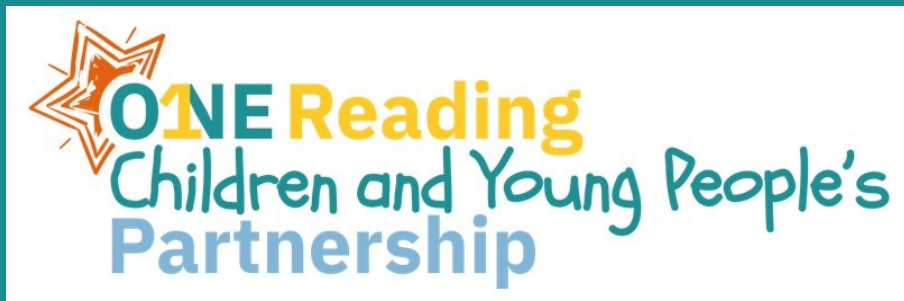




Partnership Trauma Informed Training

This document is aimed at anyone from the One Reading Partnership who would like to access any of the levels of Trauma training. To help us to introduce the concept and ideas behind being 'Trauma Informed' NHS Education for Scotland have generously agreed to let us share their recourses with you.

You will be able to access both the Trauma Informed (Level 1) and Trauma Skilled (Level 2) training.



If you need help with any part of the training,
please contact [One Reading](#).

Completing the Trauma Informed Level Only (Level 1)

The Trauma Informed level (Level 1) training is a starting point for all partners. This session involves watching 2 videos which are 20 minutes. If you need to complete the Informed & Skilled training, go straight to page 3 of this document instead.

These videos cover trauma events like childhood sexual abuse and domestic abuse, so it is important to look after yourself as you watch them.

Video 1 – Opening Doors

This animated video explains why and how trauma is everyone's business. It is designed to support anyone to become trauma informed no matter what their job or role is.



Video 2 – Sowing Seeds

This is for anyone that works with children and young people to understand the impact of trauma and to know how to adapt the way that they work to make a positive difference to the lives of children and young people affected by trauma.



Once you have watched these 2 videos you have completed the Informed level (Level 1) of the trauma training.

Completing both the Trauma Informed & Skilled Levels (Level 1 & 2)

This section allows you to access both the Informed & Skilled Levels (Levels 1 & 2) through the same training. Completing this training will mean you have completed by Level 1 & 2. The Trauma Skilled level training is available to all on the NHS Education for Scotland website.

Please note it is important to take time with these trainings but recommend you leave half a day to complete it. We know that for knowledge to become relevant and shareable we often have to apply to our life experiences and situations we have personal experience of so that we may best understand and sense make. We also know that we, as a partnership, have trauma survivors who chose our roles as their careers. Be gentle, kind and compassionate, notice any responses you may have, pause and restart as many times as works for you. There is no rush.

Step 1 – Set up an account

Before you begin the training, you will need to set up an account. To do this [click here](#) on this link and fill in all the details. *Please note under 'Sectors' you will need to state you are 'International' in order to access the training.*

Step 2 – Completing the training

Once you have set up an account [click here](#) and log into your account. Scroll down to the bottom of the page and click 'Launch'. You will only need to complete *module 1* to complete the Trauma Skilled (Level 2) training although are welcome to continue through to module 2 and 3.

Step 3 – Accessing your certificate

Once you have completed the training you will be asked to close the window and go back to you 'Turas Learn' account. To download your certificate, go to 'My Learn' then 'Learning History' where you will be able to download your certificate if you have successfully passed the assessment at the end of the module.