

one small thing

Training

www.onesmallthing.org.uk

@OSTCharity

Charity Number 1180782

Training

One Small Thing is striving for change in the justice system and wider community, to shift the question away from ‘what’s wrong with them?’, towards ‘what happened to them?’. We aim to change people’s lives for the better, one small thing at a time.

The links between violence and trauma to other major life challenges such as social and educational exclusion, substance misuse, homelessness, unemployment, mental health problems and crime, are well evidenced. Services that are gender responsive and trauma informed are more effective in helping people and safer for service users and staff.

One Small Thing has been working with staff in prisons across the country and is now able to offer our training more widely to a range of organisations. Our offer includes:

- training for front line staff to understand trauma and its impact on both a systemic and an individual level;
- training and support for staff and senior leaders to make the culture and organisational changes necessary to become trauma responsive and to promote healing.

Training Courses Available

One Small Thing offers training courses which have been developed by leading US expert Stephanie Covington. Dr Covington has written curricula to assist professionals in becoming trauma-informed with three primary objectives:

- to help staff to help staff better understand the effects of violence, abuse, and trauma on men and women;
- to provide opportunities for skill enhancement; and;
- to give staff the opportunity to reflect and learn more about themselves.

Becoming Trauma Informed (BTI) Awareness Training

We train staff in organisations to develop understanding of the dynamics and process of trauma to inform practice and system change.

Becoming Trauma Informed (BTI) Training for Trainers

We train facilitators to cascade the training across the organisation and initiate a process of becoming trauma informed.

Trauma Interventions Training

We train staff to develop gender responsive and facilitated interventions for service users. We will train your staff to develop this work within your organisation.

We can also offer trauma informed taster sessions to organisations not ready to develop the full BTI programme.

Becoming Trauma Informed: awareness training and training for trainers

This is the foundation of the training programme that we offer with the aim of developing trauma informed organisations and services that:

- Incorporate knowledge about trauma in all aspects of their work;
- Are welcoming and engaging for survivors
- Do not retraumatize or revictimise
- Facilitate healing, recovery and empowerment
- Emphasise collaboration
- Recognise the impact of trauma on staff

The training programme is consistent with the Care Quality Commission Ten Standards for Enabling Environments.

Outcomes:	<ul style="list-style-type: none">• Organisations and facilities become safer• Services become more effective• Stress in the workplace is reduced
Learning goals:	<ul style="list-style-type: none">• Understand the dynamics and process of trauma• Delineate gender differences in trauma and abuse• Demonstrate grounding strategies• Anticipate psychological and behavioral responses & reactions to trauma• Develop skills for working with trauma survivors• Understand the concept and impact of vicarious trauma• Understand the five core values and elements of a trauma-informed and gender responsive culture
Elements:	<ul style="list-style-type: none">• One day awareness training for staff• One day training for trainers and all training materials required to support the cascade of training within the organisation

Trauma Interventions Training

We offer training and all support materials required for organisations to run two peer led trauma interventions with service users to aid recovery from the effects of trauma on their lives. These 6 sessions interventions are gender specific, with one for work with women and one for work with men.

The one day training session also equips staff with the skills and materials required to support the development of service users as programme facilitators who then run the trauma intervention as a peer led programme.

- OST delivers 1 training day for staff and materials
- Organisation provides a safe space for the intervention to take place and support for staff and service users
- Staff or service users deliver the intervention involving service users groups in six 90 minute sessions over 6 weeks
- OST provide certificates for those who successfully complete the course
- Staff gather feedback from service users and offer follow up support

Healing Trauma: A Brief Intervention for Women

Healing Trauma is a strengths-based groupwork intervention and focuses on the kinds of trauma that women are most at risk of experiencing: childhood abuse, rape and sexual violence, domestic abuse and other forms of interpersonal violence. It can also be adapted for use with individuals and the coping skills that are explored can also be useful for other types of traumatic events.

Healing Trauma is based on theory, research, and clinical experience. It can be used in any setting—community, outpatient, residential, therapeutic, criminal justice, and private practice. It incorporates an understanding of the realities of women's and girls' lives and that addresses and responds to their challenges and strengths. It is designed to help women begin to recover from the effects of trauma, to build resilience and develop healthy relationships.

Exploring Trauma: A Brief Intervention for Men

Exploring Trauma is a groupwork intervention consisting of six sessions, focusing specifically on trauma issues for men and with a focus on relationships. It can be adapted for use with individuals, and reflects an understanding of men's socialisation and the realities of their lives.

This intervention is designed to help men begin to recover and to help them find ways to grow, to build resilience, to experience life more fully, and to engage in deeper, more meaningful relationships. The coping skills this curriculum presents can be useful in dealing with a variety of traumatic events, but it primarily focuses on dealing with traumatic relational events.

For more information and to discuss your training needs, contact:

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