

Guidance For Professionals

How to use this website to support your work with traumatised people

This guide is for all professionals who work with traumatised children, young people, and adults. This may be used for you to support yourself as a professional, or, as a manager, to enable support for your staff in understanding what is trauma, leading to recommendations in providing differing ways to overcome the emotional, behavioural, and psychological effects of trauma.

With support, people will recover from their experience of trauma within a few weeks or a few months, for some, their symptoms will continue for a longer period and will therefore require your continued support to promote their healing process.

The most important source of support and healing is for people to experience feeling **safe, cared for, believed, and truly accepted** in how they are feeling and responding from their trauma.

There are pages on this site which provide information for you as a professional from 'what is trauma' with additional pages directed at specific demographics and topics. These short explanations will direct you to the pages which best apply to your enquiry.

Understanding Trauma:

This page explains what trauma is? the differing types of trauma as well as the impact of trauma.

Supporting Professionals:

When professionals work with traumatised people, they can then be affected by this experience. This page explains secondary exposure to trauma and aspects of self-care.

Covid-19:

This page explains how the impact of covid-19 may have impacted on you personally, but also those you work with. Issues such as 'Lockdown Fatigue', 'Brain fog', 'Coronaphobia' which can all lead to trauma and post-traumatic stress disorder.

Education:

For any person working with an educational setting, this page is to support in how you can support children and young people who have been traumatised and how the impact of this experience, emerges within those settings as well as interventions you can continue to support them with their trauma as well as their progression academically.

Bullying:

This page explores the links with bullying and trauma.

Trauma in Children and Young People:

Understanding interventions which can be used by children and young people will enhance your ability in supporting them. You will be better informed on how they understand their trauma as well as the interventions they have adopted to be able to self-regulate.

Children and Young People in Care:

Trauma is sustained within the birth home, then exposed to further life changing events such as foster care moves, more trauma is experienced. This page explores the potential triggers for trauma exposure.

Trauma in Adults:

For those working within the adult demographic, it is helpful to understand the interventions they have adopted to be able to self-regulate.

What is Counselling:

For those you are supporting whose symptoms persist, it is recommended that counselling is used to support them in processing and thus developing towards post traumatic growth.

For children and young people, referrals can be processed by their GP, directly to a youth counselling service, or privately.

For adults, referrals can be processed by their GP, adult charity services, or privately.

This page provides links to services.

Please navigate your way around the Tackling Trauma platform, we hope you find it informative and helpful.