

NICOLA LESTER

PSYCHOLOGICAL TRAUMA CONSULTANCY

SERVICES

Psychological trauma training for individuals
and organisations





TRAINING

Focusing specifically on training for psychological trauma, Nicola has established a framework to assist organisations to achieve three respective standards of trauma informed practice in their work.

Each standard comprises of a one-day workshop which can be delivered in person or online to assist participants in achieving the bronze, silver or gold status of trauma informed practice.

With a maximum of 12 participants per workshop, a collaborative approach is used alongside a range of teaching strategies including small group discussions, scenario-based learning, role play and creativity-based techniques such as photography, art, story and film.

Upon completion of each workshop, participants will be permitted to use the respective status symbol to reflect their commitment to trauma informed practice.

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BRONZE STATUS

'TRAUMA AWARE'

This training workshop provides an introduction to trauma and the principles underpinning trauma informed practice. Organisations are supported to begin the process of implementing trauma informed approaches to their practice and to identify additional areas for development

Overview of content:

1. Introduction to trauma informed practice
2. Trauma informed approaches:
Understanding trauma
3. Trauma informed approaches:
Understanding developmental trauma
4. Recognising coping and resilience and the possibility of post-traumatic growth
5. Introduction to the SENSE model
6. Self-care and the impact of working with trauma

Upon completion of the bronze level, participants can progress to undertake the silver level training.



SILVER STATUS

'DEVELOPING TRAUMA INFORMED PRACTICE'

At the silver level, trauma informed practice is developed based on an understanding of the specific needs and context of the organisation. A collaborative approach is used, and focus is on the practical application of learning to integrate a trauma informed approach to practice.

Overview of content:

1. Integrating a trauma informed approach to practice
2. Key skills for therapeutic practice
3. Creative ways of working
4. Using the SENSE model to structure trauma informed care
5. Developing trauma informed reflective practice
6. Understanding vicarious trauma and compassion fatigue

Upon completion of the silver level, participants can progress to undertake the gold level training.



GOLD STATUS

'COMMITTED TO TRAUMA INFORMED PRACTICE'

This workshop focuses on enhancing a commitment to trauma informed practice through the process of reflection and developing strategies for self-care. Participants are supported to create and maintain a portfolio of trauma informed practice to demonstrate their learning and structure their ongoing development and to explore their contribution to establishing trauma informed organisations.

Overview of content:

1. Implementing trauma informed approaches to reflective practice: sharing learning
2. Creating a portfolio of trauma informed practice
3. Assessing practice and identifying learning for the future
4. Contributing to establishing trauma informed organisations: roles and responsibilities
5. Maintaining good practice: trauma informed approaches to self-care



PLATINUM STATUS

'A TRAUMA INFORMED ORGANISATION'

At the platinum level an initial consultancy workshop is delivered to enable organisations to become designated as 'trauma informed'. Using a series of evidence-based mapping and assessment tools, organisations are supported to review and evaluate their service delivery, organisational processes and policies to identify areas for change and development to demonstrate that they are trauma informed.

Culminating in the establishment of a trauma informed working group and strategic implementation plan, organisations will be subjected to an annual review delivered through follow-up consultancy sessions in order to maintain their platinum status. Organisations designated as trauma informed will be required to commit to ongoing assessment and review to reflect their dedication to trauma informed practice across the whole organisation.

Upon completion of the consultancy workshop, organisations may use the platinum status symbol on their letterhead, email correspondence and marketing materials to reflect their achievement as A Trauma Informed Organisation

Nicola is able to work with organisations to develop and deliver bespoke training programmes based on their individual requirements. Please contact Nicola directly if you wish to discuss this further.

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FOR MORE INFORMATION PLEASE CONTACT:

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