



**Vanguard Bitesize Session:
An introduction to trauma**

In this session we will revisit our foundational understanding of trauma, joining up language and understanding between teams. We will then look into why it's important to create these trauma informed ways of working within our systems, and some practical applications to consider for your practice.

WHO IS THE TRAINING AIMED AT?

- Anyone who works with and supports children, young people and families across Coventry and Warwickshire. This can include practitioners and those staff within leadership teams

DATE & TIME

- Monday 15th April 2024 (11:00 - 11:45)
- Monday 9th September 2024 (11:00-11:45)

Delivered virtually - via Microsoft Teams

LEARNING OBJECTIVES

- To understand what trauma is and why we need trauma informed approaches, and the benefits of this
- To revisit our understanding of trauma, and how individuals are affected by the experience of stress
- Begin to consider practical ways we can start to implement trauma informed approaches in our different contexts

**To secure your place, please email
wstraining@warwickshire.gov.uk
(include; full name, service and training)**