



Training Brochure **Embedding a Trauma** **Informed Approach**

– Understanding Adversity & Trauma,
Resilience & Recovery



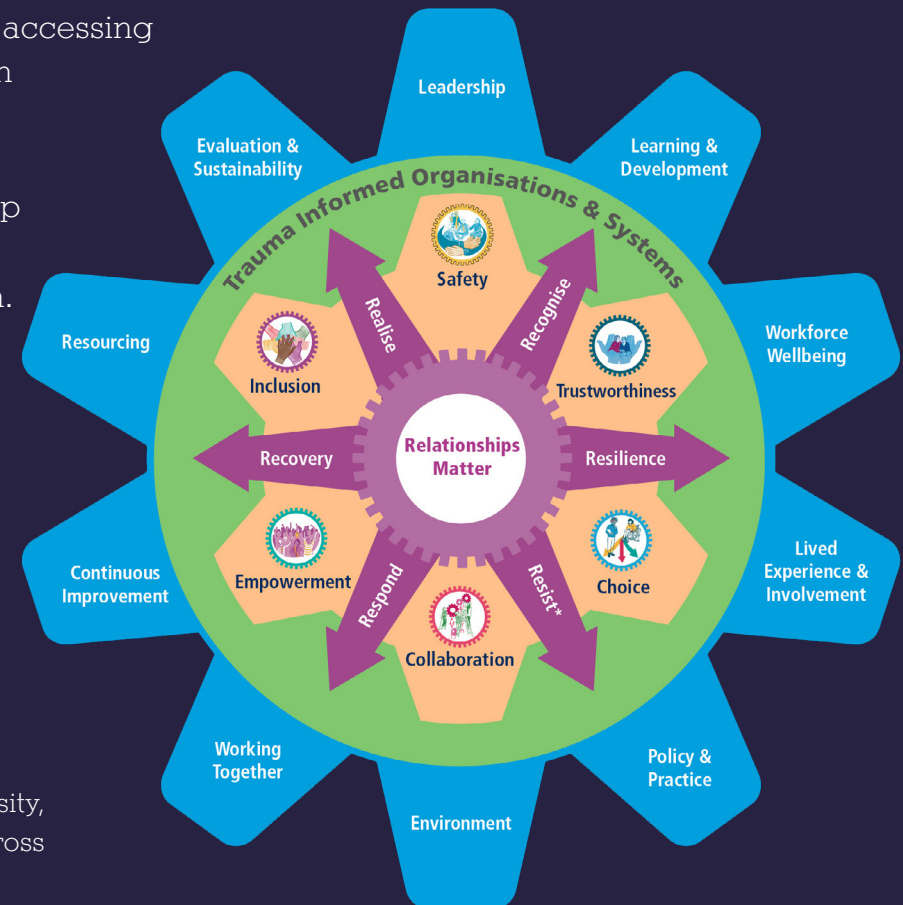
Introduction

The SBNI member and partner agencies acknowledge that implementing a trauma informed approach will significantly improve the outcomes of those accessing and delivering services. An integrated approach can only happen in the context of trauma informed and trauma responsive practices, environments, policies, systems and organisations. Considering adversity and trauma in the workplace and in organisations, can help in understanding our own responses and needs and also in our thinking about the responses and needs of the people we work with. Adopting a trauma informed approach has universal benefit.

The SBNI continues to work to help its member agencies and partners to:

- ✓ increase awareness of adverse childhood experiences
- ✓ be aware of the impact of adversity and trauma on development across the lifespan
- ✓ be able to identify what supports resilience and recovery
- ✓ embed a trauma informed approach across their work.

This brochure outlines a selection of training modules on understanding adversity, trauma, resilience and recovery, currently available to support practitioners across Northern Ireland.



Trauma Training Levels

Workforces will have different levels of training need. The terms below provide a guide. Policy developers and those in leadership roles may require tailored training.

Trauma & Adversity Aware Level 1

All members of the workforce (including volunteers) in any organisation that provides a service to people.

Trauma Skilled Level 2

Individuals who come in contact with people who may have been affected by trauma and who have a duty to respond in some way.

Trauma Enhanced Level 3

Staff who have a specific remit to respond by providing support, advocacy or specific psychological interventions, and/or staff with responsibility for directly managing care and/or services for those affected by trauma.

Trauma Specialist Level 4

Knowledge & skills for staff who have a specialist role in directly providing evidence-based psychological interventions or therapies, offering consultation to inform care and treatment and/or managing/leading trauma-specific services and/or co-ordinating multi-agency service-level responses to trauma.

SBNI Trauma Awareness Training

Online training modules

NB: The online modules serve as introductions to the full modules. They may be sufficient for some of the workforce. They are not a substitute for facilitated training. Duration: 40 mins

HSC Staff access via: [LearnHSCNI | Dashboard](#) search Adversity, Trauma and Resilience.

Other sectors free access via [SBNI Website: Adversity, Trauma and Resilience training modules](#)

An Education sector specific Level 1 course can be accessed via the Education Authority 'Supporting Learning' website.

Facilitated Training

The SBNI has trained trainers in a range of sectors to deliver the facilitated Module One: Adversity Trauma and Resilience Awareness and Module 2: Developing a Trauma Informed Approach in Practice. These awareness raising modules incorporate and build on the content of the online modules, with more detailed information and by allowing for discussion, questions and exercises for more in-depth knowledge exchange. They are recommended for workforces in services with children, adults and communities who may have experienced adversity or trauma and serve as a foundation upon which to build specific and/or professional skills, leadership skills, policy writing and commissioning skills.

Duration: 3 hours each module

**Adversity, Trauma
and Resilience**

Module One Overview

**Adversity, Trauma
and Resilience**

Module Two Overview



Solihull Approach CPD – Free online courses for professionals

The following online courses enhance understanding of a trauma informed approach, building on the SBNI modules. Each takes approximately 4 hours to complete. They can be completed in short units.

Understanding trauma



This includes: The window of tolerance, stages of going through a traumatic experience, recognising trauma, recovery from trauma, community trauma and organisational trauma

Understanding brain development



Brain development from antenatal to adolescence and its significance for mental health and emotional wellbeing in children and teenagers.

Understanding attachment



Supporting healthy attachment and the value of containment and reciprocity for the quality of attachment.

Step 1

Go to solihullapproachparenting.com/northern-ireland/ and select 'Register'

***Please note you must be registered before 31 October 2025 to enable ongoing access these modules**

Step 2

Once signed in to your professional account, enter and verify access code: **BETHECHANGENI**

Step 3

To return to a course, go to solihullapproachparenting.com/northern-ireland/ and click on 'Sign in'



Understanding your own trauma

For people who want to understand more about their own trauma or to support others in managing trauma. It includes modules on recognising trauma, trauma memories, processing trauma and recovery from trauma. Available for free via the PHA to residents of Northern Ireland.

Step 1

Go to solihullapproachparenting.com/northern-ireland/ and select 'Register'

Step 2

Once signed in to your professional account, enter and verify access code: **NIFAMILIES**

Step 3

To return to a course, go to solihullapproachparenting.com/northern-ireland/ and click on 'Sign in'

Solihull Approach: First responders and frontline health & social care services

Understanding your wellbeing in high pressure environments



What does it include?

1. Trauma and wellbeing
2. Going through a traumatic experience
3. Trauma memories
4. Recognising trauma
5. Our feelings
6. Containment
7. Communicating feelings
8. Anxiety and depression
9. Processing trauma
10. Recovering from trauma
11. Trauma in the general population
12. Organisational trauma

Step 1

Go to solihullapproachparenting.com/northern-ireland/ and select 'Register'

***Please note you must be registered before 31 October 2025 to enable ongoing access these modules**

Step 2

Once signed in to your professional account, enter and verify access code:
BETHECHANGENI_HPE

Step 3

To return to a course, go to solihullapproachparenting.com/northern-ireland/ and click on 'Sign in'

Additional Training

Training

How to access

Regional
Trauma
Network



Regional Trauma Network

Lunch 'n' Learn sessions available on YouTube on a wide range of topics. There are also links to a six part series on the 10 focus areas of the SBNI Trauma Informed Organisational toolkit

RTN Lunch 'n' Learn sessions

<https://www.youtube.com/playlist?list=PLLNmXzyKl-zz4KIEf08yE0bXeJmPDlsZG>



Trauma Informed Organisational Toolkit

https://www.youtube.com/playlist?list=PLLNmXzyKl-zzRRGK4KHxEYUQ3rIP_4bs



Solihull Approach

Courses for parents of children and teenagers funded by the Public Health Agency



Online Learning (heiapply.com)

Access code is NIBABIES or NIFamilies

Step 1

Go to solihullapproachparenting.com/northern-ireland/ and select 'Register'

Step 2

Once signed in to your professional account, enter and verify access code: NIBABIES or NIFamilies

Step 3

To return to a course, go to solihullapproachparenting.com/northern-ireland/ and click on 'Sign in'

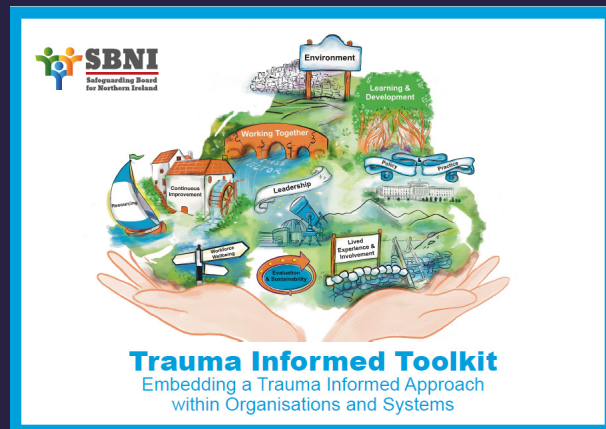
Open College Network Level 3

Understanding Adverse Childhood Experiences

The SBNI TIP modules have been developed as an **Open College Network** course by Southern Regional Further Education College.

UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES Level 3 Award | Southern Regional College (src.ac.uk)

Resources



Trauma Informed Toolkit

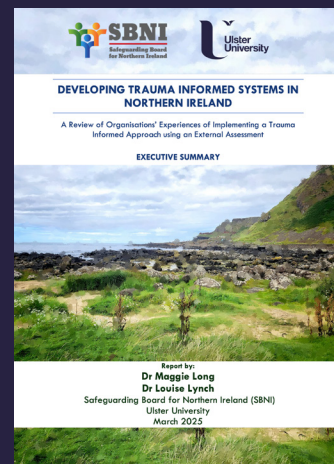
This is an online interactive resource which includes evidence and examples of implementation in practice across Northern Ireland as well as cross sector resources and research links. It also has a downloadable organisational checklist. The organisational checklist is a practical resource that can be used to provide either a baseline measure or review of your organisation's progress.

HSC Leadership Centre
12 Hampton Manor Drive
Belfast
BT7 3EN

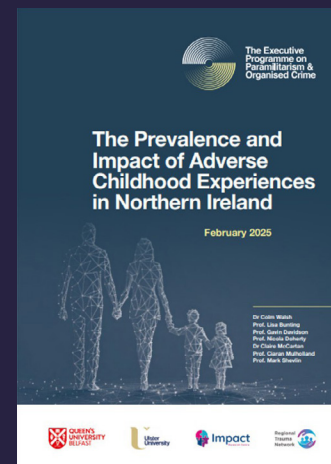
T: 028 9536 1810
E: SBNI.info@hscni.net

Additional information can be found on the SBNI website: Trauma Informed Approaches

www.safeguardingni.org



<https://www.safeguardingni.org/resources/developing-trauma-informed-systems-northern-ireland-executive-summary>



<https://www.safeguardingni.org/resources/prevalence-and-impact-adverse-childhood-experiences-northern-ireland>



<https://www.safeguardingni.org/resources/full-report-we-are-journey-implementing-trauma-informed-approaches-northern-ireland>



<https://www.safeguardingni.org/resources/executive-summary-we-are-journey-implementing-trauma-informed-approaches-northern-ireland>