



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

7 three hour modules and 1 assessment day spread over 8 training days

## 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 significant 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 and 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 once every two weeks 9.30-12.30)**
- **Work based learning (current community work 2 webinars and practical homework activities)**
- **An assessment day 9.30-3.00. Presentation of your trauma informed and/or therapeutic skills work in the community.** (Please note. This day is only for those who wish to go for the award). You can do the training without attending this day.

## 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 clients and outcomes Psychology and Psychotherapy Theory Research and Practice the British Psychological society*