

THE TRAUMA PROCESSING PROGRAMME



Module 1 - Insight:

Description:

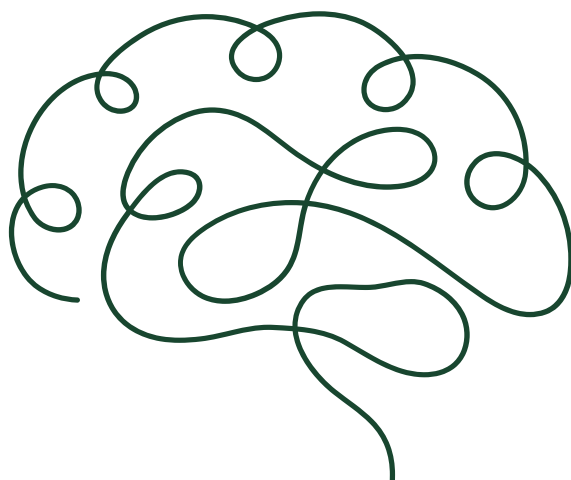
Responding to trauma and processing trauma are two different processes that elicit different needs and translate in different behaviours. In this first module, we will ensure adults are able to identify, understand both trauma response and trauma processing. This module helps us understand the latest research on sources of trauma, trauma response and the ability to facilitate trauma processing in children and young people.

Duration: 6 weeks

Outcomes: Settings will be safer, more inclusive and more supporting of children and young people that have experienced or are trying to process trauma.

Settings will:

- Understand that sources of trauma have evolved in the last decade making a trauma aware approach important to all settings.
- Be able to identify trauma experience and trauma processing in children and young people
- Evaluate need of all trauma experienced children and young people effectively



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Module 2 - Culture:

Description:

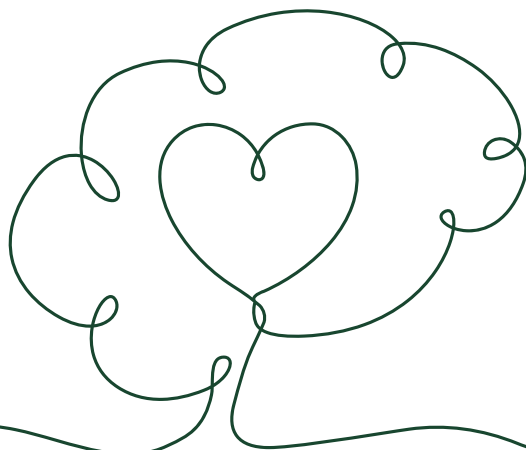
Our culture plays an important role in soothing and processing trauma. In making children and young people feel safe, valued and worthy, we will be able to support more children and young people towards trauma recovery rather than leaving them stuck in trauma response.

Duration: 6 weeks

Outcomes: Adults will contribute to a culture that ensures all children (whether obviously trauma experienced or not) are able to access trauma processing and recovery.

Settings will:

- Understand and share the connections that exist between media consumption and trauma experience
- Adjust our day to day language to ensure it is supportive of trauma recovery
- Offer responses to difficult behaviours or complicated disclosures that don't elicit shame and limit recovery
- Engage families and their wider community in a way that normalises trauma processing and supports trauma recovery



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Module 3 - Prevention:

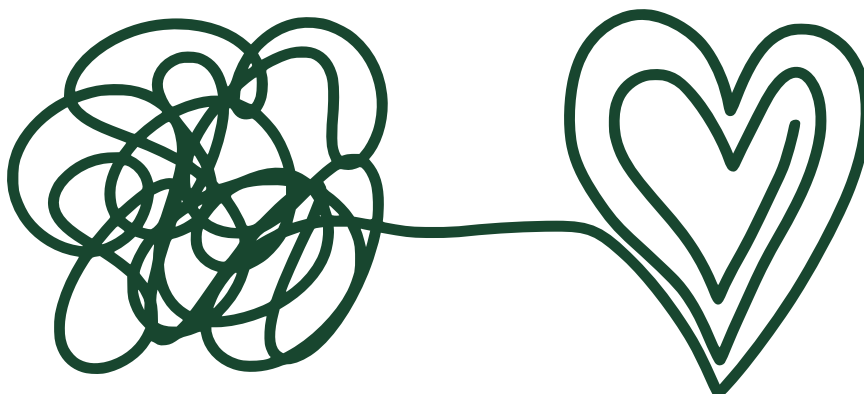
Description: The way we consume news on social media contributes significantly to the number of children and young people that are trauma experienced. This module allows us to evolve the way children and young people consume and process social media so that they are less likely to experience trauma as a result.

Duration: 6 weeks

Outcomes: Settings will be able to develop protective factors in children and young people so that they can more safely use social media to consume news and other information.

Settings will:

- Communicate the risks associated with consuming news via social media
- Develop strategies that protect onset and support children and young people with real time recovery from media based trauma experience
- Facilitate and encourage safe social media use in children and young people and the wider school community



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Module 4 - Mobilise:

Description: When we experience trauma, we experience a trauma response. We will then begin to process our trauma and as long as that process is completed, will reach trauma recovery. This module helps adults identify and support children and young people that are stuck in trauma response and unable to facilitate trauma processing and access trauma recovery.

Duration: 12 weeks

Outcomes: This module will help adults mobilise children and young people that are stuck in trauma response. They will be able to make recovery accessible and ensure children and young people have the skills and resources they need to follow the natural process of recovery.

Settings will:

- Provide directed support to children and young people to ensure they develop the skills for processing trauma
- Recognise children and young people that are stuck in trauma response
- Support children and young people who are processing trauma to identify, understand and manage the normal psychological responses to trauma safely
- Develop responses to behaviours that don't limit or otherwise suspend trauma processing in children and young people



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Module 5 - Facilitate:

Description: This final module will give schools the opportunity to become a place of learning and understanding for individuals that have experienced trauma and play a positive role in raising the awareness of processing trauma and the possibility of trauma recovery.

Duration: 6 weeks

Outcomes: Improve the understanding of trauma response, processing and recovery amongst community stakeholders to positively impact the prevalence of trauma recovery now and in the future.

Settings will:

- Develop strategies that share and engage stakeholders in your understanding of trauma experience and recovery
- Support staff with the planning and management of conversations about safeguarding needs, critical incidents, trauma experience and recovery.
- Support families and other adults within your wider community to develop and use responses, skills and resources that facilitate trauma recovery in children and young people.

