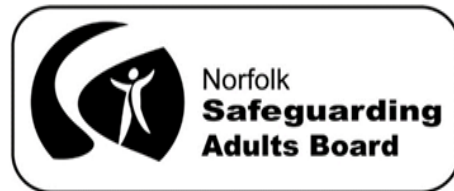


# Trauma Informed Practice Introductory sessions



The aim of this **FREE** training session is to help participants better understand their own behavioural responses as well as giving insight into their teams, their colleagues and most of all their service users. These sessions will be delivered by Shirley Green a leading local expert in trauma informed practice.

Outcomes: Participants will

- Understand the complex and cumulative nature of trauma
- Be able to recognise the three types of trauma
- Understand the basic functioning of the human brain
- Identify and understand human threat responses and resultant behaviours
- Understand the 'window of tolerance' – what it is and how we can use it to support engagement
- Understand how to, and the importance of, supporting a service user to take back control
- Be given practical tools and tips

**Target Audience – Practitioners working with vulnerable adults and Children across Norfolk.**

**These sessions will be delivered via Microsoft Teams.**

Tuesday 12<sup>th</sup> September – 9.30am to 1.30pm  
Wednesday 20<sup>th</sup> September – 9.30am to 1.30pm  
Thursday 28<sup>th</sup> September – 9.30am to 1.30pm  
Monday 9<sup>th</sup> October – 9.30am to 1.30pm  
Tuesday 17<sup>th</sup> October – 9.30am to 1.30pm  
Wednesday 1<sup>st</sup> November – 9.30am to 1.30pm  
Thursday 9<sup>th</sup> November – 9.30am to 1.30pm  
Friday 17<sup>th</sup> November – 9.30am to 1.30pm  
Monday 27<sup>th</sup> November – 9.30am to 1.30pm

These are **FREE** events open to all practitioners but places are limited so to ensure your place, please book asap.

**To book your place visit the NSCP website training page:**

**<http://www.norfolkscb.org/people-working-with-children/nscb-training>**