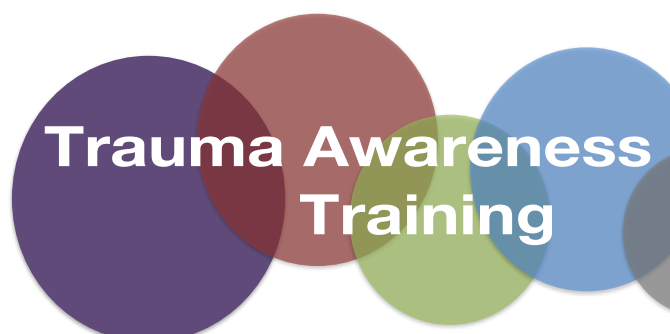


Trauma is about an individual's perception of an event. How someone is supported directly after a traumatic event can have a crucial impact on their recovery, and therefore it is important we all have the skills to promote recovery, rather than cause further harm.



Trauma Awareness Training

Becoming Trauma Informed as an organisation will make a fundamental difference in people's recovery rates, challenge stigma and prevent further harm from re-traumatisation of staff.

We have seen a rise in the demand for Trauma Informed training, not only are organisations more aware of the direct impact of trauma, but they are also becoming informed of the indirect impact of trauma, resulting in staff experiencing vicarious trauma symptoms. We have seen tech companies reach out for our support, due to staff witnessing traumatic material online. We have helped organisations setup safe work practices and reduce harm.

Our half day workshop provides staff with the knowledge to identify the signs and triggers of trauma, understand the neuroscience and physiology of trauma, and feel confident to support colleagues who are impacted by traumatic events. Trauma is not just the major events of experiencing incidents such as, transport accidents, civil unrest, acts of terror, sexual violence, traumatic bereavement and natural disasters, but also includes, managing uncertainty, living and working through a pandemic, experiencing organisational restructuring, bullying & harassment, interviewing survivors of trauma, witnessing violations, researching traumatic incidents and the ever increasing exposure to traumatic material online.

"The trauma awareness workshop provided me with knowledge and skills to recognise the signs of trauma. The resources we were sent before and after the training were of high quality."

Objectives of our Trauma Awareness training:

- Identify workplace stress and trauma
- Recognise stress and trauma symptoms
- Understand the neuroscience of trauma and how the mind is impacted through exposure to traumatic material
- Understand the physiology of trauma and how it connects to the psychology
- Identify warning signs and triggers
- Promote recovery and reduce risk of harm, specifically the risk of re-traumatisation
- Differentiate between stress, anxiety, burnout, compassion fatigue, trauma and vicarious trauma
- Identify symptoms in colleagues and have tools and techniques to support them in their recovery
- Conduct basic risk assessments
- Signpost to professional services if needed
- Create a wellbeing plan and build self-care strategies to remain resilient
- Feel confident discussing mental health issues and challenge stigma

There have been high profile allegations of staff suffering Post Traumatic Stress Disorder (PTSD) in the workplace, and many have won their cases, therefore organisations need to educate themselves about the impact of trauma exposure on staff, whether directly or indirectly.

“We appreciate your review of our Duty of Care document and the helpful guidance you provided to create safer practices & ultimately reduce the risk of harm to staff.”

This workshop will provide participants with a general overview of trauma awareness and how to remain resilient through challenging times. Each participant will feel confident in recognising their own trauma triggers and symptoms and that of their colleagues. They will create a wellbeing toolkit to help them manage through stressful times. The workshop will enable an organisation to become trauma informed and implement strategies to mitigate mental health risk in the workplace. All participants will receive a copy of the slides and further guidesheets to refer to after the training.

FD Consultants style of training is educational, relational and participatory. We offer all our trainings online and face-to-face. We have offered training to staff in over 100 countries and can provide training in several languages.

“FD Consultants are specialist in trauma care. Their trauma care model ‘TRANSFORM’ is simple to follow and a great reminder of how to support colleagues who may be suffering from trauma. I also learnt how to avoid the risk of retraumatising individuals.”

We are a global psychological health service and therefore adapt our trainings to respect different cultures, taking into account gender, race, and other diversity considerations, offering an intersectional approach.

FD Consultants work has been contracted through recommendation and reputation. We pride ourselves on offering a high-quality service with high standards.

Organisational support

FD Consultants are the well-being service who will best deliver a reliable, quick, and bespoke support system in the workplace. FD Consultant’s team of accredited specialists will offer ongoing support to help manage stress, prevent burnout and provide specialist trauma care where required, enabling your staff with the tools to cope, and recover more quickly.