

# **Bristol Trauma Informed Practice**

## **Directory of Training Providers**



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## Welcome to the Trauma Informed Training Directory

This document lists training providers who can offer a range of learning experiences that are all related to Trauma Informed Practice.

Bristol City Council and the Keeping Bristol Safe Partnership (KBSP) are not able to undertake quality assurance these training providers or the course content and any organisation that commissions training will need to undertake their own due diligence.

## Introduction

Bristol City Council and partners have set out our ambition to work towards being a trauma informed city in the Bristol One City Plan. We aim to be a city where we can disrupt intergenerational cycles by preventing ACEs, trauma and adversity whilst strengthening resilience in individuals, families and communities, leading to better life outcomes

Trauma-informed practice is an approach which is grounded in the understanding that trauma exposure can impact an individual's neurological, biological, psychological and social development. Being trauma-informed means that organisations will consider that people are more likely than not to have a history of traumatic experiences and that these experiences may impact on their ability to feel safe within or develop trusting relationships with services and their staff, or their ability to live happy and fulfilled lives within their communities.

Trauma-informed practice is not designed to treat trauma-related difficulties. It seeks to remove the barriers that those affected by trauma can experience when accessing care and services by using the principles of trauma-informed practice: safety, trust, choice, collaboration, empowerment and inclusivity.

This training directory lists providers who can offer training relating to trauma informed practice, often bespoke to requirements. To support consistency in practice, partners across BNSSG have worked together to develop a shared Knowledge and Skills Framework and a shared set of principles for trauma informed practice. When commissioning training we would encourage commissioners to ensure alignment with this local approach. The principles, framework, and toolkit are available here:

BNSSG [Principles for Trauma Informed Practice](#)

[Trauma-Informed System Knowledge and Skills Framework](#)

[Trauma-Informed System Knowledge and Skills Framework Implementation Toolkit](#)

If you are interested in commissioning training, please contact the listed organisations directly.

Please note that the KBSP also offers an inter-agency Training Programme, which includes reference to trauma-informed practice in every course to ensure a common thread in all safeguarding training across the city. More detail is available here: [Welcome to the Keeping Bristol Safe Partnership website. \(bristol safeguarding.org\)](#)

A range of resources and learning materials about ACEs and trauma informed practice is also available online here:

[Welcome to the Keeping Bristol Safe Partnership website. \(bristolsafeguarding.org\)](http://bristolsafeguarding.org)

## Definition of Trauma

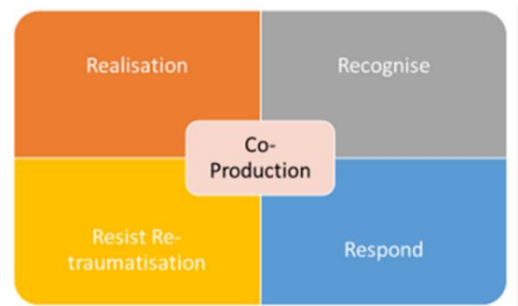
Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as harmful or life threatening. While unique to the individual, generally the experience of trauma can cause lasting adverse effects on mental, physical, social, emotional or spiritual well-being.

[Working definition of trauma-informed practice - GOV.UK \(www.gov.uk\)](http://www.gov.uk) Nov 2022

Service providers:

### **Realise that trauma can affect individuals, groups and communities**

Trauma-informed practice is an approach which is grounded in the understanding that trauma exposure can impact an individual's neurological, biological, psychological and social development.



### **Recognise the signs, symptoms and widespread impact of trauma**

Trauma-informed practice aims to increase practitioners' awareness of how trauma can negatively impact on individuals and communities, and their ability to feel safe or develop trusting relationships with services and staff.

It aims to improve the accessibility and quality of services by creating culturally sensitive, safe services that people trust and want to use. It seeks to prepare practitioners to work in collaboration and partnership with people and empower them to make choices about their health and wellbeing.

Trauma-informed practice acknowledges the need to see beyond an individual's presenting behaviours and to ask, 'What does this person need?' or 'what has happened to this person?' rather than 'What is wrong with this person?'.

### **Prevent re-traumatisation**

It seeks to avoid re-traumatisation which is the re-experiencing of thoughts, feelings or sensations experienced at the time of a traumatic event or circumstance in a person's past. Re-traumatisation is generally triggered by reminders of previous trauma which may or may not be potentially traumatic in themselves.

If you want to be listed as training provider in this catalogue, please contact [trauma.informed@bristol.gov.uk](mailto:trauma.informed@bristol.gov.uk).

## Training Providers

### Barnardos HYPE

#### **Description of training**

Ten Top Tips for Trauma Informed Practice. This training has been created and is delivered by young people with lived experience of care.

#### **Delivered by:**

Anthony Hill - Childrens Services Manager. Barnardos & the lived experience consultancy

#### **Duration of training:**

3-4 hrs

#### **How to access / book the training:**

Email [anthony.hill@barnardos.org.uk](mailto:anthony.hill@barnardos.org.uk)

#### **Organisations website link for further information**

<https://www.barnardoshype.org/>

#### **Delivery method (in person or remotely):**

In person

#### **Costs**

Negotiable

#### **Appropriate for**

Children's Workforce

### Bristol Educational Psychology Service

#### **Description of training**

Educational Psychologists can provide bespoke training to support schools to develop trauma informed practice. This could include; an introduction to trauma informed practice, whole school Emotion Coaching training, supervision for staff etc. Educational Psychologists are informed by up to date research and promote evidence informed intervention. If there is a specific area a school or setting would be interested in learning more about, in relation to Trauma informed practice, this can be arranged in discussion with an Educational Psychologist.

#### **Delivered by:**

Educational Psychologist

**Duration of training:**

To be agreed

**How to access / book the training:**

Contact Will Shield (Senior Education Psychologist) by emailing: [Will.Shield@Bristol.gov.uk](mailto:Will.Shield@Bristol.gov.uk)

**Organisations website link for further information**

[Will.Shield@Bristol.gov.uk](mailto:Will.Shield@Bristol.gov.uk)

**Delivery method (in person or remotely):**

To be agreed.

**Costs**

To be discussed

**Appropriate for**

Early years settings, schools, colleges and charities.

**Bristol & Beyond Early Years Hub****Description of the training**

Local Specialist Lead support from experienced leaders and practitioners who have expertise in improving the quality of provision and standards in the quality of provision and standards in their area of specialism. Bespoke support can be offered from the PSED and Wellbeing LSL's, including developing trauma aware principles in both primary Schools and all Early Years settings.

**Delivered by (name / role / experience)**

Local Specialist Lead

**Duration of training (hrs):**

To be agreed.

**How to access / book the training:**

<https://bbearlyyearshub.co.uk/courses/local-specialist-leaders/>

**Organisations website link for further information**

<https://bbearlyyearshub.co.uk/about-us/>

**Delivery method (in person or remotely):**

To be agreed.

## **Costs**

Please see website for details

## **Appropriate for**

EY's schools and settings.

## **Corylus Consultants**

### **Description of the training offer**

"We are a consortium of 12 highly experienced and highly trained individuals. We offer bespoke packages for MATs and individual schools primary and secondary around Trauma Informed Practice, from individual student and staff support to whole organisation training and strategy development."

1. Training for small groups to full staff – Training packages that include how to develop a trauma informed culture within an MAT or school, training all staff on trauma informed working on a daily basis with children and adults, training for pastoral based staff on how to use trauma informed practice in support of individual children, groups of children or parents.
2. Training in practice for working with individual children for key staff - working with key workers or pastoral support workers on developing trauma informed therapy practice and key techniques to use with children and parents.
3. Shadow training working with practitioner to observe and learn skills when working with trauma informed practice with children.
4. Specialist Trauma Informed supervision for groups or individual staff
5. Trauma informed coaching for adults
6. Trauma informed individual work with children aged 11 and over
7. Training for children aged 14 and above to understand their own neuropsychology and how this affects their development and behaviours
8. Training for parents on understanding neuropsychology and its impact on their children  
Individual trauma informed therapy with complex cases either adult or child
9. Trauma informed reviews of your organisation and working with you to develop an action plan for change

### **Delivered by**

Corylus Consultants which includes -

Catriona Mangham Level 5 Trauma Informed Practitioner Diploma (Distinction). Catriona has considerable experience in delivering INSET, small group training and working with individuals. She works as a Trauma Informed Schools practitioner at all levels. She is also Level 7 Coach ILM Masters level. EMCC accredited at practitioner level and diploma in mindfulness practice. Laurel Pyne trauma informed trained. Highly experienced and knowledgeable practitioner with a particular focus on Non-Violent Communication.

Mairi Egan health and wellbeing coached. Highly experienced and knowledgeable practitioner with Level 5 accreditation.

Other associates please see our website

**Duration of training (hrs):**

Will be dependent on school requirements - bespoke packages would consider the needs of the school and suggest solutions.

**How to access / book the training:**

Email [CatrionaMangham@CorylusConsultants.onmicrosoft.com](mailto:CatrionaMangham@CorylusConsultants.onmicrosoft.com) to book a time for a discussion about your requirements and we will send you our support package information.

**Organisations website link for further information**

[www.corylusconsultants.co.uk](http://www.corylusconsultants.co.uk)

**Delivery method (in person or remotely):**

Training can be delivered in either capacity dependent on the type of training.

**Costs**

Competitive and ethical, dependent on package required.

**Appropriate for**

All staff in primary or secondary or any other educational establishment i.e local authority or MAT central team. Students aged 9 and above. Parents and other stakeholders in schools.

**Delegated Service**

**Description of the training offer (please include if you offer bespoke packages e.g., for school inset days, team meetings etc.)**

We can be flexible and offer both 'come to us' and 'we'll come to you' training where viable on inset days, for twilights, team meetings, etc.

On offer are:

1. Understanding children's behaviour in a climate of austerity and anxiety.
2. I didn't know it had a name: Understanding and Supporting staff wellbeing when supporting C&YP living with vulnerabilities and trauma.
3. Trauma informed strategy planning and auditing.
4. Staff training – whole staff training on overview of Trauma informed practice.
5. Small groups practitioner skills training.



6. Student training – workshops to enable students aged 13 -21 to understand the neuropsychology around their behaviours and mental health and how to develop strategies to lessen the impact.
7. Individual work – individual work with hard-to-reach young people aged 13-21.
8. Trauma Informed Supervision.
9. Trauma Informed Workshops for Parents.
10. Parent individual work.
11. Staff individual work – to develop understanding of own trauma and how to self-regulate.
12. Supervision – supervision of TIS practitioners on a regular basis to support them in their work.

**Delivered by**

Rich Berry: trauma Informed practitioner of substantial experience in both the community and education sectors over many years.

Rachel Briggs: MA (Ed) and EdD with over 30 years’ experience in the sectors and her qualification focussing on C&YP's vulnerabilities and/or trauma.

Catriona Mangham, with many years in education including Headship has a Level 5 Distinction Trauma Informed Communities Diploma, and is Member of ILM, AC and ECCM (Professional level) Leeds Beckett University Coaching Fellow Member of BPS

**Duration of training (hrs):**

Varied to meet needs from 1.5 hours to half day to full day.

**How to access / book the training:**

Email: [info@delegatedservices.org](mailto:info@delegatedservices.org)

**Organisations website link for further information**

[www.delegatedservices.org](http://www.delegatedservices.org)

**Delivery method (in person or remotely):**

In Person, remotely or blended.

**Costs**

TBA dependent on requirements

**Appropriate for**

Community sector and Education sector staff, parents and pupils as described.

## Dialogue

### **Description of the training offer (please include if you offer bespoke packages e.g., for school inset days, team meetings etc.)**

We have several training packages available, for both individual attendance and training full teams - full information on our trauma informed practice pathway can be found at

<https://dialogueltd.co.uk/trauma-informed-pathway/>

### **Delivered by**

Clair Davies, MBE - Clair has spent the last thirty years working with children who have been traumatised by abuse and neglect. She graduated from Cambridge University in 1989. She subsequently studied for her Masters in Special Education and spent a period researching in America before returning to England and setting up Appletree in 1995. She developed Appletree Treatment Centre Homes and Schools providing high quality therapeutic care, education and therapy. She was a member of the National Institute of Clinical Excellence (NICE) Topic Expert Group which wrote the Standards for the Emotional Health and Well Being of Looked After Children in 2015. She was Chair of the Apprenticeship Trailblazer which wrote the Level 4 and 5 qualifications for those working with Children, Young People and Families. In June 2020 she was awarded an MBE for her work with Apprenticeships and Traumatized Children.

### **Duration of training (hrs):**

Depends on training option, we have 1 day introduction courses, 2-10days of team training or a fully accredited level 4 programme consisting of several months

### **How to access / book the training:**

<https://dialogueltd.co.uk/trauma-informed-pathway/>

### **Organisations website link for further information**

<https://dialogueltd.co.uk/trauma-informed-pathway/>

### **Delivery method (in person or remotely):**

Some options for courses delivered online and some other options for training delivered in person

### **Costs**

Range of £132+vat for individual places on 1-day introduction course up to £1400+vat pp for level 4 accredited programme, and starting at £2195+vat for a whole team approach

### **Appropriate for**

Residential support workers and senior managers/leaders of residential services

Dignifi

**Description of the training offer (please include if you offer bespoke packages e.g., for school inset days, team meetings etc.)**

We offer training on trauma informed practice for all sectors on

1. Compassionate Leadership
2. Trauma Awareness
3. Trauma Recovery
4. Trauma & Racism
5. Positive Relationships
6. Dignified Intervention Training "

**Delivered by**

Julia Pennington - Managing Director and team of highly skilled associates

**Duration of training (hrs):**

varies - 3 hours to 3 days

**How to access / book the training:**

[www.dignifi.co.uk](http://www.dignifi.co.uk)

**Organisations website link for further information**

[www.dignifi.co.uk](http://www.dignifi.co.uk)

**Delivery method (in person or remotely):**

online or face to face available

**Costs**

Variable depending on group size and volumes

**Appropriate for**

Anyone!

Emma Spillane - Trauma Training

**Description of the training offer**

My main aim is to work with schools in whatever capacity is needed to support them to develop knowledge, understanding and skills around supporting vulnerable children and young people

with trauma. Standard packages for education professionals are as follows, but bespoke sessions can also be put together.

Session I - Increasing awareness and understanding of attachment and trauma (introductory session) - Available as a pre-recorded webinar, or delivered in person or online - half a day

Session II - Planning and delivery of trauma informed support in education settings

Available as in person or online session - half a day, or content can be delivered across a Twilight series

Sessions I and II can be delivered together as a full day INSET.

Other types of training sessions also available, e.g.

- One hour session with lunchtime support teams on dysregulation and supporting vulnerable children during unstructured times of the day
- Two-hour introductory session for parent/carers on supporting children with trauma.

FREE Pupil Premium Plus guide available on my website - please do access a copy.

**Delivered by (name / role / experience)**

Emma Spillane (or Associate Trainers)

**Duration of training (hrs):**

Varied - Twilight sessions, half day workshops and full day INSET training available.

**How to access / book the training:**

Contact [emma@emmaspillane.co.uk](mailto:emma@emmaspillane.co.uk)

**Organisations website link for further information**

[www.emmaspillane.co.uk](http://www.emmaspillane.co.uk)

**Delivery method (in person or remotely):**

Both - in person in the West Country and East Midlands; remote training also available. Pre-recorded introductory training also available and immediately accessible online.

**Costs**

From £75 upwards (depending on training package)

**Appropriate for**

Education professionals

Jennifer Cassidy Consultancy

**Description of the training offer**

I offer training about the impact of trauma on the developing brain, with a particular focus on looked after and adopted children and families, best practice in assessing this population's needs and practical ways to engage children and families.

This training can be delivered to bespoke specifications depending on the professional group it is aimed at. This includes undergraduate and post-grad students, schools, social care teams and other professionals.

**Delivered by**

Jennifer Cassidy. Clinical Nurse Specialist. I have 20 years' experience in the Nursing profession, mostly in CAMHS Services. My specialism has been working with adopted children and their families.

**Duration of training (hrs):**

3 hrs (minimum)

**How to access / book the training:**

Email [jennifercassidyconsultancy@gmail.com](mailto:jennifercassidyconsultancy@gmail.com)

**Organisations website link for further information**

<https://www.linkedin.com/in/jennifer-cassidy-396a6111b/>

**Delivery method (in person or remotely):**

In person or remote. (In person is always better quality)

**Costs**

£500 (dependent on travel)

**Appropriate for**

Schools, social workers, nurses, university students training in Nursing, social work, teaching,

Joanna Roberts - Coach, Trainer, Facilitator

**Description of the training offer**

One-to-one life and leadership coaching (trauma-informed)

**Delivered by**

Joanna Roberts is a trainer, facilitator and accredited coach (International Coaching Federation ACC) with over 30 years' experience working as a lawyer, commissioner and leader in the

private, public and voluntary sector in the child protection, homelessness and youth services. She has been trained specifically in trauma-informed coaching, as well as psychologically informed and trauma-informed approaches in operational services. She is an experienced reflective practice facilitator and trainer. Until recently, she was a senior manager at 1625ip, a large Bristol-based youth charity which has a well-established approach to psychologically informed and trauma-informed working. At 1625ip she was responsible for leading teams of coaches working with young people who have experienced care and homelessness.

**Duration of training (hrs):**

Agreed with client. Usually start with six 60-minute sessions

**How to access / book the training:**

Email [joannaroberts500@gmail.com](mailto:joannaroberts500@gmail.com)

**Organisations website link for further information**

<https://www.linkedin.com/in/joanna-roberts-3a8727150/>

**Delivery method (in person or remotely):**

Online

**Costs**

£480 for 6 sessions

**Appropriate for**

Leaders at all stages of their careers who are seeking to develop as psychologically-flexible leaders, to achieve personal fulfilment and success for their teams and organisations. This includes people whose effectiveness at work is impacted by their own trauma and/or the impact of exposure to the trauma of their client group. This is trauma-aware coaching, it is not suitable for people seeking coaching/therapy to help them to process or heal trauma.

[Joanna Roberts - Coach, Trainer, Facilitator](#)

**Description of the training**

Coaching skills for working with young people training (includes a module on what works and how to be helpful when considering trauma in our coaching practice).

**Delivered by**

Joanna Roberts and Rebecca Duncan.

Joanna Roberts is a trainer, facilitator and accredited coach (International Coaching Federation ACC) with over 30 years' experience working as a lawyer, commissioner and leader in the private, public and voluntary sector in the child protection, homelessness and youth services.

She has been trained specifically in trauma-informed coaching, as well as psychologically informed and trauma-informed approaches in operational services. She is an experienced reflective practice facilitator and trainer. Until recently, she was a senior manager at 1625ip, a large Bristol-based youth charity which has a well-established approach to psychologically informed and trauma-informed working. At 1625ip she was responsible for leading teams of coaches working with young people who have experienced care and homelessness.

Rebecca Duncan has been a Children and Families Social Worker since 2004, specialising latterly in working with Young Women who are at high risk and trauma-experienced. She was a Service Manager for 8 years for the NSPCC at Childline Aberdeen. She has a keen interest in best practice working alongside young people described by services as 'difficult to engage.' This led her to qualify as a transformative coach. She is an accredited practitioner with the European Mentoring and Coaching Council.

**Duration of training (hrs):**

12 hours (2 full days in person or 4 half-days online)

**How to access / book the training:**

Email [joannaroberts500@gmail.com](mailto:joannaroberts500@gmail.com)

**Organisations website link for further information**

<https://www.linkedin.com/in/joanna-roberts-3a8727150/>

**Delivery method (in person or remotely):**

The course can be delivered either online or in person

**Costs**

Available on request

**Appropriate for**

Anyone working directly with adolescents in any setting including youth workers, job coaches and EET workers, local authority personal advisers, children's home staff, learning mentors and pastoral staff in schools and colleges, and volunteers working in the community.

[OTR Bristol \(Off The Record\)](#)

**Description of the training offer (please include if you offer bespoke packages e.g., for school inset days, team meetings etc.)**

Trauma informed perspectives: Young Persons Behaviour

What is being communicated by a young person's behaviour?

Behaviour is a form of communication. Join us to explore ways we can understand young people's behaviour by thinking about their mental health, needs, childhood experiences and stage of development. We will be reflecting on ways we can support young people who are dysregulated and what might be contributing to the way they are presenting using a relational approach.

From this training participants will have

- In Depth understanding behaviour
- Explore their own responses to behaviour
- A framework for understanding trauma responses
- Therapeutic strategies to respond to behaviour

OTR can provide an adapted version of this training for school inset days and "lunch and learns" for organisations

**Delivered by**

Rhea Warner, Health Promotion Manager and Therapist BACP Accredited. Rhea has worked with young people therapeutically for several years starting her professional career at the Bristol Drugs Project. At OTR Rhea and her team promote and provide MH and well-being early intervention across Bristol, North Somerset and South Glos including delivery of MH Champions in schools and Resilience Lab workshops.

Katie Cooper, Head of Diffusion by OTR, Katie delivers training and consultancy to other organisations and professional across Bristol, North Somerset and South Glos around young people's mental health and well-being, crafting safe and playful spaces for people to come together and share and learn.

**Duration of training (hrs):**

4hrs

**How to access / book the training:**

Please contact [diffusion@otrbristol.org.uk](mailto:diffusion@otrbristol.org.uk)

**Organisations website link for further information**

<https://www.otrbristol.org.uk/>

**Delivery method (in person or remotely):**

In person or online

**Costs**

£490 for maximum of 20 people or £95 per individual

**Appropriate for**



Professionals working with young people and parents/carers

OTR Bristol (Off The Record)

**Description of the training offer (please include if you offer bespoke packages e.g., for school inset days, team meetings etc.)**

Let's Get Angry

This training, which came out of one of OTR's Sports Works projects that worked with young men, looks at anger and working with young people. It invites participants to reflect on their own relationship to anger and how they respond to it in the young people they work with. It provides a trauma-informed framework to understand anger, an empowering way to talk about anger and therapeutic strategies to respond to anger.

From this training participants will:

- Explore their own relationship with anger
- Understand anger as an emotion and our responses to it
- Have therapeutic strategies to respond to anger

#### **Delivered by**

Faith Bennett, Engagement Link Worker and is first contact for care experienced young people looking for support with their Mental Health. Throughout her career Faith has worked with young people with ACE and has previously worked with Survive supporting young people who have lived with domestic violence and Barnardo's supporting young people around their self-esteem, self-worth and developing expectations around good healthy relationships and happy safe sexual relationships whatever their orientation.

Jamie Smith, Diffusion Facilitator, Jamie is a trainee psychotherapist and volunteer therapist at OTR and likes using the learnings from that field to inform his approach to facilitating training. Jamie is passionate about the rights of young people in the mental health sector and beyond.

#### **Duration of training (hrs):**

3hrs

#### **How to access / book the training:**

Contact: [diffusion@otrbristol.org.uk](mailto:diffusion@otrbristol.org.uk)

#### **Organisations website link for further information**

<https://www.otrbristol.org.uk/>

#### **Delivery method (in person or remotely):**

In person or online

#### **Costs**

£370 for max of 20 people in situ or £72 per individual on open access training

### **Appropriate for**

Professionals working with Young People

### Relationships Matter Team

#### **Description of the training**

Understanding Parental Couple Conflict

Half day introduction which supports in raising awareness, understanding the evidence base and identifying Parental Conflict

Supporting Families Experiencing Persistent Parental Conflict

Full day training either in person or online based on applying knowledge, skills and techniques and introduction to a toolkit that can be used working with parents in conflict

Bespoke Training

This training is designed to suit the capacity of practitioners from a range of settings/organisations such as Schools, Health Services, Voluntary and Community sector (Housing, Finances, Mental Health, Recovery Orientated Drug and Alcohol Support and more)

One Plus One Digital Interventions Showcase - the Relationships Matter talk through and showcase the OnePlusOne digital interventions, Me, You, Baby Too, Arguing Better and getting it right for Children read more here [Relationship support for parents and co-parents \(bristol.gov.uk\)](https://bristol.gov.uk/relationships-matter/digital-interventions) approx. 60-90 mins

E-learning on Somerset's free to all platform

Module 1 – Understanding Parental Conflict and its impacts on child outcomes

[https://sscb.safeguardingsomerset.org.uk/sscp-training/module1/story\\_html5.html](https://sscb.safeguardingsomerset.org.uk/sscp-training/module1/story_html5.html)

Module 2 – Recognising and supporting parents in parental conflict

[https://sscb.safeguardingsomerset.org.uk/sscp-training/module2/story\\_html5.html](https://sscb.safeguardingsomerset.org.uk/sscp-training/module2/story_html5.html)

Module 3 – Working with parents in conflict (with toolkit)

[https://sscb.safeguardingsomerset.org.uk/sscp-training/module3/story\\_html5.html](https://sscb.safeguardingsomerset.org.uk/sscp-training/module3/story_html5.html)

Module 4 – Role of the supervisor [https://sscb.safeguardingsomerset.org.uk/sscp-training/module4/story\\_html5.html](https://sscb.safeguardingsomerset.org.uk/sscp-training/module4/story_html5.html)

#### **Delivered by**

Katie Cheyne – Parental Relationship Practitioner Katie has experience as an Assessment Coordinator for the SEND Assessment and Planning Team at Bristol Council, an Assistant Head Teacher, SENDCo and Deputy Designated Safeguarding Lead.

Gina Paziienza – Parental Relationship Practitioner Gina has 7 years’ experience in the Social Care sector including direct work with families with additional needs as a Senior Family Support Worker and as a Teaching Assistant within a Primary School setting.

Emily Ingle – Policy and Development Manager Emily has experience as the DWP Regional Integration Lead for Reducing Parental Conflict Agenda and a Troubled Families Programme Manager for Bristol City Council

**Duration of training (hrs):**

Duration of training is dependent on the need of the organisation in the case of bespoke training. Full day and half day training packages available.

**How to access / book the training:**

Email: [relationshipsmatter@bristol.gov.uk](mailto:relationshipsmatter@bristol.gov.uk) or via the newsletter:  
<https://forms.office.com/e/wBpxQ24MDd>

**Organisations website link for further information**

<https://bristolsafeguarding.org/policies-and-guidance/reducing-parental-conflict/>

**Delivery method (in person or remotely):**

Online or In Person

**Costs**

No cost

**Appropriate for**

The Relationships Matter Team offer training to support ALL practitioners who work in Bristol that come into direct contact with families where parental couple conflict is known or may be unknown within the family dynamic. Evidence shows that children’s wellbeing and future outcomes are significantly impacted by of frequent, intense, and poorly resolved parental conflict Our approach is that early intervention is of paramount importance so that the parental conflict on children can be reduced before crisis point, where possible. Parental conflict can remain undetected unless practitioners actively engage families in conversation on relationship quality, effective communication skills and managing stress. We support practitioners to develop confidence, knowledge, and skills in starting and maintaining conversations on relationship quality and provide helpful resources for practitioners and families to address parental couple conflict.

## Description of the training offer

At Rock Pool we know that living through traumatic events is a common experience that can have a wide range of impacts on health, mental health, education and justice. We believe that by taking a trauma-informed approach we can change society.

**Tier 1 ABC -Trauma awareness** – This half day course is suitable for everyone and provides an introduction and awareness to the impact of trauma, adverse childhood experiences (ACEs), positive childhood experiences (PCE's), toxic stress and trauma-informed practice. We look at the effect on individuals of these experiences and start to explore strategies to manage these.

- One online closed course for 40 delegates = £1,500+VAT
- Two online closed courses for 80 delegates = £2,500+VAT
- Two in-room direct course for 80 delegates = £4,500+VAT which is delivered by two trainers

**Tier 2 ABC - Trauma Responsive Practitioner** - This 1-day course is suitable for practitioners who are working with Adults and/or CYP who have experienced trauma on a day-to-day basis. In this training we further explore the links between trauma, attachment, behaviour & triggers. We also take the opportunity to look further at trauma-responsive practice and the principles behind this approach. It provides practitioners with some tools to use when working with families to help them in their recovery journey. Finally, we look at Vicarious Trauma and Resilience.

You do not have to attend Tier 1 to attend Tier 2.

- Online open course fee is £200+VAT per delegate.
- Online closed course fee is £2,500+VAT for up to 25 delegates.
- In-room closed course fee is £3,250+VAT for up to 25 delegates

**Tier 3 ABC - Enhanced Trauma Practitioner** - This 2-day interactive enhanced course is for practitioners who have completed the Tier 2 training and want to develop their trauma-responsive practice and learn more about the impact of trauma on themselves and their clients. It will enable practitioners working with families to develop a more in depth understanding of the impact of trauma with a focus on developing their reflective practice.

- Online closed course fee is £4,500+VAT for up to 25 delegates.
- In-room closed course fee is £6,000+VAT for up to 25 delegates

**Tier 4 ABC – Trauma Informed Educators**– TIEs is our most comprehensive Trauma-Informed practice training which gives delegates the knowledge and skills to initiate and lead their organisation towards lasting and sustainable Trauma Informed understanding. By providing a thorough understanding of the prevalence and impact of complex and developmental trauma, delegates will have the skills and information to enable them to advocate for Trauma-Informed Practice and advise on approaches to Trauma Informed work within their organisation. This will include:

- the tools required to complete an in-house Trauma Informed audit.
- the steps to becoming Trauma-Informed.
- how to fully support staff and clients following a collective trauma event such as the pandemic.
- input from experts on organisation and cultural change.
- evidence based best practice from international research that works.
- an accredited 2-hour Rock Pool trauma training session which can then be delivered to colleagues.
- how to evidence that they are Trauma Informed to commissioners and stakeholders.

By the end of the training, our aim is to inspire and motivate delegates to facilitate the organisations they represent becoming truly trauma informed.

- Online open course fee is £2,250+VAT per delegate.
- Online closed course fee is £27,000+VAT for up to 16 delegates.
- In-room closed course fee is £30,000+VAT for up to 16 delegates.

### **Delivered by**

We have a team of experienced trainers who are all or have been front line professionals. We match them to the organisation we are training. We have social workers, police officers, children's service workers, domestic abuse specialists and sector experts.

### **Duration of training (hrs):**

By Negotiation for Bespoke courses , see above for standard courses.

### **How to access / book the training:**

contact: admin@rockpool.life or via website see below

### **Organisations website link for further information**

[Rock Pool Life C.I.C | Training In Trauma Informed Approaches](#)

### **Delivery method (in person or remotely):**

We are experienced in delivering training in person or on an online platform.

### **Costs**

On application of a training enquiry

### **Appropriate for**

Anyone

## Second Step

### **Description of the training offer**

We have developed and deliver a range of trauma informed approaches training courses, including introduction to trauma informed approaches, trauma informed organisations, mentalisation, formulation, vicarious trauma, relational journey, identity, community and trauma and selection of other courses relevant to this area. Our capacity is limited when offering these courses external to Second Step and will consider requests on a case-by-case basis.

### **Delivered by**

Dr Joanna Davies (Head of Psychology). Considerable experience in the field of trauma informed. Nick Booth (L&D Manager- Considered experience in the development and delivery of trauma informed approaches training. Ellen Grieves (Trauma Trainer)- Delivery of BNSSG trauma informed approaches training project. We also have additional psychologists and trainer who support the courses. All our courses are co-produced and co-facilitated with someone with lived experience.

### **Duration of training (hrs):**

Half day or day courses

### **How to access / book the training:**

Please e-mail interest to [nick.booth@second-step.co.uk](mailto:nick.booth@second-step.co.uk)

### **Organisations website link for further information**

<https://www.second-step.co.uk/>

### **Delivery method (in person or remotely):**

Either in person or remotely depending on course

### **Costs**

£400 for half-day. £700 for full day

### **Appropriate for**

Health and Social Care employees

## St Mungo's

### **Description of the training offer**

'Effectively supporting people who have experienced trauma' - Developed in collaboration with clinical psychologists and psychotherapists, this course provides an introduction to understanding the nature of trauma and how best to support people who have experience of trauma. This session draws on evidence-based practice and makes use of reflective discussion

and experiential activities to provide a foundational knowledge of trauma which can be applied in a range of roles. Session learning outcomes below.

After attending this session, participants will be able to:

- Explain the differences between PTSD and complex trauma
- Describe the concept of attachment and how this can impact emotional regulation, relationships and behaviour
- Summarise how trauma is processed in the brain
- Describe trauma informed approaches to support and what these entail
- Discuss how to apply trauma informed approaches in practice
- Reflect on the importance of workers and volunteers looking after themselves in their roles

Bespoke packages around trauma informed practice also available"

**Delivered by**

Assertive Contact and Engagement (ACE) Service, St Mungo's (Emma Bell - Training Coordinator)

**Duration of training (hrs):**

Four hours

**How to access / book the training:**

Contact: [emma.bell@mungos.org](mailto:emma.bell@mungos.org)

**Organisations website link for further information**

n/a

**Delivery method (in person or remotely):**

In person or online available - please enquire

**Costs**

Dependent on organisation - please enquire

**Appropriate for**

A range of staff and volunteers supporting people who have experienced trauma.

[Trauma Foundation South West](#)

(a registered charity, so all funds from training go into therapeutic work with refugees, asylum seekers and trafficked people)

**Description of the training offer (please include if you offer bespoke packages e.g., for school inset days, team meetings etc.)**

Bespoke training for organisations who have contact with refugees/asylum seekers or anyone affected by war or persecution. In person or online.

Training in:

- Preventing Vicarious Trauma
- Self-care for helpers
- Working effectively with Interpreters

### **Delivered by**

Katherine Cox, PhD, BACP Accredited integrative psychotherapist and supervisor with 15 years training experience and 26 years therapeutic experience working with people affected by trauma;

Lynn Linsdale, Dip HIP MA HIP, trainer with TFSW for 12 years, integrative psychotherapist with 25 years' experience of working with people affected by trauma.;

Kirstie Adamson, BA, MSc, SEP, BACP (Accred), Integrative psychotherapist with 20 years' experience of working with people affected by trauma. Kirstie also teaches psychotherapy practice at BCPC;

Adil Jaifar, interpreter for TFSW for 16 years, originally from Kurdish Iraq.

### **Duration of training (hrs):**

2-3 hours

### **How to access / book the training:**

Go to <https://www.tfsw.co.uk/training> or email [tfsw@tfsw.co.uk](mailto:tfsw@tfsw.co.uk)

### **Organisations website link for further information**

[www.tfsw.co.uk](http://www.tfsw.co.uk)

### **Delivery method (in person or remotely):**

In person and online

### **Costs**

Sliding scale depending on organisational income/type

### **Appropriate for**

Council resettlement workers, Charity support workers, people who host refugees/asylum seekers, mental health professionals, case workers, housing officers, solicitors, volunteers working in helping roles, GPs, nurses, health workers



## Alternative Training Catalogues

Colleagues within BCC have created alternative training related documents which might be of interest to you:

The Wellbeing in Education Catalogue includes many high-quality services, available to educational settings across Bristol. [file \(bristol.gov.uk\)](#)

Trading with schools offer some specific packages that include TI Practice for secondary schools: [SEND Workforce Development | Trading with Schools](#)

Both of the above resources are listed in the SEND Workforce Development Offer for Bristol Schools [SEND workforce development offer \(bristol.gov.uk\)](#).