



WrightLink

PERFORMANCE SUPPORT,
TRAINING & RESEARCH

*Children's Services, Youth Justice,
Criminal Justice, Community Safety*

Trauma Informed Practice (TIP)

2-Day Practice Support Workshop Information

2023
(Version 1.0)

1.0 Introduction

The term 'Trauma Informed Practice' (TIP) has gained increasing momentum over the past few years. However, it remains broad in its implications and exactly what it means and how it is operationalised is likely to vary across service contexts.

TIP is in many ways synonymous with a psychologically informed strengths-based approach. It involves understanding the origin and effects of past trauma on the individual and taking this into account in the provision of care.

This involves not only an appreciation of the impact of trauma on the individual being supported, but the importance of attending to the well-being of those providing care in terms of physical, emotional, and psychological safety.

Becoming 'trauma-informed' also includes an appreciation of the way in which professionals and services can actively work to avoid contributing to any re-traumatisation through well-meaning efforts to support complex individuals and their behaviour.

Why consider TIP?

Research into Adverse Childhood Experiences (ACE's) reveals a wide variety of experiences can constitute trauma, and that the resulting effects of these continue to impact development and behaviour over time.

Consequently, our understanding of the significant role of past trauma in mental health difficulties and anti-social/offending behaviour in young people and adults is now being recognised. As a result, service providers and individual practitioners acknowledge the need to adapt approaches and practices in ways that account for the impact of past trauma on the individual.

Viewing behaviour through a trauma-informed lens also enables practitioners to more accurately understand a person's efforts to cope. It informs practice in ways that fosters connections with individuals, reduces the likelihood of unwittingly contributing to maintaining difficulties associated with past trauma and facilitates a space for positive change.

2.0 Support Package Overview

This support package has been designed to be delivered remotely via MS Teams over 2 days; this is to ensure sufficient space for the introduction of theoretical material as well as consideration of how this translates into meaningful practice through direct reflective and experiential workshop exercises.

WrightLink recognise the value of attending to the design of support packages in ways that maximise the impact on participants and increases the likelihood they will take the benefits of what they learn beyond the learning space.

Learning Objectives

- Advanced understanding of trauma, including what it is, and how it impacts young people in the short term and over time. This will include a focus on key psychological and neurodevelopmental theory.
- Greater clarity on what TIP is and why it benefits practitioners and services to understand. Includes a focus on how TIP is specifically relevant for Local Authority Services and the care of young people and their families. Addresses how practices such as case planning and casework (i.e., case formulation) can become more trauma informed, as well as understanding and working with challenges such as difficulties engaging young people where trauma may be playing a role.
- Increased understanding and confidence in working directly with individuals with a history of trauma in ways that enhance the relationship between the young person, practitioner and others involved. Key topics include safety, connection and relational work, boundaries, and fostering resilience through emotional containment. The value of collaboration, choice and empowerment in practice will be emphasised.
- Increased awareness of the potential impact of working with traumatised individuals and recognition of the crucial importance in embedding good practice for practitioner self-care into daily work.

Additional Information

- Each participant will receive a PDF (Adobe Acrobat) support pack prior to the workshop event which contains all slides presented, additional information, handouts, and exercises.
- Participants who successfully complete the full support package will be awarded a certificate of attendance and contribution, and formal confirmation of CPD hours completed (e.g., HCPC registered practitioners) if requested.
- A summary report containing anonymised and aggregated 'participant evaluation feedback' will also be provided to the commissioner following delivery.

3.0 Biography

Andi Myles-Wright *CPsychol AFBPsS*

Chartered Psychologist and Associate Fellow of the British Psychological Society

Teaching Fellow in Forensic Psychology & Criminology

Andi has specialised in the provision of performance support, training/coaching, research/audit, and reflective/clinical supervision services in children's and young people's services since 2010.

His 25-year career history spans a wide range of settings and countries, including community-based services and secure residential settings for children and young people (Secure Children's Homes, Secure Training Centres, Her Majesty's Prison Service establishments, and Family Assessment Units).

In addition, Andi has delivered forensic consultancy support services in Australia, South Africa, Malaysia, and the UK, whilst also being experienced in conducting research, publishing book chapters, writing book reviews and international journal articles, and undertaking specialist teaching roles within both Further and Higher Educational settings since 1996.

In 2021 Andi was appointed as a part-time lecturer in psychological criminology at the University of Brighton; he has also undertaken the role of part-time module coordinator, pastoral care tutor, and senior teaching fellow in forensic psychology at the University of Portsmouth since 2018.

He regularly delivers lectures and practice-focused seminars to trainee psychologists in case formulation/risk formulation, risk assessment, sexual offending behaviour, aggression and violent offending behaviour, offence paralleling behaviour, the management of aggressive prisoners, stalking, countering manipulative prisoners, consultancy and project management skills in forensic psychological practice, and occupational/post-traumatic stress within high-risk critical occupations.

Andi's key areas of interest/research include:

- Harmful sexual behaviour
- Aggression and violent behaviour
- Developmental psychopathology
- Desistance and personal change processes
- Attachment, trauma, and harm-related behaviour
- Practitioners' experiences of offender supervision
- Workforce development and organisational (systemic) change processes
- Qualitative research in forensic settings
- Whole service approaches to embedding team case formulation meetings
- Risk assessment and management strategies



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