

## Training Guide

### Working with trauma/ ACE Awareness

I will cover each of these to the level required by you in your work, and make it practical, relevant and realistic - using case studies, individual and group exercises, discussions, worksheets, plan setting, videos, self-reflection, Q&A – anything goes.....

#### Menu:

- ✓ *Why trauma, and why now?* The evidence, the myths, and why this is really the tough approach to our problems – balancing power and love
- ✓ *Understanding trauma* – types, prevalence, how it affects people, ACE Study & beyond, plus from a societal, cultural and historical viewpoint
- ✓ *Trauma counterbalance* – one safe adult, resilience, prevention
- ✓ *Recognising* – the many ways it manifests
- ✓ *Responding* – how to approach the subject, building trust & safety, empathic listening, dealing with people we find difficult, setting boundaries that don't retraumatise,
- ✓ *Emergency responses*– new trauma, flashbacks
- ✓ *Recovery* – follow their lead, understand what works, helping them set a safety plan, who, and when, to refer on...
- ✓ *Us first - Self-care, self-development & self-reflection* – why this is vital, having a plan to grow, and a plan to stay in balance, dealing with our own wounds, trusting ourselves, unconscious bias, and more...
- ✓ *Ways to continue on your journey* – further resources

#### Specials:

**Therapeutic alliance** – all about relationships and connection, more in depth around the responding, recovery and self-care sections

**Dealing with people we find difficult** – more in depth around behaviours and how we react, boundaries and de-escalation

**Self-care** – more in depth around why this matters, self-care plans, self-development, self-reflection and being our best – you will have a personal manual and plan by the end.