

Dr Sandra Ferguson

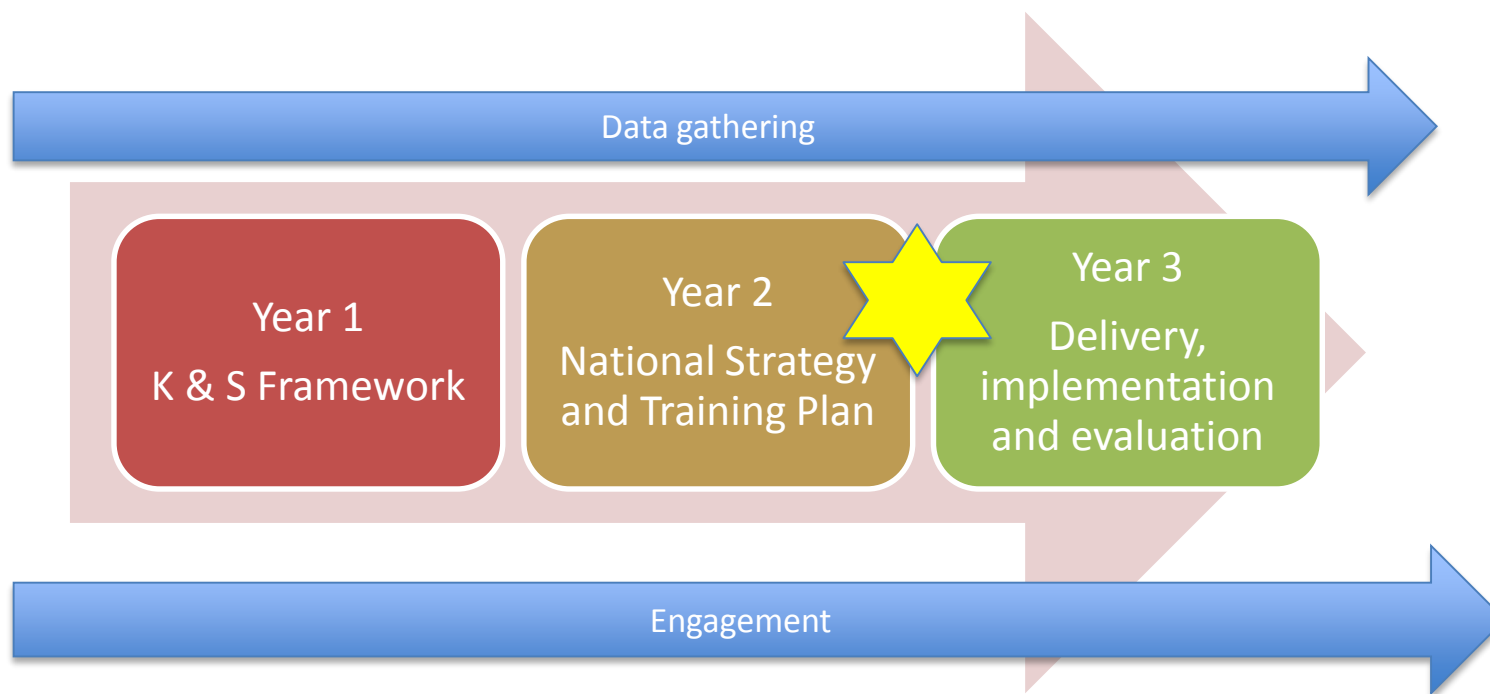
Associate Director: Psychology

Lead for the Trauma and Supervision

Background


- Commissioned by SG Survivor Support policy unit
- In line with the Strategic Outcomes and Priorities document (2015-2017)
- 3 years funding- small team based in NES Psychology Trauma workstream (2016-2019)

Project Plan



Implementation science approach- Making training stick






NHS
Education
for
Scotland


TRANSFORMING PSYCHOLOGICAL TRAUMA:

A Knowledge and Skills Framework for the Scottish Workforce

in partnership with



Scottish
Government
GHIUBH



Click anywhere to continue...

The image shows a network diagram with ten circular icons of diverse people (men and women of various ages and ethnicities) connected by thin lines. The background is a dark teal color with faint icons of a brain, a lightbulb, and a gear.



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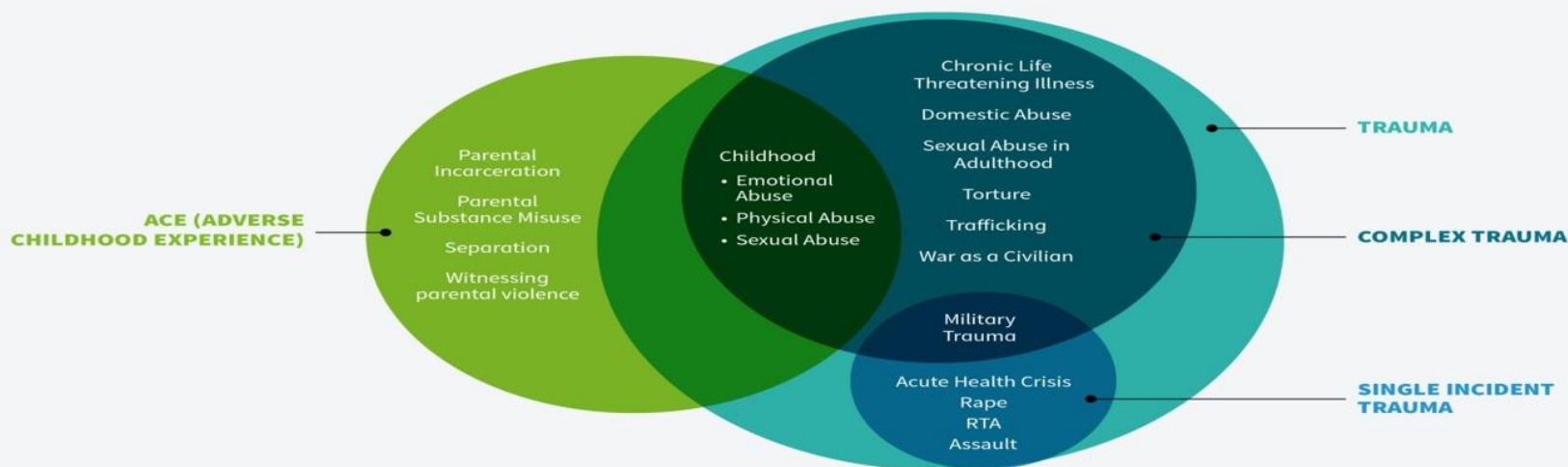
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Underpinning assumption

- Lifespan approach
- Relevant to the whole Scottish workforce
- Relevant across all traumatic events/ACEs
- Recognition of impact of trauma but also resilience
- Relational basis
- Recovery focused
- Evidence based
- Implementation science informed
- Wellbeing, support and supervision of staff integral



What do we mean by trauma?



Adversity is not destiny

Sandra Bloom

Childhood
trauma - CPA

Adult simple
trauma



Workforce wide focus

Trauma informed practice



Trauma skilled practice



Trauma enhanced practice



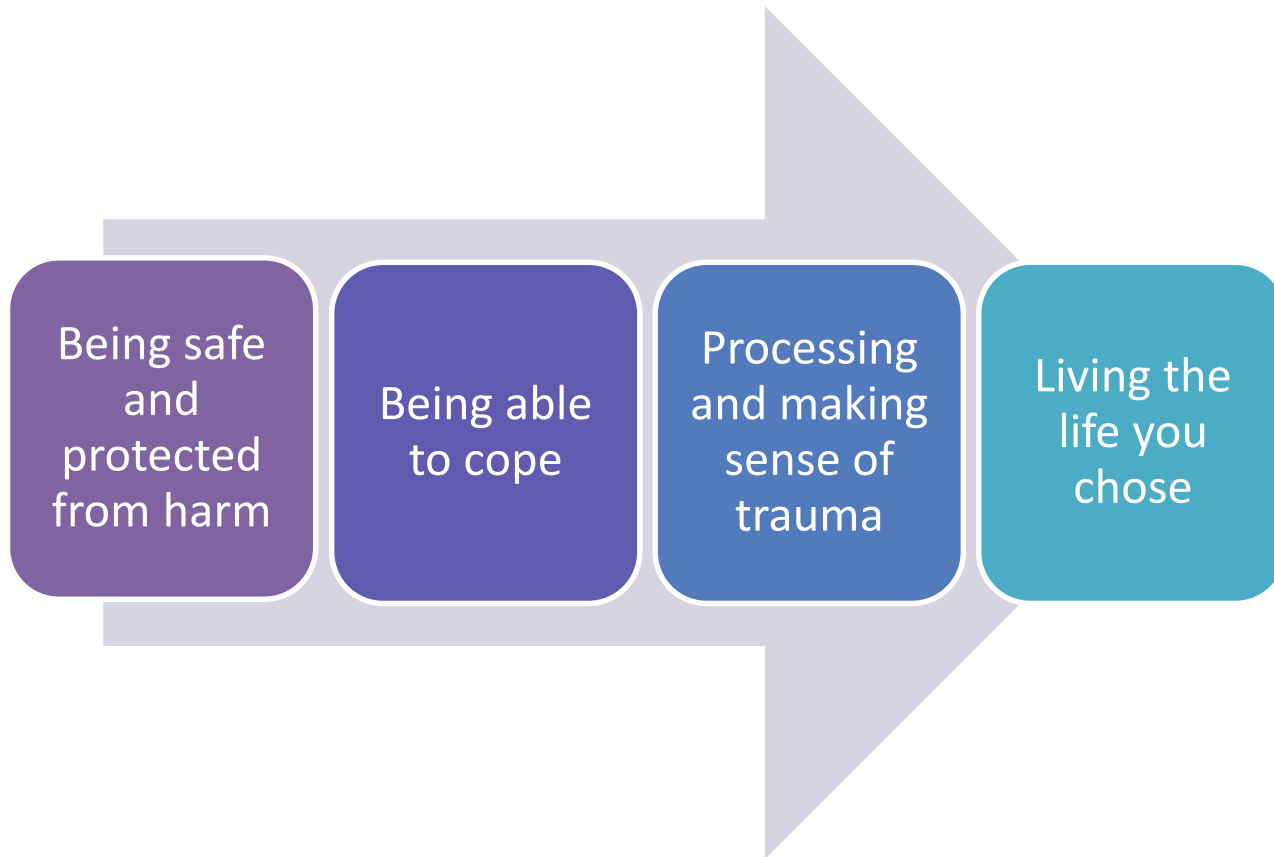
Trauma specialist practice

Small group exercise

- Discuss in your groups- what practice level are you?
- What is your wider team?
- What do you need access to? What will improve the pathway of care/support/treatment for your clients/service users?



Recognising different needs along the journey of recovery



Small group discussion

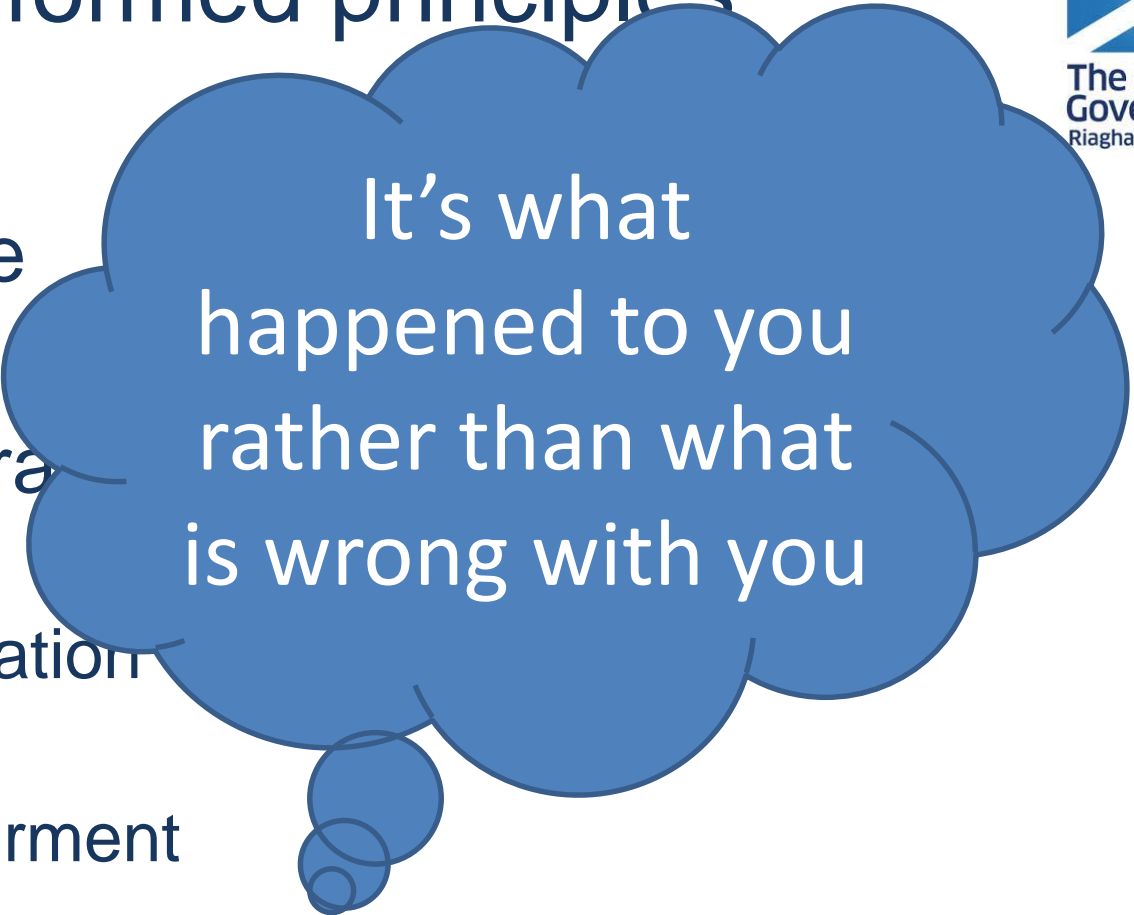
- What is the focus for your role?
- What is the overall focus for your organisation?
- What do you need from other organisations?



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Trauma informed principles

- Realise
- Recognise
- Respond
- Resist retraumatization
 - Choice
 - Collaboration
 - Trust
 - Empowerment
 - Safety



It's what
happened to you
rather than what
is wrong with you

Staff support and wellbeing

- Practice level 1
- All staff understand
- The importance of being supported to practice good self care and have access to formal and informal support/supervision to help them manage the impact of trauma exposure in the workplace

- Managers can
- Provide access for workers to formal and informal support/supervision in the workplace

Year 2

- Disseminating the framework
- Pilot project working with SG Justice using the framework to inform training for FMEs/broader services for people affected by rape and sexual assault trauma informed. NHS Shetland
- Training strategy to be published May 2018
- Trauma informed practice animation
- Developing STILT

Year 3

- Piloting and rolling out STILT
- Piloting the framework/developing training packages. Planning underway.
- Evaluation and measuring impact.
- Communication and planning for sustainability.

Large group discussion

How this might be useful in
homelessness?

-

This resource may be made available, in full or summary form, in alternative formats and community languages.
Please contact us on **0131 656 3200** or email **altformats@nes.scot.nhs.uk** to discuss how
we can best meet your requirements.



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