

Introducing the National Trauma Training Programme

Welcome

Thank you for joining this webinar
We anticipate starting at 10am



[#transformingpsychologicaltrauma](#)

Introducing the National Trauma Training Programme

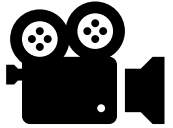
Welcome

Thank you for joining this webinar



[#transformingpsychologicaltrauma](#)

Before we get started.....



Today's event is being recorded.



This is a live Team's event - all mics are automatically on mute.



If you have a question, please use the Q&A chat function.



Twitter handle: [@NES_Psychology](https://twitter.com/NES_Psychology)

Twitter hashtag: [#transformingpsychologicaltrauma](https://twitter.com/transformingpsychologicaltrauma)



Overview of the NTTP

Sandra Ferguson, NES

🕒 20 mins

NTTP learning resources

Caroline Bruce, NES

🕒 20 mins

National & Local and commitments to the NTTP

Sharon Glen (Scottish Gov't) & Laura James (Improvement Service)

🕒 20 mins

The importance of leadership in driving trauma-informed change

Caroline Bruce, NES

🕒 10 mins

Panel Q & A



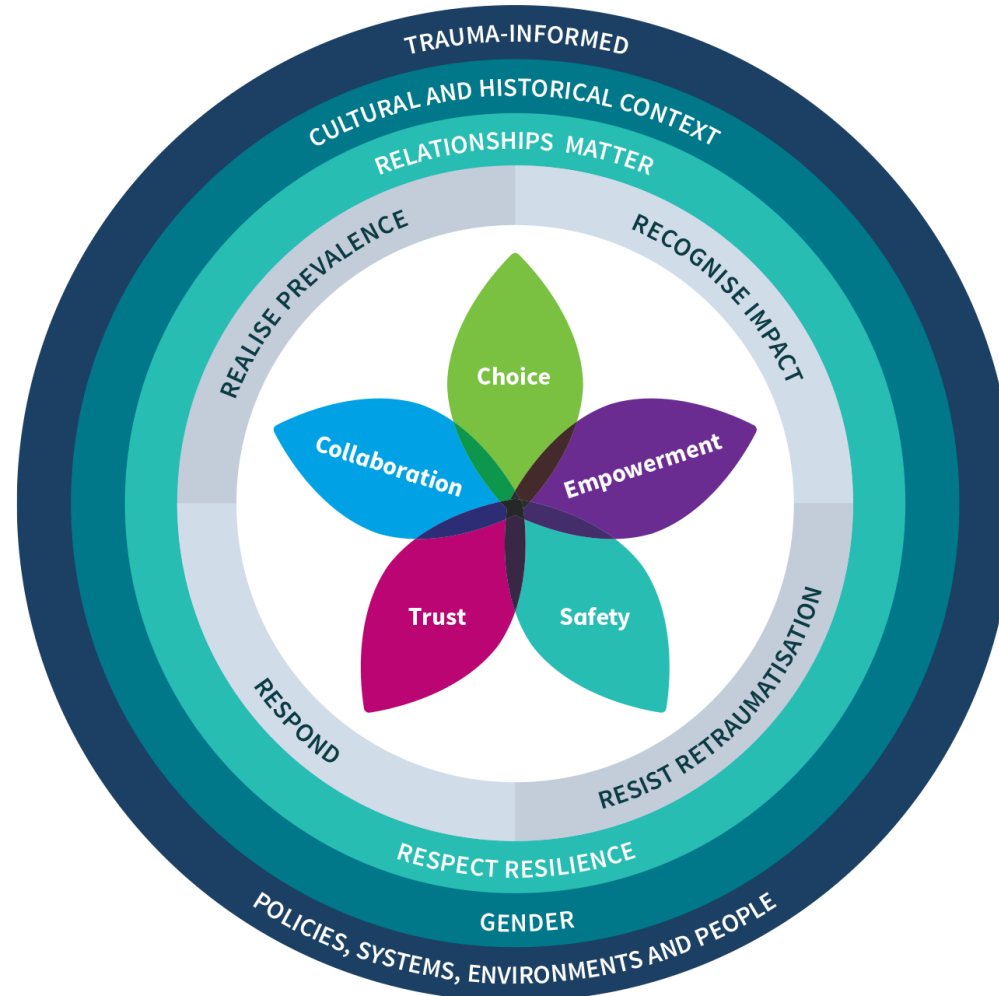
Please use the Q&A box to ask questions throughout the session

Please use “like” to let us know the most popular questions

🕒 15 mins

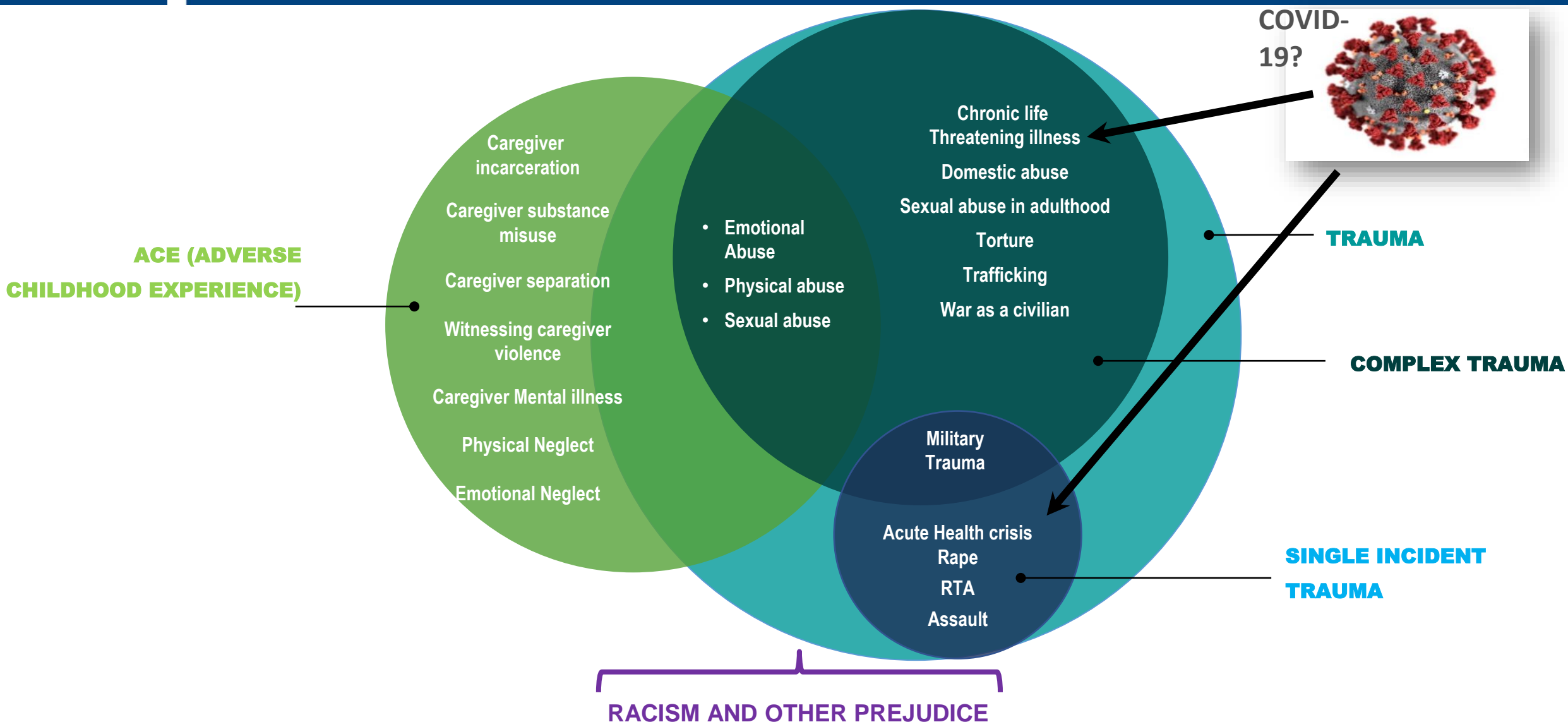
Introduction to the National Trauma Training Programme

Dr Sandra Ferguson: Associate Director, Psychology



www.transformingpsychologicaltrauma.scot/

What is trauma?

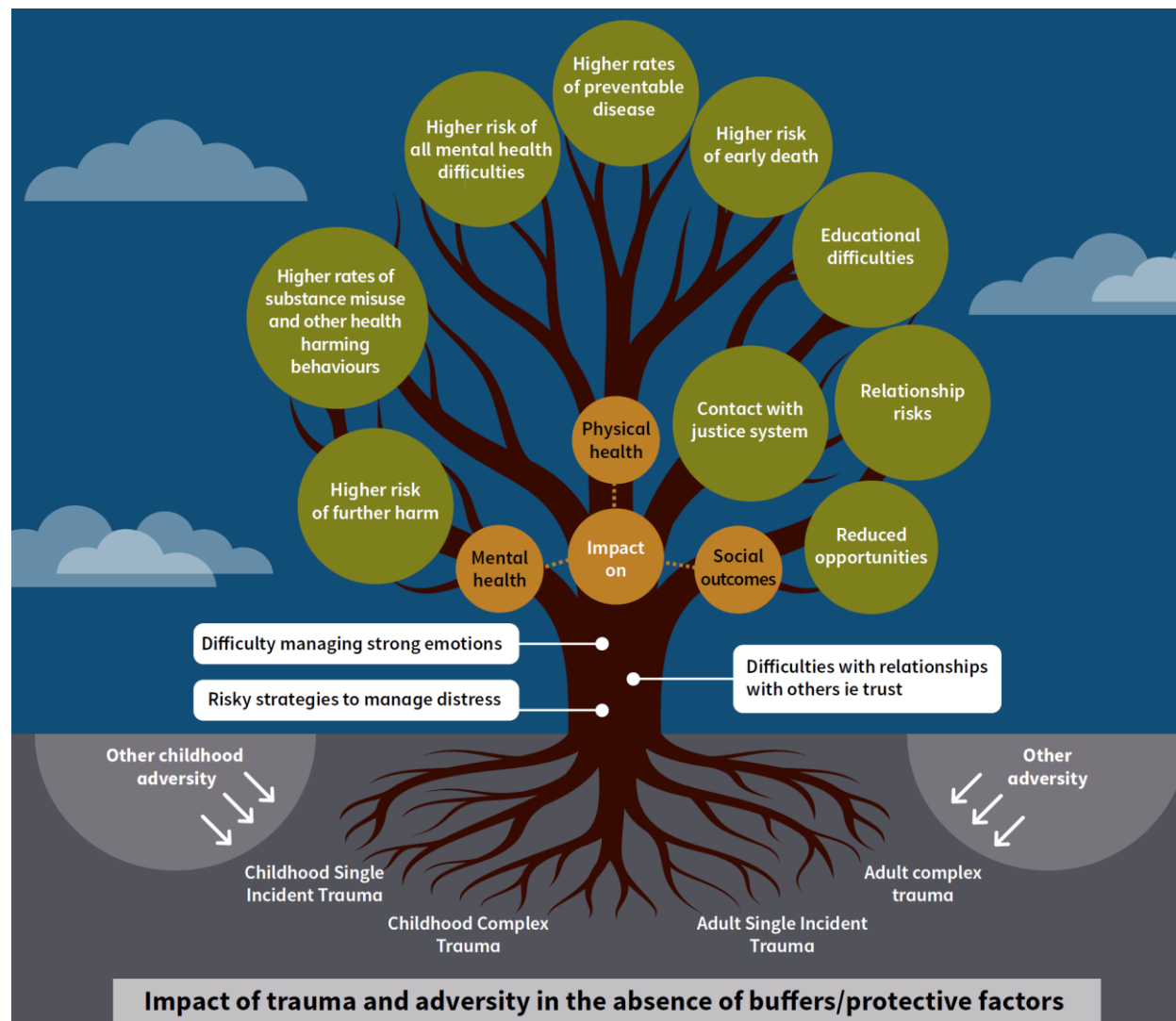
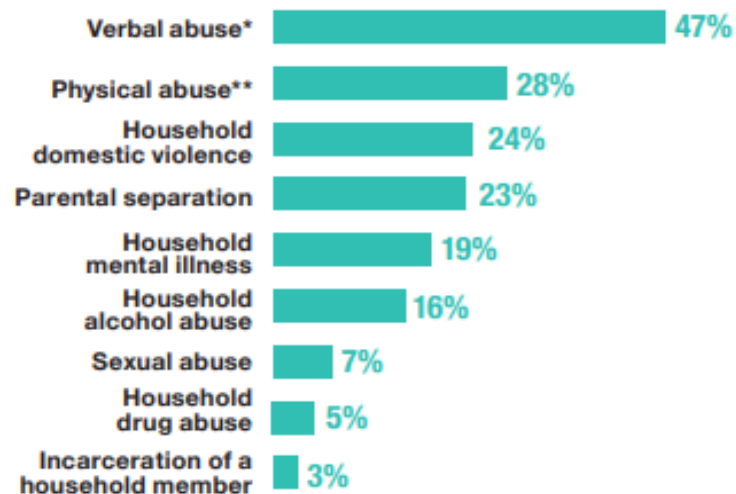


WHY have a National Trauma Training Programme?

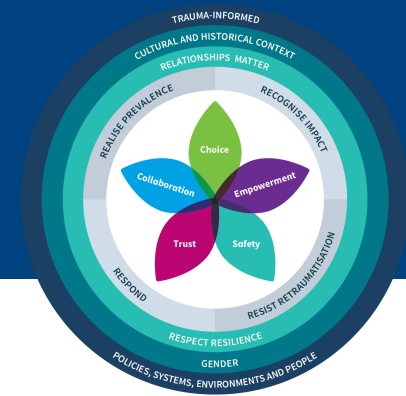
In 2019, just over one in seven adults reported four or more ACEs.



Verbal abuse was the most common ACE reported, experienced by just under half of all adults.



What this is (and isn't)



- **It isn't**

- About us all becoming 'therapists' or trauma experts
- 'them' and 'us'.
- Easy! There is no tick box short cut
- About changing your job, but making what you do more accessible and most likely to support recovery

- **It is**

- Building on lots of work that is already going on across Services in Scotland
- Relevant to the whole Scottish workforce, '*trauma is everyone's business*'
- A journey not a destination
- Starting where you are, doing what you can, with what you have got
- All about relationships.

“A trauma informed and responsive nation and workforce, that is capable of recognising where people are affected by trauma and adversity, that is able to respond in ways that prevent further harm and support recovery, and can address inequalities and improve life chances.”

WHAT is a “trauma informed nation”?

Realises the prevalence of trauma.

Recognises the impact of trauma esp. wrt to barriers it can create to accessing life chances

Responds with that recognition in mind do no harm, support recovery, create systems, that remove potential trauma related barriers

Resilience recognised and supported

Relationships matter

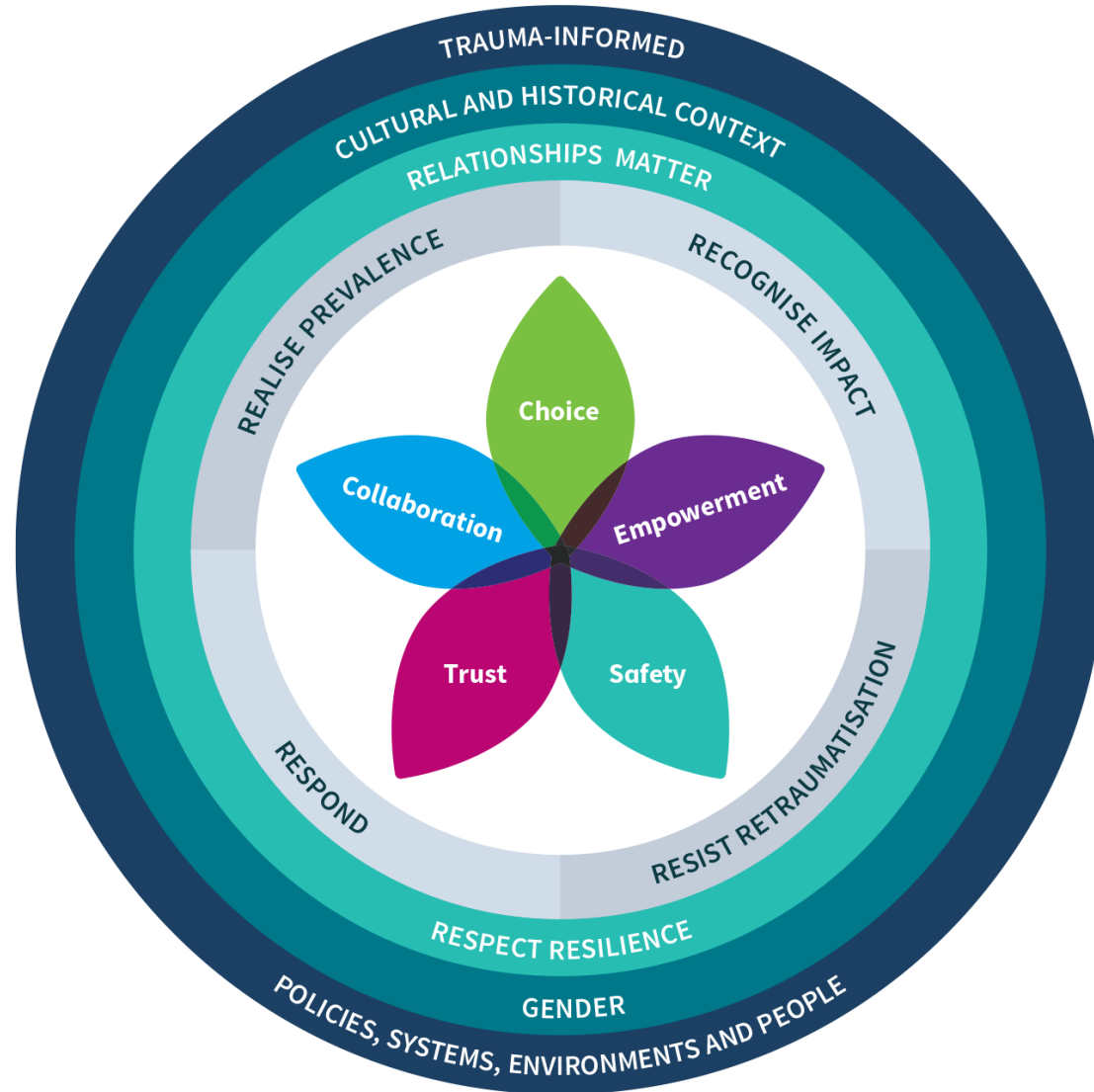
Resists re-traumatisation:

Understands that trauma memories feelings and responses can be “triggered” often by subtle or innocuous events / relationships

Offers the opposite of a “traumatising” relationship



National Approach



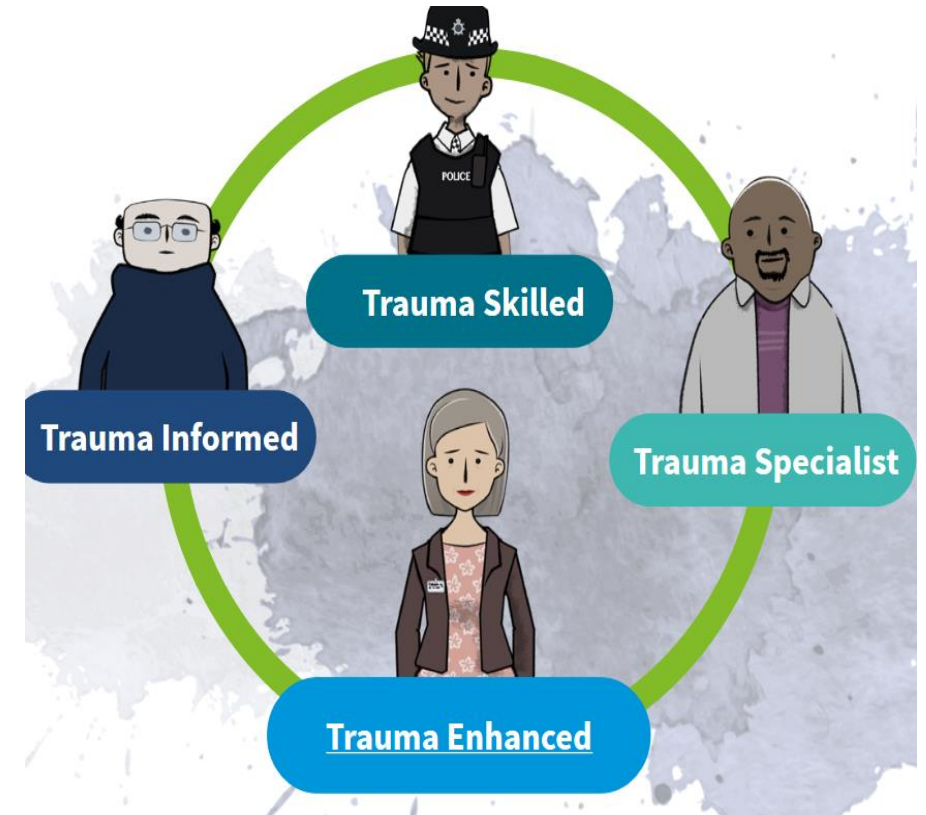
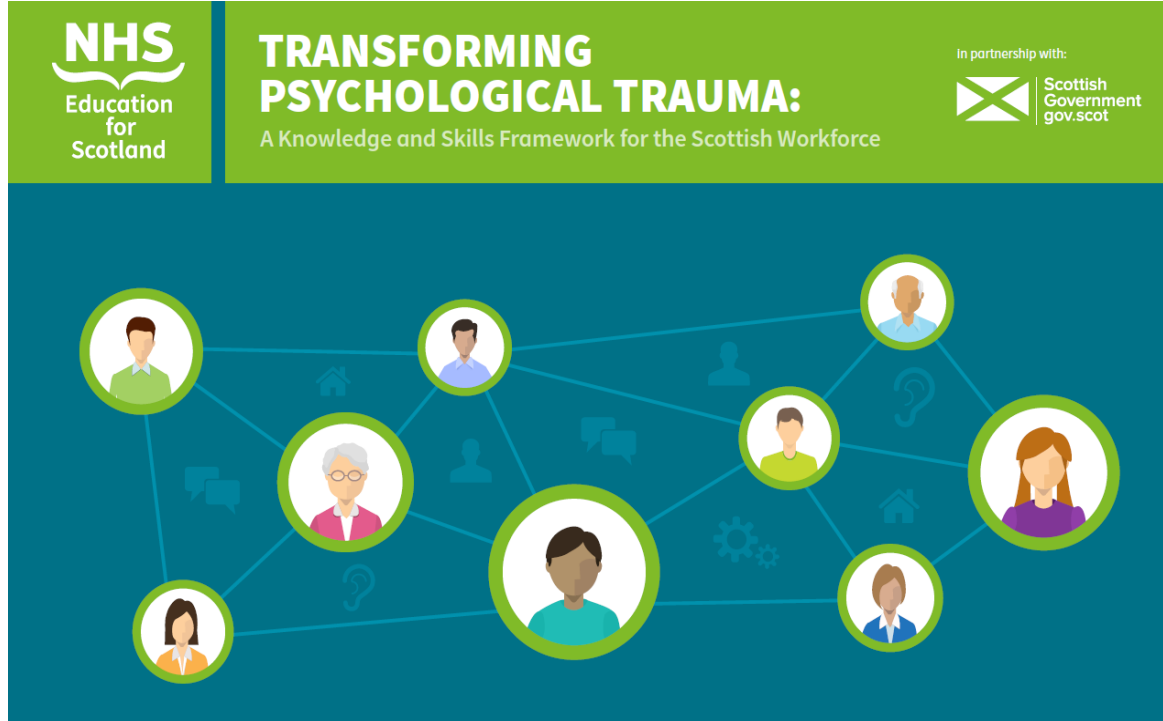
John Swinney
Deputy First Minister and
Cabinet Secretary for Education and Skills



Scottish Government
Riaghaltas na h-Alba
gov.scot

National Trauma Training Programme

**Dr Caroline Bruce Head of Programme, Trauma,
NHS Education Scotland**



National Trauma Training Programme

Who?

People who have an explicit role in supporting children or adults affected by trauma to recover

People who do not have an explicit role in the recovery of people affected by trauma.

**Trauma
Specialist**

**Trauma
Enhanced**

Trauma Skilled

Trauma Informed

What can you do?

Offer evidence based approaches to recognise resilience and support recovery.

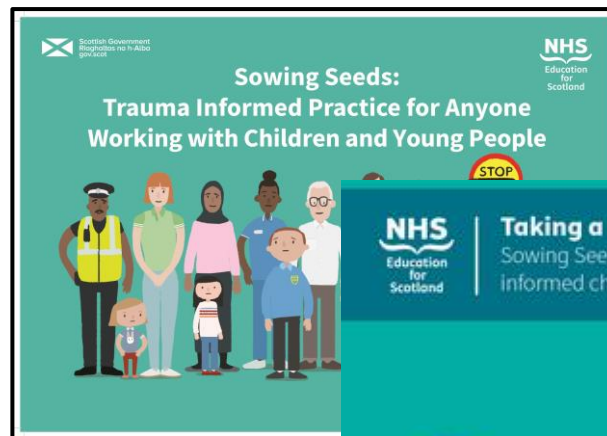
1. Understand how the impact of trauma might affect people's responses to you & your organisation

2. Adapt how you work so:
a. you do no further harm
b. the impact of trauma does not create a barrier

Trauma Informed Practice: Opening Doors



Trauma Informed Practice Workshops:



Trauma Skilled Learning Resources:

Trauma is everyone's business:

What is trauma and how common is it?

Human survival responses to trauma

Surviving the survival - impact of trauma

Ways to recognise the impact of trauma

Taking a trauma informed approach to your work



Koruth
al Educator &
hnt Clinical Psychologist
ation for Scotland



NES Trauma Skilled eModule – User Feedback

‘A really thought-provoking course’

‘Very informative & well presented. Covered a lot of important information & I feel it was a great refresher...I feel I have more tools & confidence working with trauma.’

‘Brilliant e-learning course. Interactive made it easier to learn. Hand-outs/ attachments/ additional links were helpful.’

‘An excellent learning package - I will definitely cascade this to my case handlers’

‘A brilliant insight about trauma & how to work with people who have experienced it.’

‘Brilliant course which offered a vast range of resources for further reading. I really enjoyed the different learning methods and the inclusion of videos which further developed my knowledge.’

‘The information was delivered well, understandable & educational. I feel more informed about what trauma is, how it affects people & how to deal with it.’

‘Absolutely excellent. Everyone from all professions should be asked to complete this’

Excellent

Superb

Engaging

Relevant

Informative

Valuable

Great

Interesting

Clear

Helpful

Effective

Interactive

‘Comprehensive and thorough. I will be recommending this to lots of my colleagues’

‘Thank you for giving me the opportunity to learn about trauma skilled practice. You have no idea how many dots I have joined in my head in the past couple of hours. I've had to stop a number of times as I needed time to process all of the memories I have of past interactions with students and people around me. Having this knowledge will allow me to be a more sensitive, more effective and impactful professional. And probably, in some ways, I will be a nicer human being too...’

‘Superb course, really well done & was delivered in a way that captivated me. This is such a powerful message & I will be sure to roll this out to my staff to make them trauma aware. Really tough subject but one which more people should be aware of & know how to deal with better both with themselves & others’

‘Loved this module. Gave me an insight to how people are able to be expected to cope with the type of trauma they have experienced. I feel this module ...will help within my work practices as a Community Early Years Practitioner in the future. Love the colourful images!’

‘Very accessible training resource, good use of mixed media! learning materials. Videos were excellently produced & relevant’

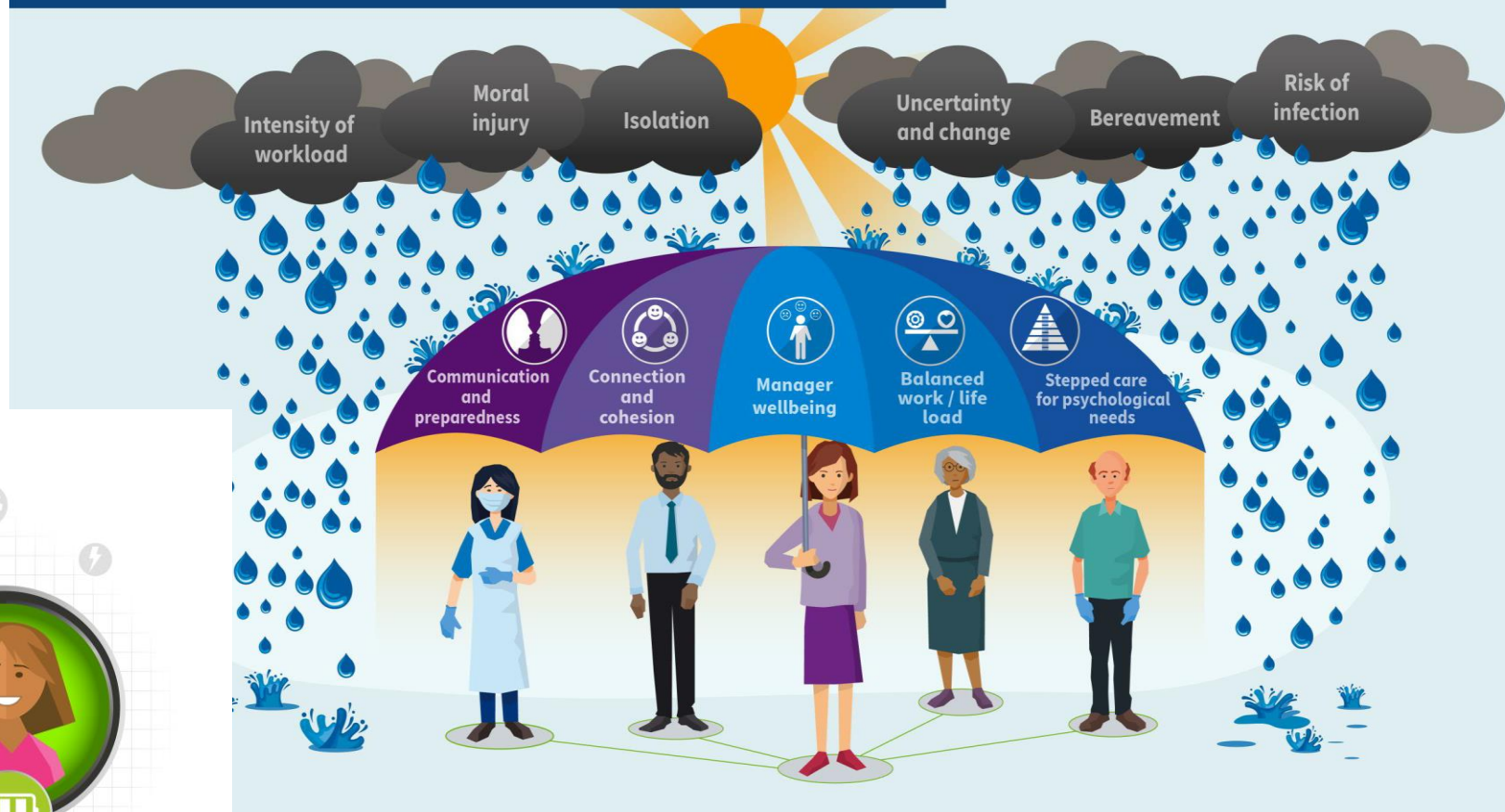
‘This eLearning resource was excellent. It was informative, thought-provoking & engaging. I particularly enjoyed the animations & content overall. Well done NES’

Openly available wellbeing resources:



Taking care of your wellbeing

Protecting the emotional and physical wellbeing of your team through COVID-19



How to access these learning resources & more:

Transforming Psychological Trauma National Trauma Training Programme Online Resources



<https://transformingpsychologicaltrauma.scot/resources/national-trauma-training-programme-online-resources-summary/>

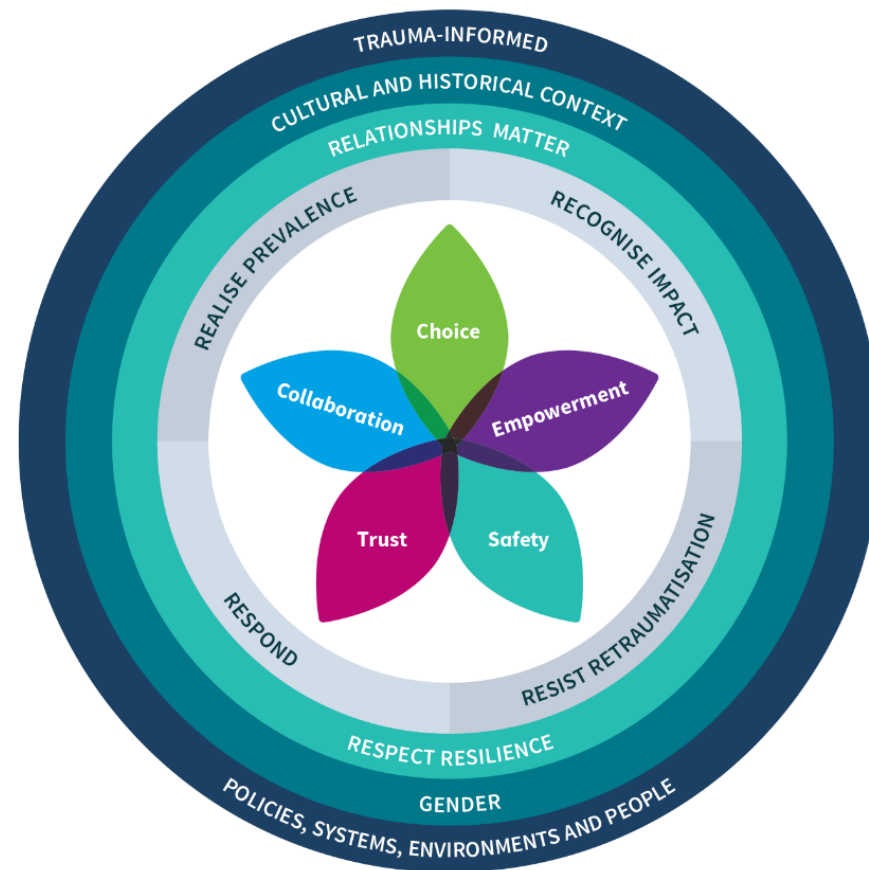
The National Trauma Training Programme: Policy Context

Sharon Glen
Policy Manager,
Trauma and Survivor Support Team

sharon.glen@gov.scot



Scottish Government
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Programme for Government Adverse Childhood Experiences (ACEs)

**A NATION
WITH AMBITION**
THE GOVERNMENT'S
PROGRAMME FOR SCOTLAND
2017-18



**Delivering for Today,
Investing for Tomorrow**
Government's Programme
Scotland 2018-19

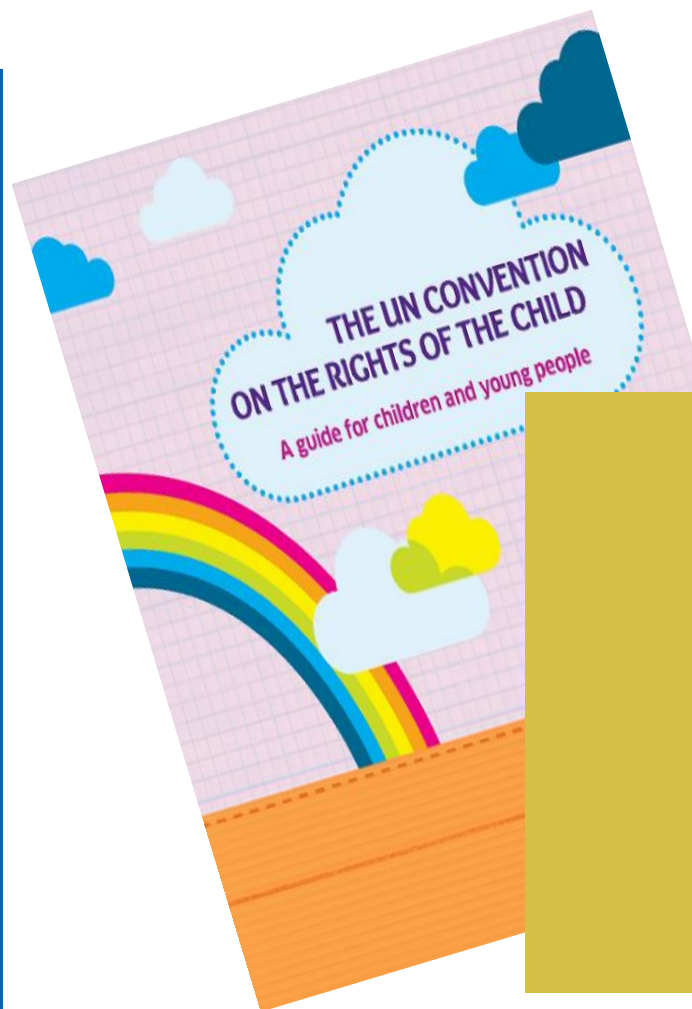


1. Intergenerational support for parents, families and children to prevent ACEs
2. Reducing the negative impact of ACEs for children and young people
3. Developing adversity and trauma-informed workforces and services
4. Increasing societal awareness and supporting action across communities



A Rights Based Approach...

Protecting,
respecting
and fulfilling
human rights



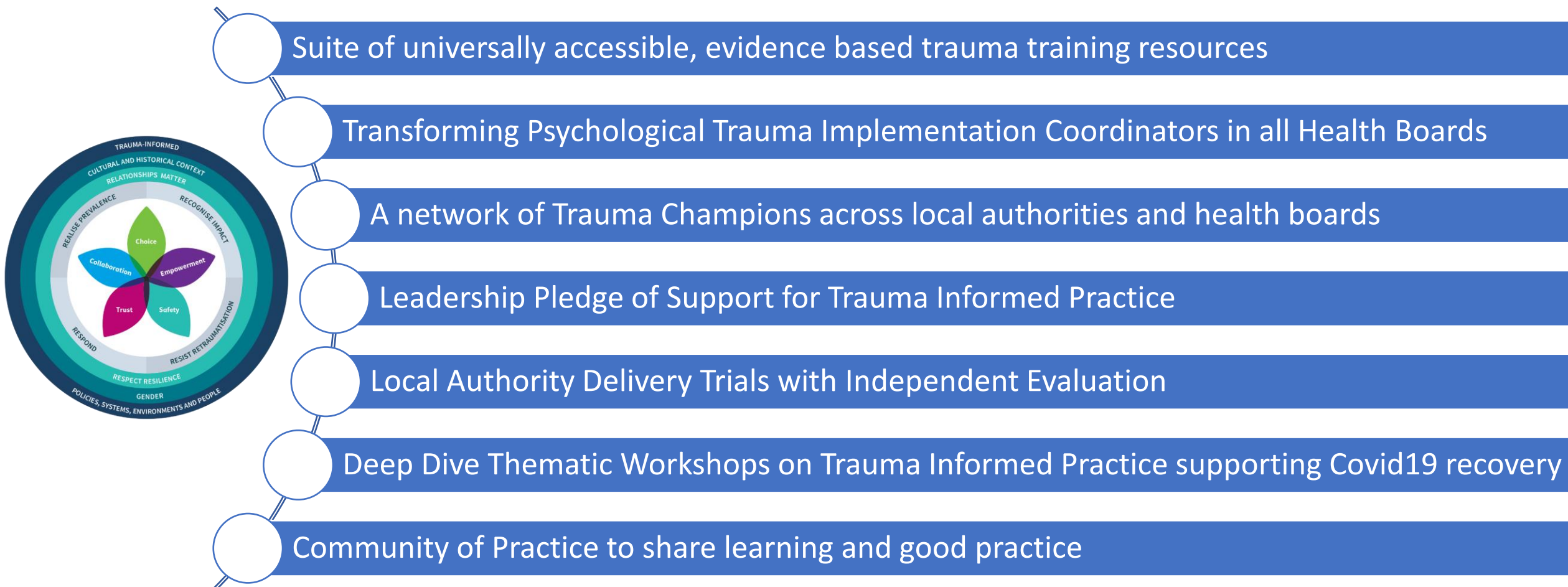
getting
it right
for every child

the promise



Independent
Care Review

Over £2 million investment from Scottish Govt



Priorities for 2021/22

- Mental Health Transition and Recovery Plan for Scotland
- Health and Social Care workforce
- Maternity Services
- Justice Services
- Supporting delivery of The Promise



(SOME OF THE) SIGNATORIES OF LEADERSHIP PLEDGE OF SUPPORT FOR TRAUMA INFORMED PRACTICE



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social work



Child Protection
Committees
Scotland



Believe in
children
Barnardo's
Scotland



Scottish Courts
and Tribunals Service



A · D · E · S



Councillor Alison Evison

President of COSLA



Implementing a trauma-informed approach: Working with local authorities & key community planning partners

Laura James
Project Manager, Improvement Service



*The 'go to' organisation for Local
Government improvement in Scotland*

Improving outcomes for Scotland's communities

Blueprint for Local Government

#EssentialEveryday



Ensuring a joined-up, collaborative approach

Joined-up, multi-agency working is vital as this ensures a consistent approach is taken across organisations in responding to trauma as early as possible, providing a shared language and understanding for leaders, the workforce and people affected by trauma.



Tackling the adversity, trauma and inequalities caused and compounded by COVID-19 requires the engagement of the full range of community planning partners.



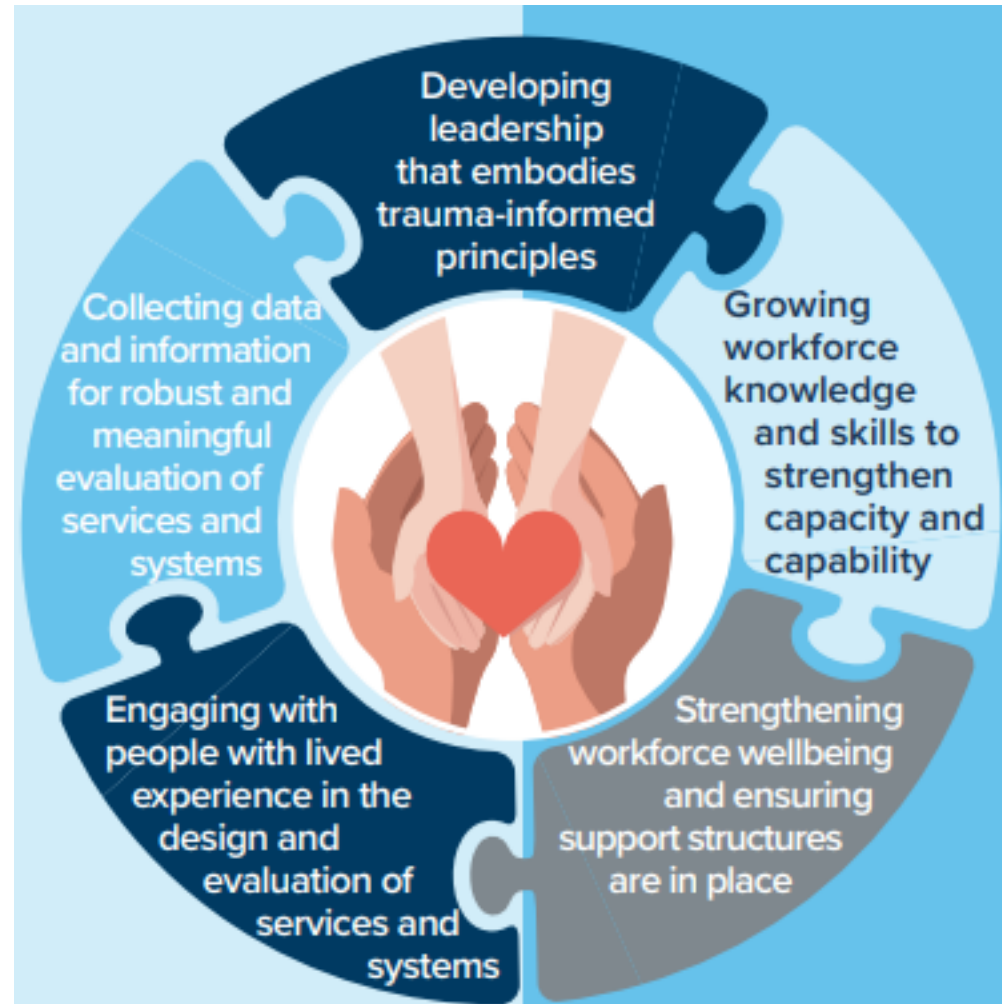
We broker additional resources for local government to support improvement

Collective Leadership & trauma champions



We work closely with local government partners to better align policy, improvement and delivery

Shifting attitudes, raising awareness and sharing good practice



We provide a wide range of practical improvement support

Thank you!

<https://www.improvementservice.org.uk/products-and-services/consultancy-and-support/adopting-a-trauma-informed-approach>

To join our new community of practice for all professionals across Scotland who are working to adopt a trauma-informed approach across policy and practice, please sign up here or use the QR code:



<https://khub.net/group/trauma-informed-approaches-in-scotland/group-home>

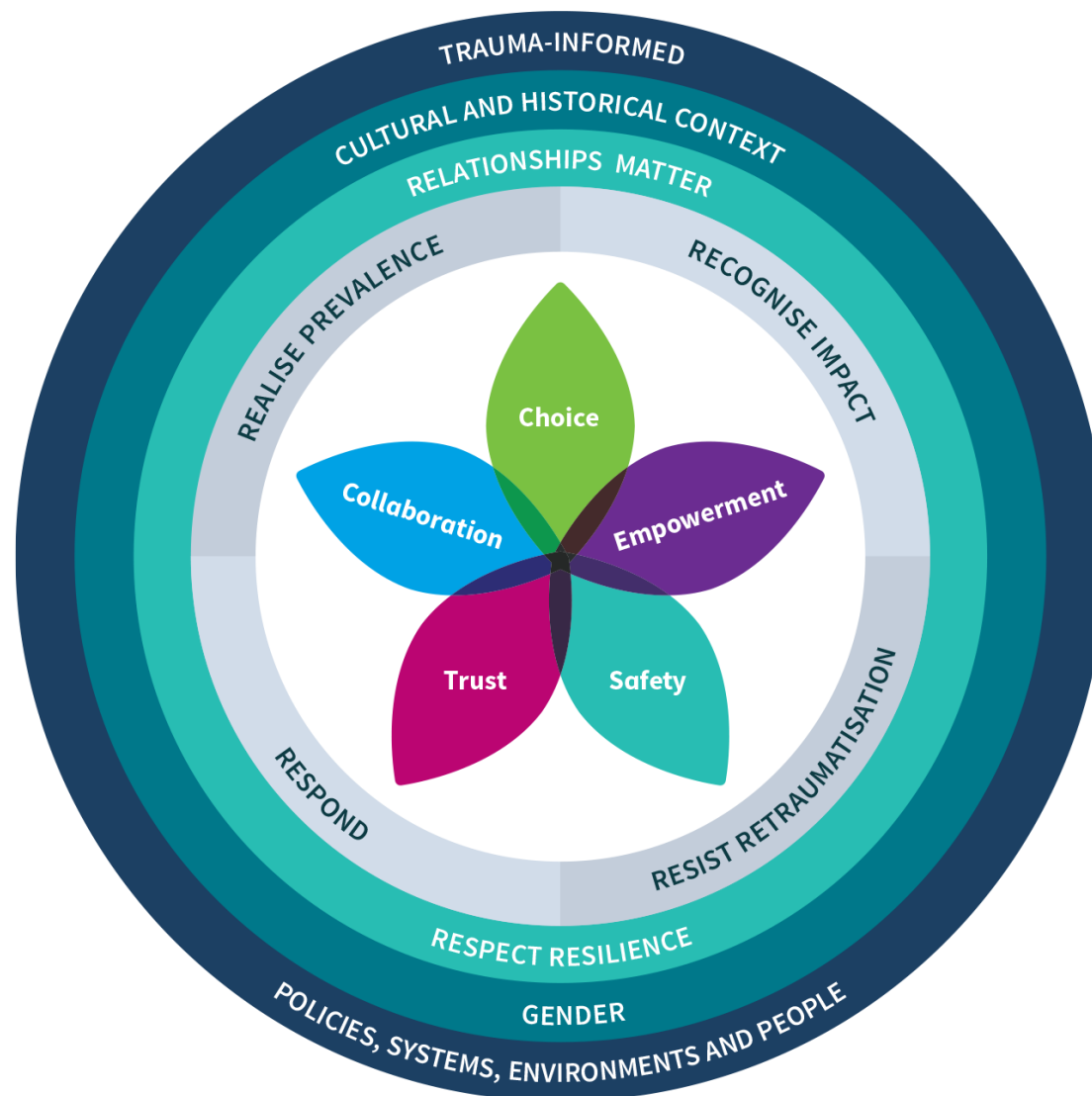


We help support and develop effective and informed local political leaders

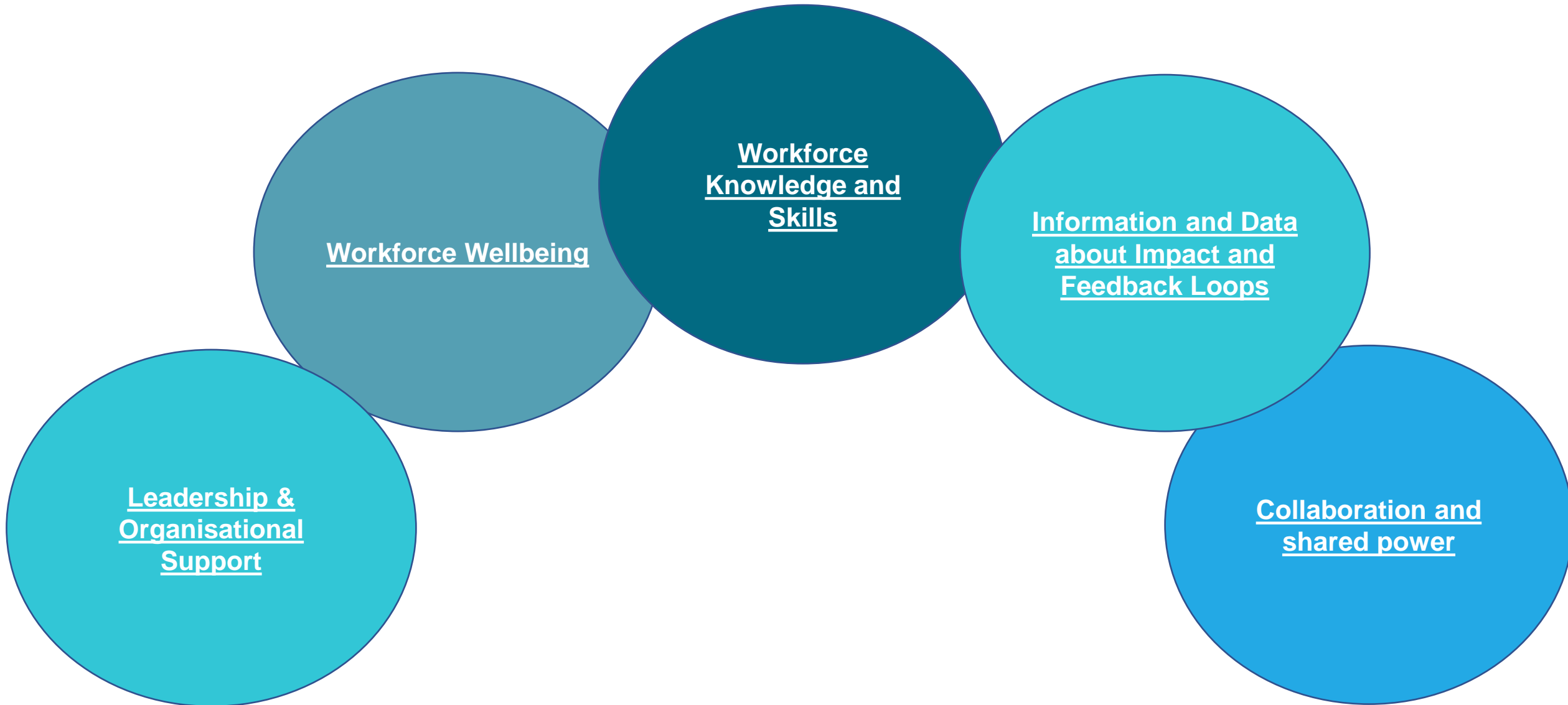
Trauma Informed Systems & Services:

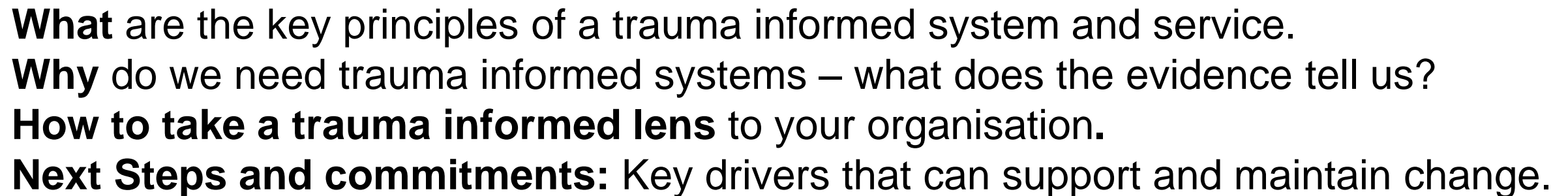
Dr Caroline Bruce Head of Programme, Trauma, NHS Education Scotland

**The importance
of leadership.**

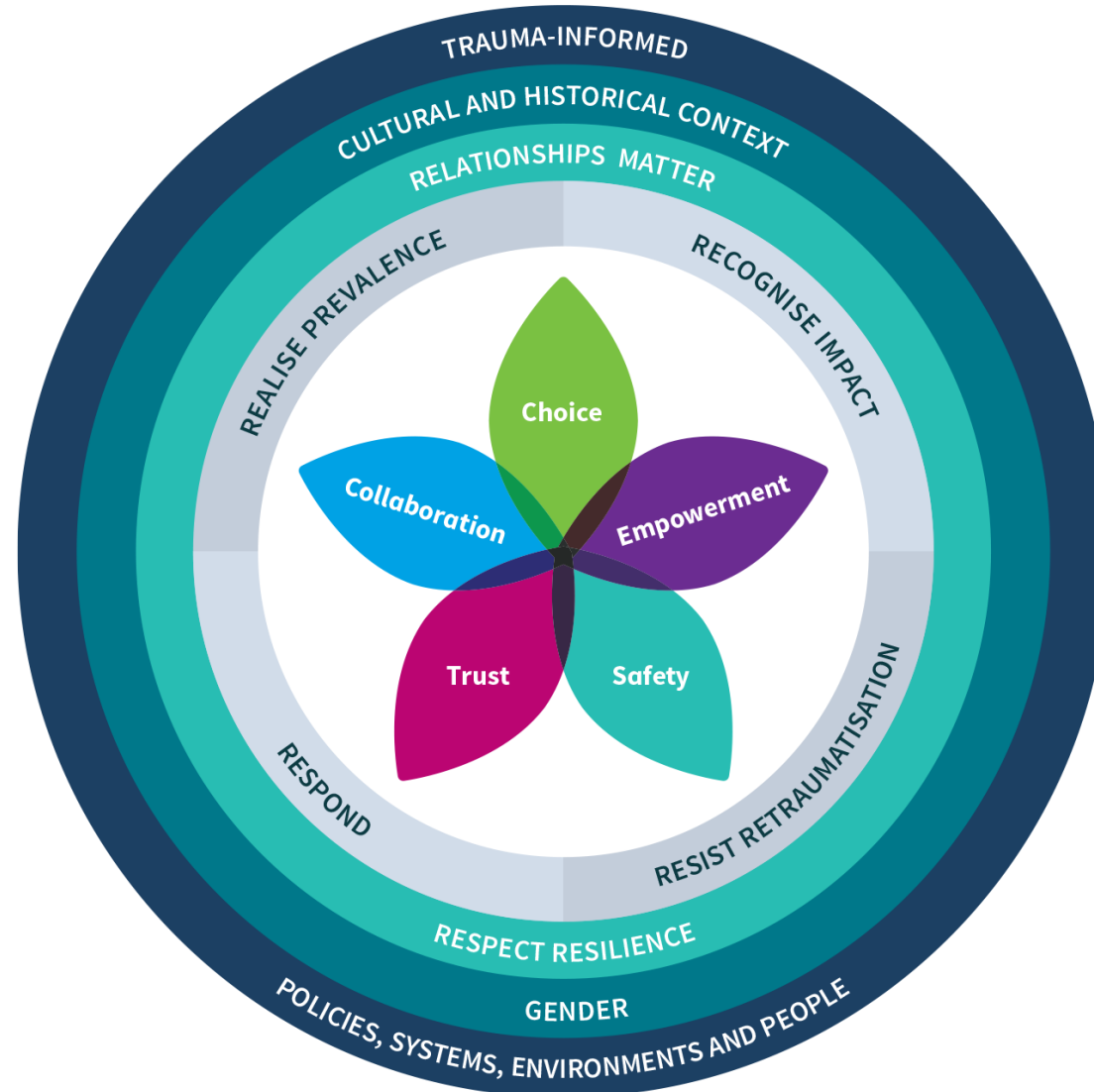


Key drivers for trauma informed Systems:





National Trauma Training Programme



Panel Q & A



The panel will now answer some of the questions you have asked throughout the presentations today.



15 minutes

Thank You!

Thank you for joining our webinar today.

We would be really grateful if you could complete our feedback form from today's event available within the Announcement section.

An email will be sent in case you've missed any links in the chat.

Website: <https://transformingpsychologicaltrauma.scot/>



Twitter handle: @NES_Psychology

Twitter hashtag: #transformingpsychologicaltrauma