

Guided Workshops

These filmed workshop guides have been developed by the National Trauma Training Programme (NTP) to support anyone who works with people to become trauma informed in the work that you do.

Aims: Either together with your team or by yourself you will:

- Reflect on the possible ways that psychological trauma might affect those you work with
- Take a trauma informed lens to your work
- Make an action plan for trauma informed change in how you work

Who is it for? It's for all members of the workforce, whether paid or unpaid. "Opening Doors" is for staff working with adults, and "Sowing Seeds" is for those working with children and young people. Trauma is everybody's business.

What does it involve? Dr Caroline Bruce or Dr Nina Koruth from the NTP introduce the "Opening Doors" or "Sowing Seeds" animation, then they will take you through four key elements of trauma informed practice. There is time to pause the film for team discussion or individual reflection after each, and time to create a plan for change.

How long does it take? Including time to pause for discussion, reflection and planning, around 1.5-2 hours.

What do I need? 1. **Guided Workshop Film** 2. **Facilitator Notes** to support anyone to facilitate the workshop 3. **Trauma Informed Practice Tool** to plan for change 4. **Short Evaluation Form** to help us improve!

For those working with Adults:

1. "Opening Doors" Guided Workshop [includes animation] <https://vimeo.com/411406138>



2&3. Accompanying facilitator notes and practice tool – access link via short form: [Opening Doors Facilitator Notes & Practice tool Access form](#)

4. Evaluation Form [Opening Doors feedback form](#)

For those working with Children & Young People:

1. "Sowing Seeds" Guided Workshop [includes animation] <https://vimeo.com/412350123>



2&3. Accompanying Facilitator notes and practice tool – access link via short form: [Sowing Seeds Facilitator Notes & Practice tool Access Form](#)

4. Evaluation Form [Sowing Seeds feedback form](#)

Find out more about the NTP, upcoming events and our other freely available resources at:
www.transformingpsychologicaltrauma.scot



Follow us on twitter @NES_Psychology, #TransformingPsychologicalTrauma