



INTRODUCTION TO TRAUMA INFORMED SUPPORT

FIONA, GRACE & LOUISE



Safe
Families



Home
for Good

SEEING CHILDREN & FAMILIES FLOURISH

Together, we hope for a society where **no family feels alone**, and **every child has a home where they can flourish**.

We believe **the Church is central to this vision**.



MEET THE TEAM



**FIONA
EVE**



**LOUISE
MACDIARMID**



**GRACE
WINTERSCHLADEN**

WHAT ARE YOU HOPING TO GET OUT OF THIS SESSION?

Write your answers in the chat

SESSION AIMS

- Introduction to trauma
- Give a basic understanding on the impact of trauma
- Help you feel empowered and equipped to use a Trauma Informed Approach



WE WILL COVER

- What is trauma?
- Compassion fatigue
- Six pillars of trauma informed practice



LOOK AFTER YOURSELF





"Trauma is not what happens to you, it's what happens inside you as a result of what happens to you"

GABOR MATE





“Distressing events that overwhelm a person's ability to cope, resulting in lasting negative impact, often beyond their control”

UK TRAUMA COUNCIL





**Divorce or
separation**



**Mental health
issues**



**Drug or
substance
misuse**



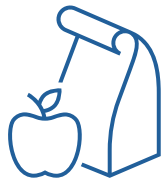
**Household
member in
prison**



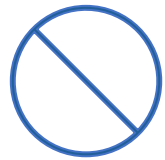
Physical harm



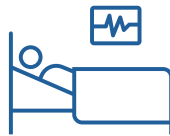
Emotional harm



**Physical needs
not being met**



Sexual abuse



**Hospitalisation
or chronic
illness**



**Bullying or
harassment**

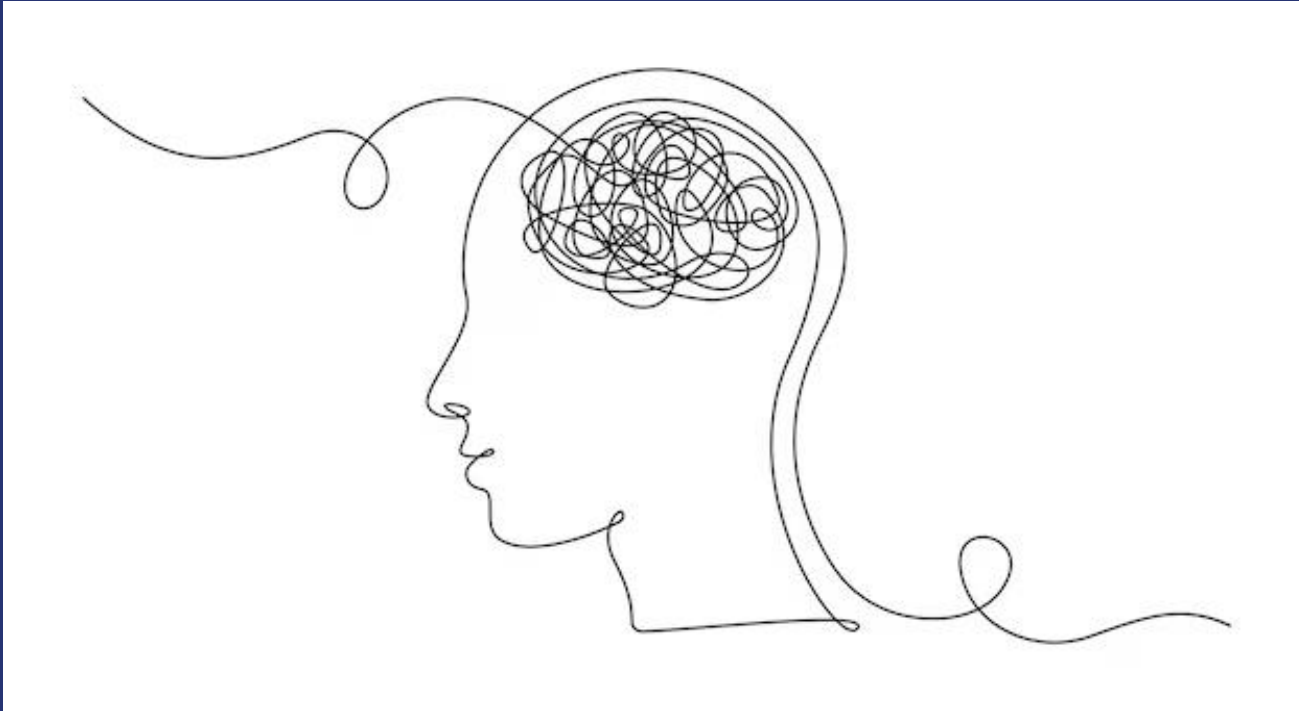


**Seeking asylum
or multiple
home moves**



**Premature birth
or pregnancy
complications**

TRAUMA OR DIAGNOSIS?

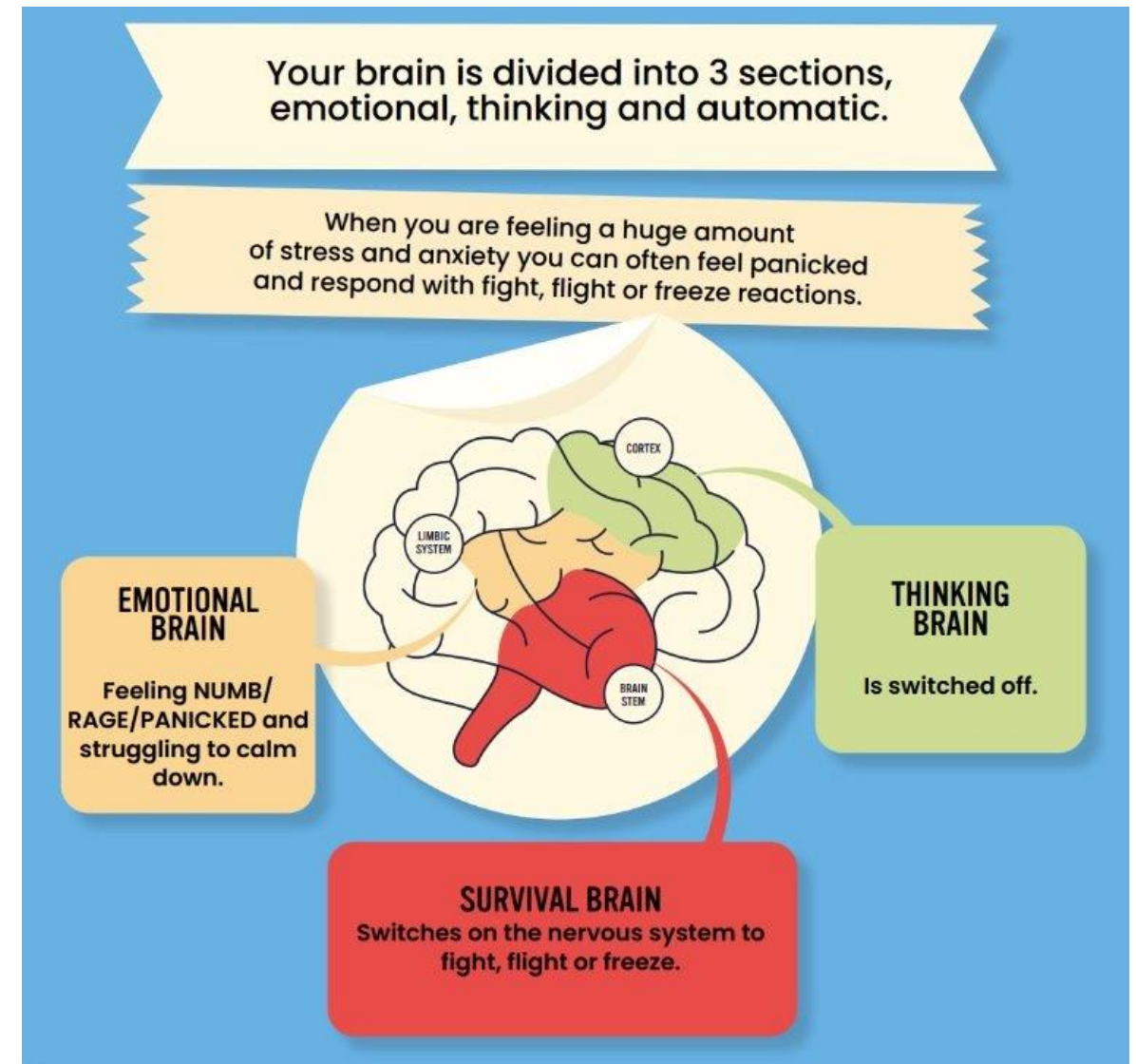


Being
neurodivergent
in a neurotypical
world **is**
traumatic



SEEING CHILDREN &
FAMILIES FLOURISH

- Easily tipped into fight, flight or freeze.
- The danger alarm becomes hypersensitive and easily triggered.
- Stress hormones are released.
- Unable to think logically.



WHAT BEHAVIORS MIGHT WE SEE FROM SOMEONE WHO IS IN THEIR TRAUMA RESPONSE?

Write your answers in the chat

IN A CHILD

Over familiar
or affectionate towards
strangers

Poor sense of identity
or self-worth

Hyper vigilant and
have difficulty
concentrating

Easily angered and
quick to become
aggressive

Fascination with death
and violence

Preoccupied with food

Over excited very easily

Have a habit of running
away

Under or over reaction
to pain

Developmental age
differs to actual age

Inability to describe
their feelings
(alexithymia)

Friendship difficulties –
no 'theory of mind'

IN AN ADULT

Not answering phone calls

Poor sense of identity or self worth

Hyper vigilant and have difficulty concentrating

Doesn't open curtain during the day

Takes things personally

Struggle to leave the house

Health issues across a lifetime

Withdrawn

Blows hot and cold

Struggles with personal boundaries

Easily frustrated with their children

Finding it difficult to keep up with day-to-day tasks

WHEN OUR ALARM IS TRIGGERED
IT CAN BE SCARY

Frightened

Tearful

Scared

Worried

Frozen

YOU MIGHT
FEEL...

Dizzy

Disconnected

Angry

Aggressive

Shaky

Wobbly



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WHEN OUR ALARM IS TRIGGERED

Shout

Push people away

Hide under a blanket

Run away

Throw things

Headbang

People please

Completely freeze

Bite

Break things

Say rude things

YOU MIGHT....



12

ANYTHING CAN BE A TRIGGER



Changes to
routine

Lack of
choice

Sensory
struggles

Surprising
Noises

Shouting

Instructions

Unfamiliar
people

Special
occasions

Smells

Places

EMOTIONS ICE BERG



THERE IS HOPE

Protective shields against the impact of trauma

- Good friends or neighbours
- A predictable home routine
- A caregiver whom the child feels safe with
- Opportunities to have fun
- Beliefs that provide comfort.





As a family, we have been through some awful times. Recently my daughter started struggling in every area of her life. She was like an angry ball of aggression and anxiety.

Some days I just didn't know how to help. It felt like everything she did was deliberate and it was ruining our relationship.

Learning about the brain and how anxiety can impact us has changed everything. I can now see what might be going on underneath her behaviour and meet her with more empathy.

PARENT FEEDBACK 2025





**SEEING CHILDREN &
FAMILIES FLOURISH**



WHAT MIGHT BE A SIGN THAT SOMEONE IS IN COMPASSION FATIGUE?

Write your answers in the chat

Lack of empathy

Exhausted and no
joy in parenting

Low energy and
motivation

Takes the child's
behaviour personally

Sense of disconnection
to the child

Anger and frustrated
(oversensitive survival
response)

Feels that there is
nothing good in life

Perceives the child's
behaviour as personal
rejection

Feels there is no point to
life

THERE IS HOPE

Individuals can and do heal from compassion fatigue

- Non-judgmental listening
- Opportunities for self-care







INTRODUCTION TO TRAUMA INFORMED SUPPORT

FIONA, GRACE & LOUISE

 Home
for Good



Safe
Families



Calm.

SEEING CHILDREN &
FAMILIES FLOURISH

 Home
for Good |  Safe
Families

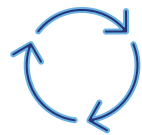
PRINCIPLES OF TRAUMA INFORMED PRACTICE



Trauma can affect individuals, groups and communities



Recognise the signs, symptoms and widespread impact of trauma



Prevent re-traumatisation



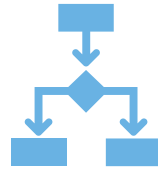
PRINCIPLES OF TRAUMA-INFORMED PRACTICE



Safety



Trustworthiness



Choice



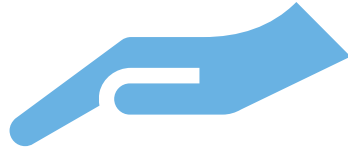
Collaboration



Empowerment



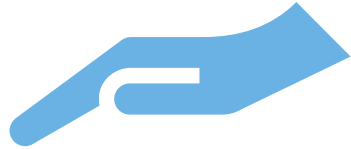
Cultural
consideration



SAFETY

WHY?

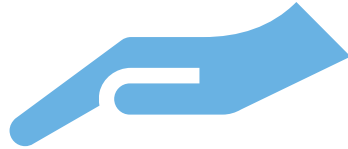
- More likely to not trust others to keep them safe
- Physical safety doesn't = feeling safe
- More easily triggered into survival response



SAFETY

WHAT MAKES PEOPLE FEEL SAFE?

Write your answers in
the chat



SAFETY

HOW?

- Empathy
- Situational awareness
- Non-judgmental listening
- Clear plan and boundaries
- Not trauma-digging
- Safeguarding
- Low demand approach



TRUSTWORTHINESS

WHY?

- May find it hard to trust others
- Difficult experiences with services
- May have been let down by others in the past
- Relationship struggles

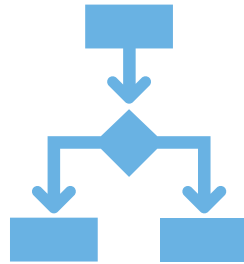


TRUSTWORTHINESS

HOW?

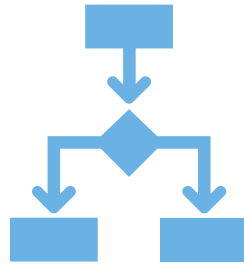
- Consistency
- Clear communication
- Confidentiality
- Time

WHY?



CHOICE

- Promotes safety
- Models positive and healthy relationships
- Reduces triggers
- Encourages regulation

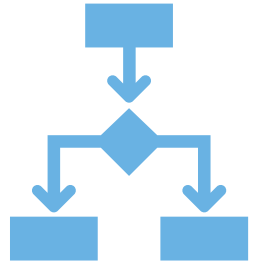


CHOICE

HOW?

- Giving options
- Wondering aloud
- Non-judgmental
- Being realistic
- Low pressure

SCENARIO 1



You're taking 6-year-old Sammy out for 3 hours on Saturday. We know he likes going to the park and Mum has shared that he is preoccupied with food.

Write in the chat what are some ways we could offer some **choice** for Sammy for his time with you?



COLLABORATION

WHY?

- Models healthy relationships
- Promotes psychological safety
- Window into their needs
- Shift power balance



COLLABORATION

HOW?

- Including everyone in decisions
- Low demand approach
- Being curious

SCENARIO 2



You want to meet up with a friend who shared with you that she is struggling to leave the house since her partner has been arrested for domestic violence against her.

Write in the chat how could you support **collaboratively** with this friend?

WHY?



EMPOWERMENT

- Builds self esteem
- Shifting power balance
- Sustainable change



EMPOWERMENT

HOW?

- Access to information needed to make informed decision
- Flexibility
- Patience



CULTURAL CONSIDERATION

WHY?

- Unconscious bias
- Respect
- Feel seen



HOW CAN WE SHOW CULTURAL CONSIDERATION?

Write your answers in
the chat



CULTURAL CONSIDERATION

HOW?

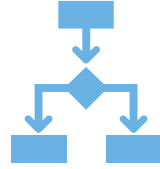
- Not stereotyping
- Non-judgmental listening
- Accepting their experience and understanding
- Recognising unconscious bias
- Appropriate curiosity



Safety



Trustworthiness



Choice



Collaboration



Empowerment



Cultural
consideration

IT ISN'T OUR JOB TO:

- Trauma dig
- Provide therapy
- 'Fix' everything

IT IS OUR JOB TO:

- Be non-judgmental
- Love, care and signpost
- Follow safeguarding protocols

WHAT HAVE WE COVERED?

- An introduction to trauma
- A basic understanding of the impact of trauma
- How to use a trauma informed approach



WHAT ARE YOU TAKING AWAY FROM THIS SESSION?

Write your answers in the chat

OTHER TRAINING EVENTS

Mental Health Awareness Training
Understanding Young People
Autism Awareness Training
Risks Outside the Home

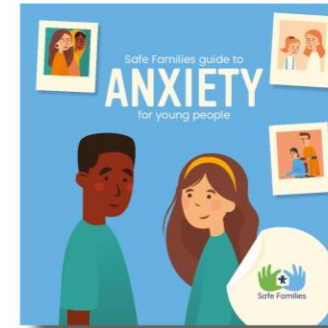
From September 2025

Therapeutic Parenting
Secondary Trauma

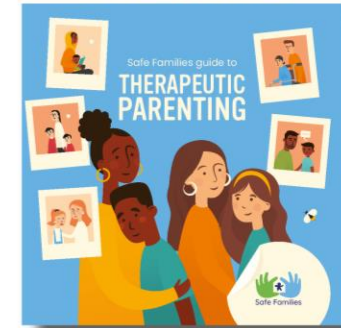
Find these online at: **safefamilies.uk/training**

BOOKLETS

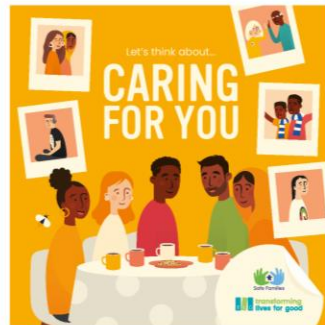
TEEN GUIDE TO ANXIETY



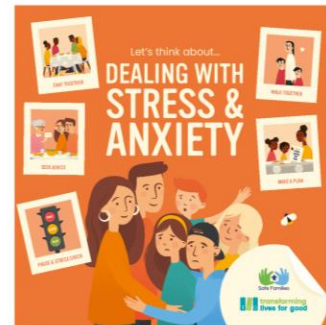
A GUIDE TO THERAPEUTIC PARENTING



CARING FOR YOU



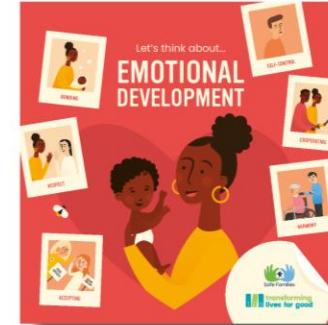
DEALING WITH ANXIETY



DEALING WITH TRAUMATIC EXPERIENCES



EMOTIONAL DEVELOPMENT



GIVING THE BEST KIND OF ATTENTION



WE'D LOVE TO HEAR YOUR FEEDBACK

Let us know via a form in the follow up email!

Q&A

REFERENCES

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research -

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