

# Certificate in Therapeutic Skills and Trauma Informed Care (for Community Based Workers)

**Day 1: 14 April 2027**
**Day 2: 23 April 2027**
**Day 3: 17 May 2027**
**Day 4: 26 May 2027**
**Day 5: 16 June 2027**
**Day 6: 5 July 2027**
**Day 7: 19 July 2027**
**Assessment Day 24 September + pre-assessment 10 September 1 hour**

## Vision and aims

This training course aims to support community workers in their vital work, with both cutting edge therapeutic skills and knowledge of trauma informed care.

Community enterprises are often an absolute lifeline for people, particularly for those who have known real hardship and enormous challenges in their lives. So, this training course aims to support community workers with skills and knowledge to embellish what they are already doing. This includes evidence-based interventions that promote a real sense of belonging, of feeling valued, the capacity to live life to the full with meaning and purpose.

The training covers key relational and therapeutic skills including mentalisation based interventions, active listening skills, narrative competence (being able to respond in the best way possible when someone tells you about their painful life experiences). Research shows that where community workers are trained in therapeutic skills they have achieved "*statistically significan reductions in psychological distress and clinical outcomes comparable to those reported in UK statutory mental health services*". (Duncan et al 2018)

The training also covers the theory and practice of trauma informed practice in community settings, illustrated by deeply moving case material. This includes a focus on mental health symptoms as entirely understandable responses to painful life experiences when no one has helped you process what happened. Most importantly delegates will learn about community support for recovery from trauma.

## What you will gain from attending

- Understand the psychology/neuroscience of trauma, its impact on physical and mental health and quality of life.
- Learn how to implement trauma informed care in a community.
- Understand the benefit of helping people to stand together an feel they belong to a really special group of people
- Learn the power of being in a group that makes good things happen.
- Learn to run therapeutic groups where people feel truly heard and understood in talking about their life experiences.
- Understand how to meet the key relational needs of members of a community to ensure wellbeing.
- Gain vital psychological knowledge on the alleviation of emotional pain relevant to community settings
- Develop key therapeutic skills in active listening, empathy, and narrative competence.
- Develop relational skills to empower and inspire people and support them to enrich their lives.

## The award

The course comes with an award for those who pass the assessment (evidence of trauma informed care and/or the implementation of therapeutic skills in the community) That said, the course can be attended without assessment and the award.

## Time commitment

- **7 three-hour modules (A weekday morning approx every two weeks 9.30-12.30)**
- **Work based learning (current community work and 2 webinairs)**
- **An assessment day 9.30-3.00. Presentation of your trauma informed and/or therapeutic skills work in the community**, (**Please note**: There is a compulsory pre-assesment session of 1 hour). You can do the training without the assessment.

*"All I can honestly say, is the course changed me completely... it opened my eyes to a whole new level of understanding."*
*2025 Delegate*

**References**
Duncan, C, Rayment B, Kenrick J, Cooper M (2018) *Counselling for young people and young adults in the voluntary and community sector: An overview of the demographic profile of lients and outcomes Psychology and Psychotherapy Theory Research and Practice the British Psychological society*

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# Tystysgrif mewn Sgiliau Therapiwtig a Gofal sy'n Wybodus am Drawma (ar gyfer Gweithwyr Cymunedol)

**Diwrnod 1: 14 Ebrill 2027**
**Diwrnod 2: 23 Ebrill 2027**
**Diwrnod 3: 17 Mai 2027**
**Diwrnod 4: 26 Mai 2027**
**Diwrnod 5: 16 Mehefin 2027**
**Diwrnod 6: 5 Gorffennaf 2027**
**Diwrnod 7: 19 Gorffennaf 2027**
**Diwrnod Asesiad: 24 Medi 2027 + rhag-asesiad 10 Medi 1 awr**

## Gweledigaeth a nodau

Nod y cwrs hyfforddi hwn yw cefnogi gweithwyr cymunedol yn eu gwaith hanfodol, gyda'r sgiliau therapiwtig diweddaraf a gwybodaeth am ofal sy'n wybodus am drawma.

Mae mentrau cymunedol yn aml yn achubiaeth llwyr i bobl, yn enwedig y rhai sydd wedi profi caledi gwirioneddol a heriau enfawr yn eu bywydau. Felly, nod y cwrs hyfforddi hwn yw cefnogi gweithwyr cymunedol gyda sgiliau a gwybodaeth i ychwanegu at yr hyn y maen nhw'n ei wneud eisoes. Mae hyn yn cynnwys ymyriadau sy'n seiliedig ar dystiolaeth sy'n hybu gwir ymdeimlad o berthyn, o deimlo eich bod yn cael eich gwerthfawrogi a'r gallu i fyw bywyd i'r eithaf gydag ystyr a phwrpas.

Mae'r hyfforddiant yn cwmpasu sgiliau perthynol a therapiwtig allweddol gan gynnwys ymyriadau ar sail 'meddwl am gyflyrau meddwl' (mentalisation), sgiliau gwrando gweithredol a chymhwysedd o ran creu naratif (gallu ymateb yn y ffordd orau bosibl pan fydd rhywun yn dweud wrthych am eu profiadau bywyd poenus). Mae ymchwil yn dangos, lle bo gweithwyr cymunedol wedi'u hyfforddi mewn sgiliau therapiwtig, eu bod yn cyflawni "gostyngiadau ystadegol arwyddocaol mewn trallod seicolegol a chanlyniadau clinigol sy'n debyg i'r rhai a adroddwyd yng ngwasanaethau iechyd meddwl statudol y DU". (Duncan et al 2018)

Mae'r hyfforddiant hefyd yn ymdrin â theori a gweithredu arfer sy'n wybodus am drawma mewn lleoliadau cymunedol, gaiff eu hamlygu gan ddeunydd achos hynod deimladwy. Mae hyn yn cynnwys canolbwyntio ar symptomau iechyd meddwl fel ymatebion cwbl ddealladwy i brofiadau bywyd poenus pan nad oes neb wedi eich helpu i brosesu'r hyn a ddigwyddodd. Yn bwysicaf oll, bydd aelodau'r cwrs yn dysgu am gefnogaeth gymunedol ar gyfer adferiad o drawma.

## Beth gewch chi o fynychu?

- Deall seicoleg/niwrowyddoniaeth trawma, ei effaith ar iechyd corfforol a meddyliol ac ansawdd bywyd.
- Dysgu sut i roi gofal sy'n wybodus am drawma ar waith mewn cymuned.
- Deall y budd o helpu pobl i sefyll gyda'i gilydd a theimlo eu bod yn perthyn i grŵp arbennig iawn o bobl.
- Dysgu grym bod mewn grŵp sy'n gwneud i bethau da ddigwydd.
- Dysgu rhedeg grwpiau therapiwtig lle mae pobl yn teimlo eu bod yn cael eu clywed a'u deall go iawn wrth siarad am eu profiadau bywyd.
- Deall sut i ddiwallu anghenion perthynol allweddol aelodau cymuned er mwyn sicrhau lles.
- Ennill gwybodaeth seicolegol hanfodol ar liniaru poen emosiynol sy'n berthnasol i leoliadau cymunedol.
- Datblygu sgiliau therapiwtig allweddol mewn gwrando gweithredol, empathi, a chymhwysedd o ran creu naratif.
- Datblygu sgiliau perthynol er mwyn grymuso ac ysbrydoli pobl a'u cefnogi i gyfoethogi eu bywydau.

## Y dyfarniad

Mae'r cwrs yn cynnwys dyfarniad i'r rhai sy'n llwyddo yn yr asesiad (tystiolaeth o ofal sy'n wybodus am drawma a/neu roi sgiliau therapiwtig ar waith yn y gymuned). Wedi dweud hynny, gellir mynychu'r cwrs heb asesiad a dyfarniad.

## Ymroddiad amser

- **7 modiwl tair awr (un bore'r wythnos 9.30-12.30)**
- **Dysgu sy'n seiliedig ar waith (gwaith cymunedol cyfredol a 2 weminar)**
- **Diwrnod asesu 9.30-3.00. Cyflwyno eich gwaith sgiliau sy'n wybodus am drawma a/neu waith sgiliau therapiwtig yn y gymuned**. (noder, mae'r diwrnod hwn ar gyfer y rhai sy'n dymuno mynd am y dyfarniad yn unig). Gallwch chi wneud yr hyfforddiant heb fynychu'r diwrnod hwn. .

*"Y cyfan y gallaf ei ddweud yn onest yw bod y cwrs wedi fy newid yn llwyr... agorodd fy llygaid i lefel hollol newydd o ddealltwriaeth." Cynrychiolydd 2025*


**Cyfeiriadau**

Duncan, C, Rayment B, Kenrick J, Cooper M (2018) *Counselling for young people and young adults in the voluntary and community sector: An overview of the demographic profile of clients and outcomes Psychology and Psychotherapy Theory Research and Practice the British Psychological society*


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