

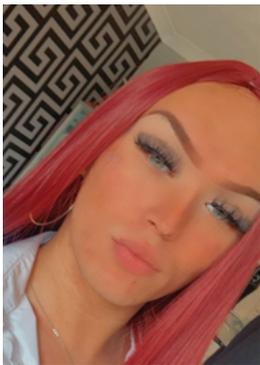


Changing childhoods.
Changing lives.

TOP TIPS FOR TRAUMA INFORMED PRACTICE

ONE DAY TRAINING FROM THE LIVED EXPERIENCE
CONSULTANCY IN BRISTOL, NORTH SOMERSET, SOUTH GLOS

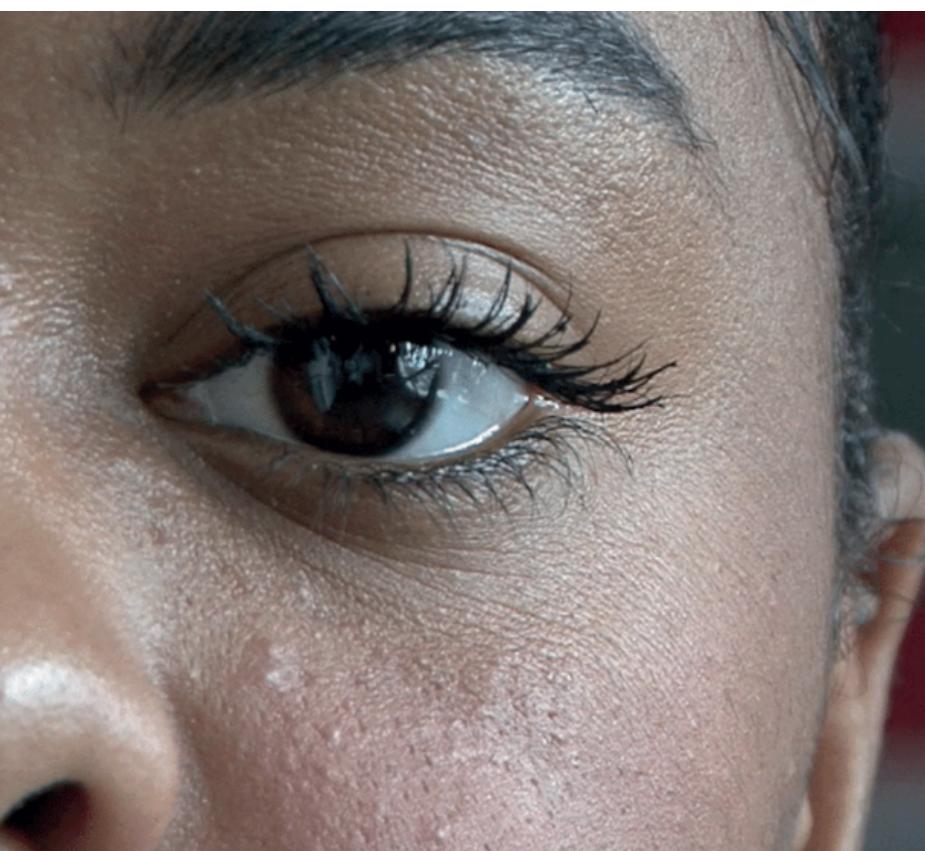
The Lived Experience Consultancy



This training has been designed by care experienced young people to provide you with;

- An insight into the impact of abuse, discrimination, poverty and homelessness on children's lives
- Inspiration to embed trauma informed practice in your organisation
- Practical TIPS on how to engage with young people and form trusting and consistent working relationships.

For more information contact hype@barnardos.org.uk or www.barnardoshype



7 steps for Trauma-Informed practice

- 1** Earn our trust, we need someone in our corner
- 2** Build peer support
- 3** Let us express ourselves through art, music, poetry and film
- 4** Let us know you're human with your own struggles
- 5** Give us as much choice and control as possible
- 6** Stop thinking 'what is wrong with you?' and start thinking 'what is strong in you?'
- 7** Understand the stigma and discrimination we face

Tips for Trauma Informed Practice

Trauma Tips training has been created by young people with up to 9 years employment with Barnardo's providing co-production and peer support.

Trauma Tips has been delivered to staff teams including the Vanguard of Integrated Care, South Glos Council, The HOPE School and Barnardos over the past three years



It's been so inspiring hearing all of the lived experiences! The presenters are all so brave to share their experiences! Thank you so much, I have taken so much from this session and how to put this into my practice and supporting others in a trauma informed way!

This was without a doubt the best trauma training, and possibly any training, I have ever had the opportunity to experience. The content was relevant, understandable and avoided academic jargon. It was real and believable, and the most authentic learning around trauma and trauma-informed practice I have seen or heard. This should be everywhere."

Really great training, very powerful being able to understand how best to work with trauma from real life experiences. The trainers were excellent, so engaging and captivating.!

Absolutely fantastic training The hosts were brilliant. Poetry fantastic. Some inspirational speakers today. Will highly recommend this raining for everyone