

Level 1 and 2 Trauma Training and Staff Wellbeing Dec 2022

Level 1 Trauma Informed

This level is for all members of the workforce, whether paid or unpaid and involves watching the 2 videos below (approximately 20 minutes).



1. Sowing Seeds: Trauma Informed Practice for Anyone Working with Children and Young People on Vimeo



- 2.

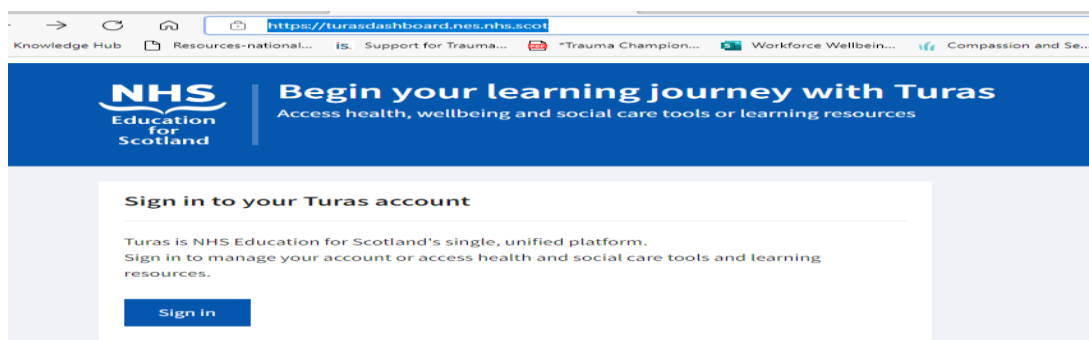
You can find out more about how to take a trauma lens to your service and complete 1.5 hr workshop within your service [here](#)

Level 2 Trauma Skilled

To complete Level 2 Trauma Skilled please go to [here](#)

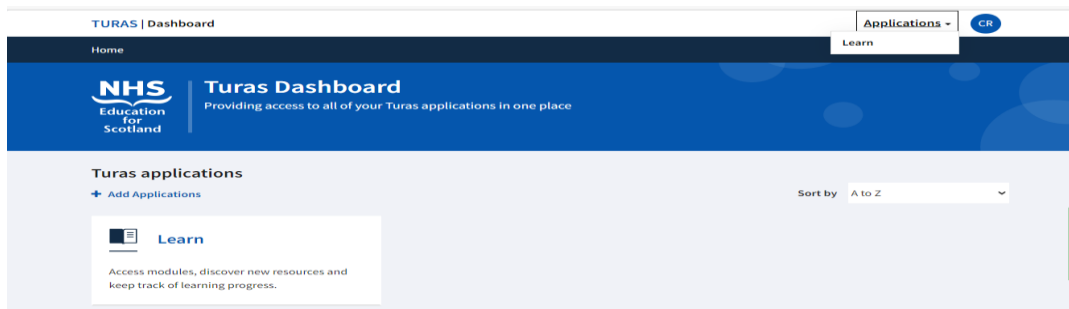
You will need to register for a turas account if you don't have one. Your job description may not align to those provided in the drop down menu, chose the one that is most relevant to your role.

Step 1







Step 2

Click on applications, learn then search using the search bar. Search trauma skilled and choose option for level 2



Step 3

Developing your trauma skilled practice e-learning program has 4 modules. Please complete the foundational module "Developing your trauma skilled practice, level 1" first. See screenshots below to help you identify the modules you want to complete.

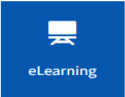
<p>Developing your trauma skilled practice 1 : understanding the impact of trauma and responding in a trauma-informed way This is the foundational module for a set of learning resources from the National Trauma Training Program and is designed to increase your understanding of what psychological trauma is, how it can affect the people you work with, and how people...</p>	 Launch
<p>Developing your trauma skilled practice 2 : trauma in children and young people This supplementary module is part of the Developing your Trauma Skilled Practice elearning program and is designed for anyone working with children and young people who may have been affected by traumatic events. Please complete the foundational...</p>	 Launch
<p>Developing your trauma skilled practice 3 : understanding the impact on mental health and evidence-based pathways to recovery This supplementary module is part of the Developing your trauma skilled practice elearning program and is designed for anyone working with people who may have contact with people who may have been affected by traumatic events. Please complete the...</p>	 Launch
<p>Developing your trauma-skilled practice 4 : understanding the use of substances to cope with the impact of trauma This supplementary module is part of the Developing your trauma skilled practice elearning program and is designed for anyone who has contact with people who may have been affected by traumatic events and/or substance use. Please complete the...</p>	 Launch

Psychological First Aid

Psychological First Aid is also recommended. Though designed for Covid, it is a good skills based, brief training that supports individuals to manage distress and crisis.

Psychological first aid [general]

★ Added to favourites

 eLearning

NHS Education for Scotland (NES)

This guidance is written to support the workforce to deliver effective Psychological First Aid in order to help those in distress in the immediate aftermath of a crisis.


Completion Time: 45 minutes

Version: 3

Learning Outcomes: Understand what Psychological First Aid (PFA) is and is not
Understand the ways that crises can affect us
Understand the 7 key components of effective PFA
Feel able to deliver PFA support to others
Adapt PFA to the needs of particularly vulnerable groups of people
Identify ways to take care of yourself while providing PFA

Type: eLearning

Format: ZIP File

 Launch

Staff Wellbeing

The National Wellbeing Hub is a one-stop-shop, to help support the wellbeing of all those working within health and social care in Scotland. <https://wellbeinghub.scot>. The National Wellbeing Helpline is a compassionate listening service for **health and social care staff**, where you can access support whenever you need it – 24 hours a day, 7 days a week, by calling **0800 111 4191**.

Staff Wellbeing e-learning and resources for staff and managers

1. Staff wellbeing : taking care of yourself

Psychosocial mental health and wellbeing support > Taking care of myself

Taking care of myself

★ Add to favourites

Information and resources to support my own wellbeing.

We have all faced significant change and uncertainty over this period, and it is normal and natural to feel increased stress and pressure as an understandable reaction to a very abnormal set of circumstances. Here are some resources that can help you to manage your wellbeing and mental health as well as you can during the period.

The Scottish Government have published the following resource that gives good practice tips for staying resilient during the pandemic: <https://clearyourhead.scot/>

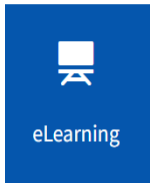
Click to jump to the relevant section:

- Your personal wellbeing plan
- Coping with increased stress : online resources and apps
- Self care for the health and social care workforce
- MAP planner
- Changes to normal life

Your wellbeing plan can be discussed in supervision with line manager or with peers to support a buddy system approach to team wellbeing

2.

Protecting the psychological wellbeing of staff and teams for managers and team leaders



NHS Education for Scotland (NES)

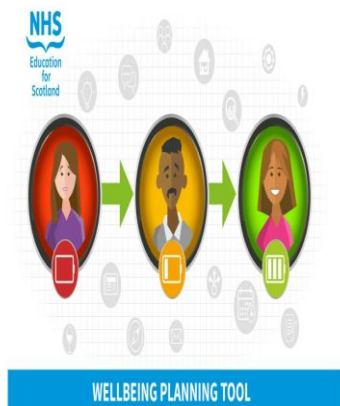
The purpose of this unit is to help managers, planners and leaders of teams understand the evidence based factors that support the wellbeing of managers and teams through crisis events such as COVID-19. It contains information about proactive prevention strategies that managers can apply to protect the wellbeing of their staff, and reactive interventive strategies to respond effectively and promptly to concerns about an individual's mental health during and after the crisis.

Completion Time: 30 minutes

More information can be found [here](#)

<https://sway.office.com/p3QWjY4altHviB6o?ref=Link&loc=play>

Looking after yourself: Wellbeing planning tool & animation



Introduction to Psychological First Aid



This e-module provides guidance to support those helping others during and after the Covid-19 pandemic. It includes an overview of the principles of PFA, how to deliver these principles to support others, and ways of taking care of yourself.

Window of Tolerance Resources

The Window of Tolerance describes the best state of 'arousal' or stimulation in which we are able to function and thrive in everyday life. When people are within this zone, they are typically able to readily receive, process, and integrate information and otherwise respond to the demands of everyday life without much difficulty.

1.Jennie Young - The impact of psychological trauma on our window of tolerance(WOT)

The impact of psychological trauma
on our "window of tolerance"

2.Jennie Young -The Window of tolerance of organisations, services and systems.

The "window of tolerance" of organisations, services and systems

Keeping up to date on the Knowledge Hub Group

1.The Improvement Service facilitates an online community of practice for professionals across Scotland who are working to adopt a trauma-informed approach across policy and practice and would like to learn more about trauma-informed services, systems and workforces. It is a safe space for professionals to connect to each other and share good practice, learning and resources.

2.National Trauma Training Programme Newsletter

The newsletter is designed for audiences across the public and third sectors across all policy areas. It will provide updates and useful information, links to resources and tools from the NTTP and partners, highlight upcoming events and examples of good practice.

You can sign up for free by visiting: [Knowledge Hub: Trauma Informed Approaches in Scotland](#)