

Developing your Trauma Based Skills - training Onboarding Document



**DUNDEE VOLUNTEER
& VOLUNTARY ACTION**

Charity Number SC00487
Company SC093088

This is online training, so you will need to create an account as the modules do not show in the link until you have logged in.

These learning resources from the National Trauma Training Program are designed to increase your understanding of what psychological trauma is, how it can affect the people you work with, and how people can be supported to recover.

[Developing Your Trauma Skilled Practice e-learning \(3 modules\)](#)

Once registered you can access the modules here:

<https://learn.nes.nhs.scot/37899>

The module descriptions are below, and we think modules 1 and 2 are great resources to complete. Should you wish to learn from Module 3 this is an advanced module as it discusses recovery interventions. This is for information and knowledge purposes and there is no requirement for you to diagnose or signpost people to services. Should you be aware of these issues please inform your coordinator.

Once completed the assessment, you can take a picture or screenshot and send to coordinator. The feedback on these modules have been very positive and they will support volunteers ongoing learning and knowledge.



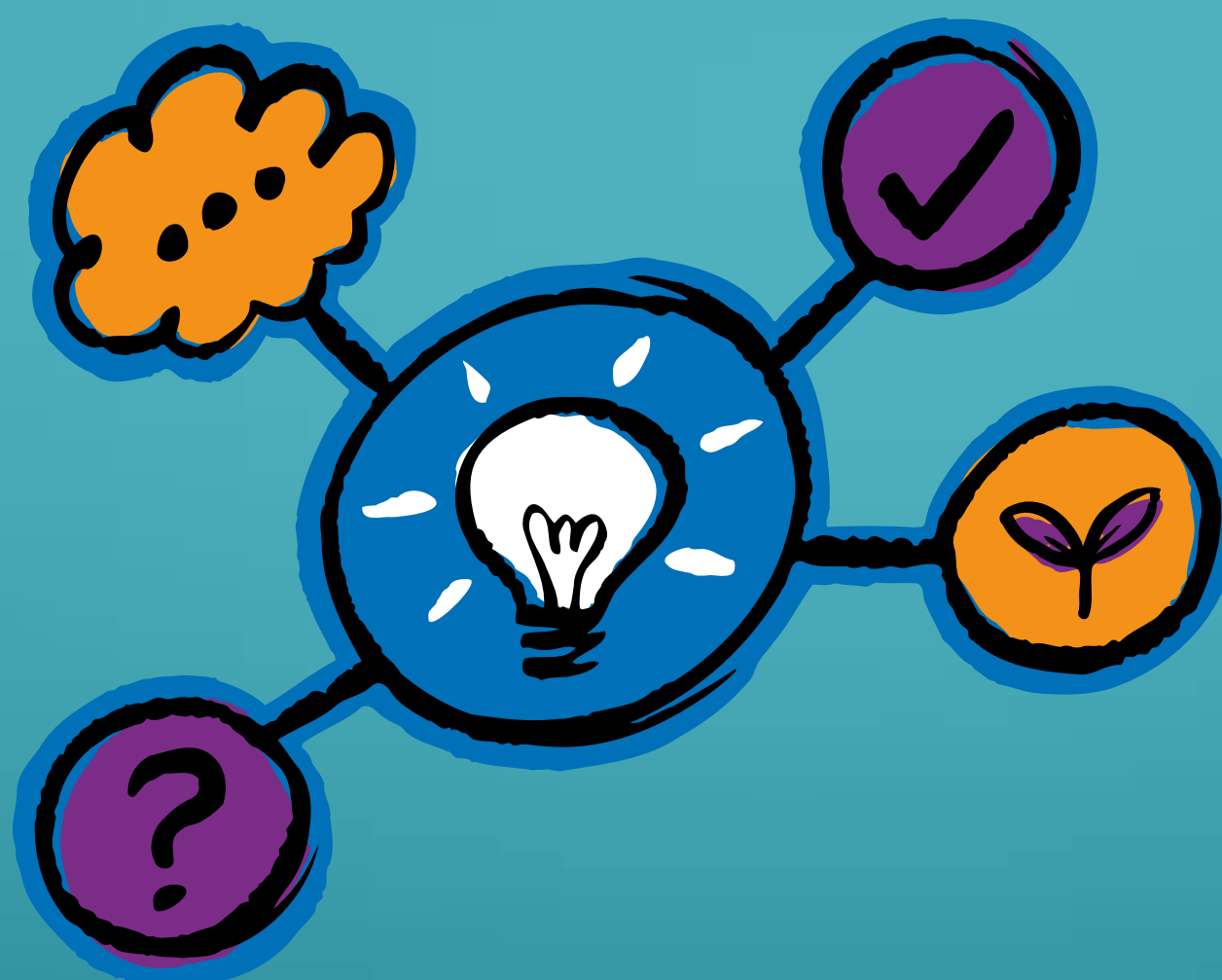
Module 1

Link –

Developing your trauma skilled practice 1 : understanding the impact of trauma and responding in a trauma-informed way

This is the foundational module for a set of Learning Outcomes:

1. To understand the prevalence of traumatic events
2. To identify the factors that can influence how we respond to and are affected by traumatic events in order to survive
3. To recognise how trauma and adversity may be affecting the people you are working with
4. To understand how to develop trauma informed relationships that incorporate trust, safety, choice and collaboration, and control and empowerment
5. To understand the importance of self-care in this line of work.



Module 2

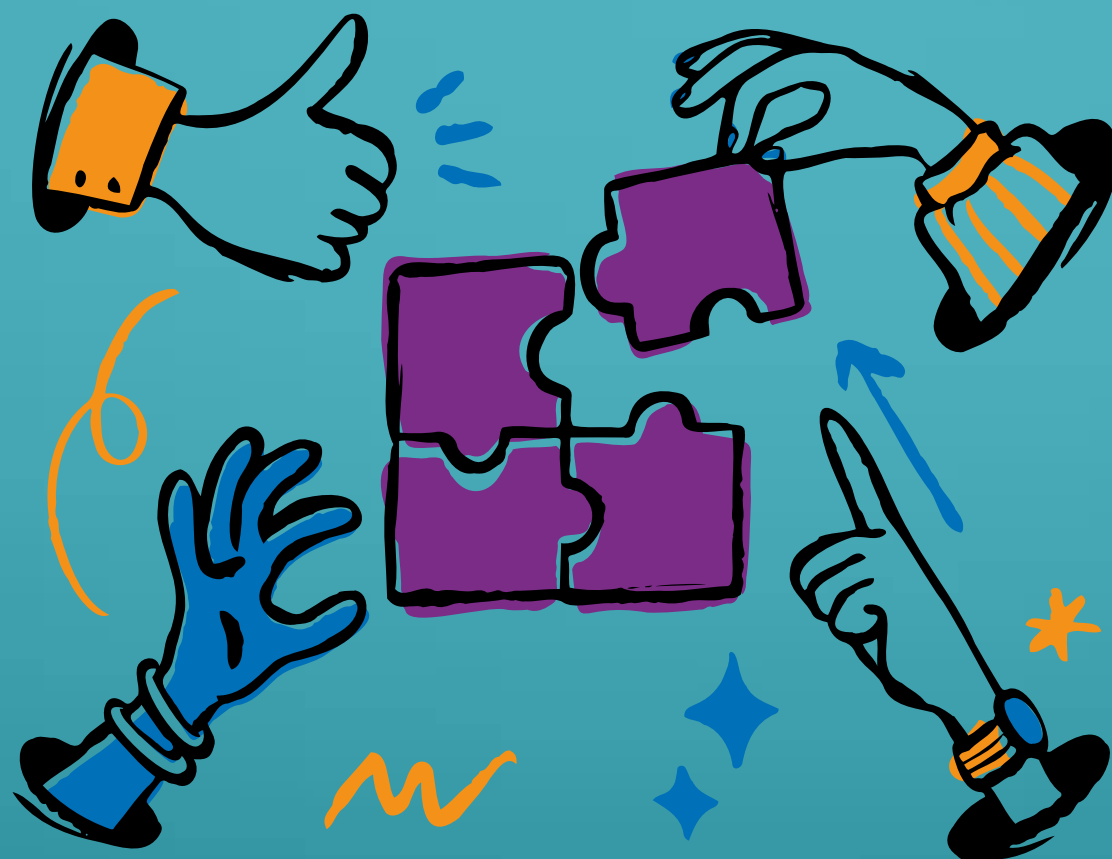
Link -

[Developing your trauma skilled practice 2 : trauma in children and young people](#)

This supplementary module is part of the Developing your Trauma Skilled Practice eLearning program and is designed for anyone working with children and young people who may have been affected by traumatic events.

Learning Outcomes:

1. To recognise the impact of trauma on children and young people
2. To understand how children and young people recover from trauma
3. To learn how to meet the needs of children and young people who have experienced trauma.



Module 3

Link -

[Developing your trauma skilled practice 3 : understanding the impact on mental health and evidence-based pathways to recovery](#)

This supplementary module is part of the Developing your Trauma Skilled Practice eLearning program and is designed for anyone working with people who may have contact with people who may have been affected by traumatic events.

Learning Outcomes:

1. To identify the range of natural reactions to traumatic events
2. To identify the symptoms of PTSD and Complex PTSD
3. To recognise when a person may benefit from a trauma specialist intervention and know how to facilitate access to intervention(s).

The feedback on these modules has been very positive and will support your ongoing learning and knowledge.

