



Becoming trauma-informed: a core value in services for women

Delivered by international expert Dr Stephanie Covington



voicing the needs
of families affected
by imprisonment

**Stirling Management Centre
24-25 March 2014**

Due to the increasing number of women in criminal justice settings, there is a growing recognition of the need for gender-responsive services. Their pathways into the system – substance misuse, violence, and poverty – provide the framework for developing effective services. Critical to the success of any intervention is an understanding of the role of trauma in women's lives. It is important for each jurisdiction to become trauma informed because of the impact of trauma on the health, mental health, and management issues of women. Staff members who become trauma-informed have a greater understanding of the behaviours often seen in reaction to authority and can develop new skills for responding to these behaviours.

This interactive two-day training presents information and exercises from two manualised curricula. *Becoming Trauma Informed* is a training curriculum specifically designed for criminal justice professionals. The topics include: the process and effects of trauma; triggers and grounding strategies; de-escalation; and vicarious trauma in the workplace. *Beyond Trauma* is an 11-session, evidence-based intervention for women who have been abused. Participants in this training learn how to use this material in their practices. Other resources for women in forensic settings are also suggested.

Objectives

Through this workshop, participants will be able to:

- Understand the dynamics and process of trauma
- Delineate gender differences in trauma and abuse
- Differentiate trauma, abuse, and PTSD
- Anticipate psychological and behavioural responses/reactions to trauma
- Develop skills for working with trauma survivors
- Facilitate *Beyond Trauma: A Healing Journey for Women*
- Self-assess their agency/services

How to attend the training course

Step 1: Please complete the [booking form](#)

Step 2: Please also complete the short [application form](#). The purpose of this application form is:

- to gather background information to give to Stephanie in advance of the workshop, and
- to ensure that the right people are attending, as spaces are limited; priority will go to delegates best placed to roll out the learning from the workshops.

Return both forms to SPSCollegeBusinessSupport@sps.pnn.gov.uk

Step 1: Please complete the booking form

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Booking Form

Full name	
Job Title	
Organisation	
Address	
Postcode	
Telephone	
Email	
Any special requirements (mobility, hearing, vision, access, diet)	
Signature	
Date	

Attendance at the 2-day workshop costs £60 per person.

An invoice will be sent to the e-mail address provided above unless otherwise instructed.

Accommodation is available at the venue on a first come, first served basis for an additional £70 per night B&B. Please contact the Stirling Management Centre directly on 01786 466170 if you need to book accommodation using reference number 100750.

☐ IMPORTANT: I have read and agree to the terms and conditions below.

TERMS & CONDITIONS

Cancellations received in writing up to 10 days prior to the date of the event will be refunded, less an administrative charge of 25%. We regret that no refunds can be made after that date.

Please notify the organisers in advance if any substitute delegates need to attend in the place of a colleague registered for the event. Dr Covington organises the placement of delegates in the workshop in advance, so we would be grateful to know of any changes as soon as possible.

Each delegate should plan to attend the workshop for the two full days in order to get the most out of their participation. Attendance at a follow-up event for planned roll-out of the learning is also recommended and will be discussed during the course of the workshop.

Step 2: Please also complete the short application form.

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Application Form

The purpose of this application form is:

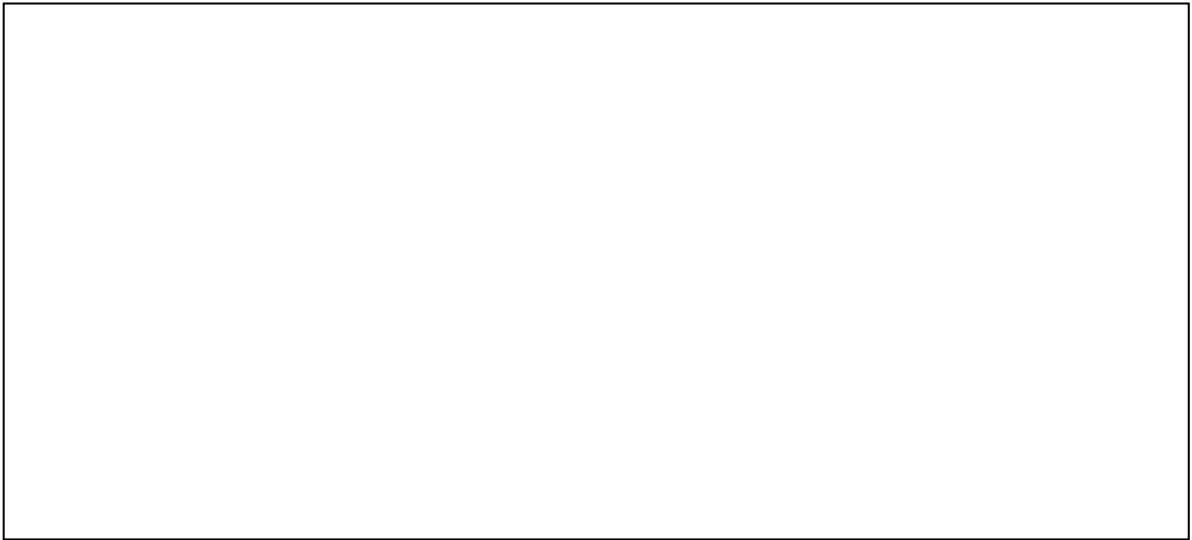
- to gather background information to give to Dr Covington in advance of the workshop, and
- to ensure that the right people are attending, as spaces are limited; priority will go to delegates best placed to roll out the learning from the workshops.

Your organisation may already be using trauma-informed approaches, or perhaps it is something that you have heard mentioned and are keen to understand more about it and how you could apply it within your own organisation. It doesn't matter where your organisation is on this spectrum; this workshop is for you.

1. Briefly, please tell us about your experience or interest in use trauma informed approaches.

2. What role do you have within your organisation?

3. How do you think you will be able to embed the learning within your organisation? There will be a session on this at the workshop to help you think this through.



Please return the completed booking form and application form to:

SPSCollegeBusinessSupport@sps.pnn.gov.uk

by 14 February 2014

If you have any queries, please contact

Janet.Clark@sps.pnn.gov.uk or **Nancy.Loucks@familiesoutside.org.uk**

This workshop has been made possible through funding by Lady Edwina Grosvenor, the Bromley Trust and LankellyChase Foundation supported by the Women@Risk Coalition:

Women@Risk

Lady Edwina Grosvenor *Prison Philanthropist*



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DAY ONE

9.00 – 9.30	Participant Registration
9.30 – 10.45	Welcome and Introductions Levels of Violence Women in the Criminal Justice System Definition of Trauma Gender Differences Becoming Gender Responsive Trauma-Informed Services
10.45 – 11.00	Break
11.00 – 12.30	Process of Trauma ACE Study Effects of Trauma Becoming Trauma Informed
12.30 – 13.30	Lunch
13.30 – 14.45	Agency Self-Assessment for Trauma-Informed Services Non-Verbal Communication Triggers Self-Harm
14.45 – 15.00	Break
15.00 – 16.15	Trauma-informed Environment Video Clips Grounding and Self-Soothing Vicarious Trauma Self-Care Work Environment
16.15 – 16.30	Closing

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DAY TWO

9.00 – 9.30	Coffee and Conversation
9.30 – 10.45	Welcome Debrief Day One Exercise Q & A Trauma-Specific Interventions for Women <i>Healing Trauma</i> – 5 sessions <i>Beyond Trauma</i> – 11 sessions Module A: Violence, Abuse and Trauma Session 1: Connections between Violence, Abuse & Trauma
10.45 – 11.00	Break
11.00 – 12.15	<i>Beyond Trauma: A Healing Journey for Women</i> Module A: Violence, Abuse and Trauma (cont.) Session 2: Power and Abuse Module B: The Impact of Trauma on Women's Lives Session 3: Reactions to Trauma Session 4: How Trauma Impacts Our Lives Module C: Healing from Trauma Session 5: The Addiction-Trauma Connection
12.15 – 13.15	Lunch
13.15 – 14.30	<i>Beyond Trauma: A Healing Journey for Women</i> Module C: Healing from Trauma (cont.) Session 6: Grounding and Self-Soothing Session 7: Abuse and the Family Session 8: Mind and Body Connection Session 9: The World of Feelings
14.30 – 14.45	Break
14.45 – 16.00	<i>Beyond Trauma: A Healing Journey for Women</i> Module C: Healing from Trauma (cont.) Session 10: Healthy Relationships: Wheel of Love Session 11: Endings & Beginnings
16.00 – 16.30	Additional Resources ORID Guided Discussion Closing