



# FREE TRAINING: TRAUMA-INFORMED PRACTICE FOR THOSE WORKING WITH CHILDREN AND YOUNG PEOPLE

**Updated August 2024**

For further information or to discuss the content of this briefing note further, please [contact the Thrive LDN](#) team.

## Context and background

[Thrive LDN](#) is a citywide public mental health partnership, working towards the shared mission of a city where every individual has equal opportunity for good mental health and wellbeing. Thrive LDN strives for equitable, sustainable, and long-term change to the public mental health landscape. We are supported by the Mayor of London and accountable to the London Health Board.

Thrive LDN has partnered with Nicola Lester Psychological Trauma Consultancy to develop free, online trauma-informed practice training to support individuals and organisations.

There is now also a selection of supplementary resources which complement the Gift of Reconnection training developed specifically to support practitioners working with children and young people.

Please find more information about these training resources below, alongside an outline of other resources created by London's partners which are open access and available to access online for free.

## The Gift of Reconnection training series

[The Gift of Reconnection training series](#) comprises of eight chapters across three levels: bronze, silver, and gold. The training is designed for anyone in a role supporting others of all ages, whether formal or informal. Participating in the training supports an understanding of how trauma influences and shapes the lives of those it touches regardless of previous knowledge or expertise.

To complete all the training and reach gold level takes close to 5 hours in total.

The training and additional resources and materials can all be freely accessed and downloaded via [Thrive LDN's website](#).

Alternatively, you can also subscribe to an [8-week bitesize programme](#) to receive the training chapter-by-chapter via email. This means you can spend around 30 minutes per week engaging with the training. This bitesize approach is intended to help make things more manageable and less overwhelming.

The training series was funded by the Mayor of London as part of the [Mental Health and Wellbeing Recovery Mission](#).

## Supplementary resources for those working with children and young people

Thrive LDN and Nicola Lester Psychological Trauma Consultancy have also developed resources specifically for support practitioners working with children and young people, designed to complement the Gift of Reconnection Training series.

These supplementary tools will help foster a learning environment where every pupil feels seen, heard, and supported – a place where the impact of trauma is recognised and met with compassion.

The supplementary resources include:

- **Facilitation guide:** [Organisational Commitment to Trauma Informed Practice](#) is a facilitation guide to support practitioners working with children and young people.

The guide is broken down into sections which are aligned with the introduction and eight chapters of the training series. It provides helpful tips, techniques and activities to adopting a trauma-informed approach in your educational setting.

We recognise that it can be challenging to find the time and space to engage in learning and development and we hope that this guide will make this easier to plan and implement this approach into your work and your organisation.

- **Implementation guidance:** [Mapping Trauma Informed Practice](#) provides implementation guidance for practitioners working with children and young people.

This guidance is designed to support organisations in developing trauma-informed approaches to service delivery by encouraging the mapping of current processes, policies, and practice against the six principles of trauma informed care.

The guidance provides a series of questions and prompts are included for each of the six principles to guide both individuals and organisations in mapping current practice in these areas.

When used in conjunction with the three levels (bronze, silver and gold) in the Gift of Reconnection training series, the responses create an 'action plan' for development and change.

- **Illustrated quotations:** Taken from the Gift of Reconnection training series, [download a set of 10 illustrated quotations](#).

The illustrations can be used to support you in the promotion of facilitated sessions or used across digital channels. They can also be printed and provide a visual aid and reminder for your organisation when placed in communal areas used by those supporting children and young people.

## Further resources

- **Mental health workbooks**

Download and access a range of mental health workbooks and supporting videos developed by Good Thinking, London's digital wellbeing service, and expert advisors – include [coping with trauma](#), [coping with trauma videos](#), [getting better sleep](#), and [panic](#).

- **Mental Health England First Aid (MHFA) 'top-up' training**

Thrive LDN in partnership with Mental Health First Aid England (MHFAE) instructors to develop a series of topic-specific webinars to support those who have taken the MHFA or Youth MHFA training and would like to learn more and continue to develop in their role.

Topics include suicide and self-harm, depression and anxiety, and neurodiversity.

[Access all the sessions on the Thrive LDN website.](#)

- **Conversations starter ideas for children and young people, parents, and carers**

Access a range of 'how to guides' that support parents and carers support their child if they are struggling with their mental health. The guides have been co-developed with London's digital wellbeing service, Good Thinking, and with pupils and teachers at St Mary's RC Primary School, Wimbledon, and Thrive LDN. [Access the guides on Good Thinking's website](#) or directly on the below links:

- [Looking out for your friends](#)
- [Looking out for children and young people](#)

- **Resilience and conflict resolution training workshops**

In March 2024, Thrive LDN worked with Healthy Dialogues to offer [a short series of online workshops](#) designed to meet the expressed challenges faced by anyone in a professional role supporting others. A recording of each online workshop is now available to watch anytime on the Thrive LDN website. They include:

1. [Resilience workshop 1: Understanding stress and resilience](#) looks at why resilience is important in the workplace and how to develop and enhance our resilience.
2. [Resilience workshop 2: Developing personal awareness](#) looks at how negative thoughts can impact our wellbeing and what we can do to reframe these thoughts.
3. [Resilience workshop 3: Developing our coping strategies](#) looks at different coping strategies and how to identify our own coping strategies and use them to develop our resilience. We will also look at how we can incorporate mindfulness exercises into our coping toolkit.
4. [Introduction to conflict resolution](#): In this workshop, we delve into the prevalent causes of workplace conflict. We look at essential communication skills crucial for de-escalating conflicts and investigate personal coping strategies for managing one's response to conflict. You will explore common causes of conflict, communication methods to assist de-escalation and personal coping strategies.