

# In partnership with GDASS – Gloucestershire Domestic Abuse Support Service



## Becoming trauma informed: a training course for service managers

CPD accredited (5 points)

The need for services to be trauma-informed is increasingly well understood. But what does it actually mean in practice? This one-day course on becoming trauma-informed is for managers who are responsible for the design and delivery of health and social care services.

On this course you will gain an understanding of how to recognise and sensitively respond to the effects of trauma. You will use a range of management tools to review current practice. Finally, you will create a plan on becoming trauma informed and introducing a trauma-informed ethos to your service(s).

### By participating in this training you will:

-  Understand what a trauma informed environment is and why adopting a trauma informed approach is appropriate in health and social care services.
-  Understand how trauma affects people and how this affects staff.
-  Develop an idea of what being trauma-informed will look like for your service(s).
-  Explore in depth how to practically implement a trauma-informed approach.
-  Understand what secondary or vicarious trauma is and to explore strategies for self-care.

### Who should attend?

This course is for service managers and people involved in service development. To attend this course you are required to have already attended AVA's Complicated Matters 1 day training course or completed our free online Complicated Matters elearning course. We will assume that all delegates on becoming trauma informed will have this baseline knowledge.

### How to book...

Please visit: [avaproject.org.uk/events](http://avaproject.org.uk/events)

For enquiries contact the AVA training team at:

[training@avaproject.org.uk](mailto:training@avaproject.org.uk) | 020 3752 5536

**Next course:  
Monday 2nd Jul 2018 @  
The Pavillion,  
Cheltenham**

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## Children under ten years old and domestic violence

CPD accredited (5 points)

Children under ten years old and domestic violence is a one day course. It is for frontline workers who want to learn about basic domestic violence theory and specifically how children under ten years old are affected.

In addition to exploring the behavioural, emotional and cognitive effects of domestic abuse on children under ten years old, you will also examine the links between domestic violence and child abuse. The effect on parenting for both the abusive and the non-abusive parent is also looked at, as well as the effects of abuse on unborn children and the impact of post traumatic stress on children.

The course includes practical guidance for those working with schools, in addition to how to create a safety plan with children. You will also have the opportunity to participate in interactive activities and group discussions. This course uses film to illustrate key points.

### By participating in this training you will:

-  Increase knowledge of and experience in domestic violence work
-  Learn about good practice examples and projects
-  Learn how to do safety planning and risk assessment with children
-  Increase confidence in challenging myths and stereotypes
-  Understand the links between domestic violence and child abuse
-  Understand how domestic abuse can affect children

### Who should attend?

This course is for anyone who works directly with children under ten years old effected by domestic violence. This course is practitioners with no previous training on domestic violence. For example, this may include Sure Start staff, Victim Support staff, teachers, students with placements in early years settings, health visitors and social workers.

### How to book...

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**Next course:  
Wednesday 11th Jul 2018  
@ The Pavillion,  
Cheltenham**