



Keeping Trauma in Mind

Keeping Trauma in Mind is a professional learning programme offered from Education Scotland to support education practitioners with their knowledge, understanding and skills required to support children and young people or colleagues who may be impacted by trauma.

The sessions can be adapted to ensure a bespoke offer to best meet a school community, local authority or regional needs.

Session 1 : Trauma : prevalence, impact & signs (1.5 – 2 hours)

This session explores the different types of trauma, how to recognise the signs in children and young people. It outlines how experiences can impact on brain development and the stress response system. The session will encourage practitioners to respond to the hidden need rather than the behaviour.

Session 2 : Responding to trauma (1.5 – 2 hours)

This session deepens understanding of trauma and explores trauma outlining trauma informed approaches in educational practice and when practitioners should consider specialist supports. It explores the importance of social and emotional skills development.

Session 3 : Self regulation (1.5 – 2 hours)

This session will develop practitioner knowledge and understanding of self regulation. It outlines the importance of self regulation and co-regulation in trauma informed practice. It will explore how trauma can impact on development and provide practical educational approaches to supporting self regulation development.

Session 4 : Traumatic bereavement (1.5 – 2 hours)

Session 4 explores what is meant by traumatic grief and the role education practitioners have in supporting children and young people who have experienced traumatic bereavement, with practical supports.

Session 5 : Staff wellbeing (1.5 – 2 hours)

This session highlights the importance of staff wellbeing and the impact supporting children and young people who have faced adversity or trauma can have on staff. It outlines strategies and frameworks to support both staff wellbeing and wellbeing within an education community.