

# Trauma-Sense Training

**27<sup>th</sup> March 2025**

This comprehensive full day workshop provides the opportunity for participants to deeply explore psychological trauma and its impacts; and to come away with a clear understanding of how to implement sustainable, achievable, realistic changes.

## Aim

To provide healthcare professionals with the knowledge and skills to understand psychological trauma, enabling them to recognize its impacts, foster psychological safety, and lead with empathy and effectiveness. This will improve team dynamics, communication, and overall wellbeing in the workplace.

## Learning Outcomes

1. Develop a clear understanding of psychological trauma and its relevance to healthcare professionals.
2. Begin to recognise the signs and behaviours of psychological trauma in trainees, colleagues, and peers.
3. Confidently support and safely signpost individuals experiencing psychological trauma.
4. Apply a trauma-informed lens to enhance communication, build trust, and foster collaboration within teams.
5. Strengthen leadership skills by creating a psychologically safe environment, improving team morale, and supporting the development and wellbeing of trainees and colleagues.
6. Create a personalised, sustainable plan incorporating lifestyle interventions to build resilience and model effective self-care as a leader.

## Summary of the Workshop

This interactive full-day workshop will provide healthcare professionals with the opportunity to explore the neuroscience of psychological trauma and its profound effects on the brain, body, and workplace dynamics. Understanding this topic is crucial for developing leadership skills, enabling participants to:



- Recognise and address trauma-related behaviours in trainees and colleagues, fostering a safe and supportive environment.
- Enhance communication and relationships by adopting trauma-informed approaches that build trust and collaboration.
- Provide effective guidance and support for their teams, promoting resilience and reducing burnout.
- Use (your own!) real-life case studies to workshop managing trauma-related challenges constructively.
- Apply evidence-based strategies to rewire the brain, build resilience, and sustain personal and team wellbeing.

Through a blend of teaching, discussion, and hands-on activities, participants will leave with the confidence and skills to lead with empathy, foster a culture of psychological safety, and implement sustainable changes that support the wellbeing and retention of NHS staff.

There will be an online follow up session for attendees a few weeks after the workshop, providing an opportunity to ask questions and to discuss cases which have arisen since the training. This period of percolation and reflection, with an opportunity to safely explore how they have used the trauma-informed approach with colleagues they met in person, will further embed the teachings.

This will give participants real confidence in being able to use this approach with their trainees, peers and patients.