowledge, tools, and confidence to work in a trauma-informed way. You will explore how trauma presents in children and young people and develop practical strategies to respond with empathy, insight, and purpose in your everyday practice.

Purpose

This training aims to build your capability to recognise, understand, and respond to trauma in children, young people, and families. It supports you to apply trauma-informed principles in your work, strengthening your ability to create safe, supportive, and effective environments that promote healing and resilience.

Learning Outcomes

By the end of this training, you will be able to:

- Recognise different types of trauma and their impacts
- Identify behaviours and responses associated with trauma
- Understand how trauma presents in children and young people, particularly aged 14 to 20
- Apply trauma-informed principles and frameworks in practice
- Use effective strategies to support emotional regulation and engagement
- Reflect on your own practice through a trauma-informed lens

Target Audience

This training is designed for you if you:

- Work directly with children, young people, or families
- Support clients impacted by trauma
- Are involved in care, case work, or support services
- Want to strengthen your trauma-informed practice and improve outcomes

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Delivery Format

This training can be delivered in person over seven (7) hours or online over two (2) Microsoft Teams sessions.

Key Topics

You will explore:

- Understanding trauma and its different forms
- Recognising trauma-related behaviours and signs
- How trauma presents in young people aged 14 to 20
- Core trauma theories and frameworks
- Applying theory to practice through case study scenarios
- Viewing practice through a systemic lens
- Policy and advocacy considerations
- Practical strategies
- Practice reflection and integration

Expected Outcomes

After completing this training, you will feel more confident in recognising and responding to the impacts of trauma in your work, enabling you to provide more compassionate, consistent, and effective support. You will strengthen your ability to apply trauma-informed principles in real-world situations, use practical strategies to support emotional regulation and engagement, and respond more thoughtfully to behaviours linked to trauma. The training will also enhance your capacity to build stronger relationships with children, young people, and families, while contributing to improved outcomes and reducing the risk of further or intergenerational trauma.