



Forth Valley ADPs

Introduction to Trauma

Overview

An introduction to trauma and to ACEs and their relationship with people who use drugs.

Aim

This training will introduce the causes and types of trauma and will enable participants to appropriately respond to disclosures of trauma.

Please Note

This course includes studies of people with lived-experience of trauma, in particular the survivors of childhood sexual abuse. It also includes exploration of adverse childhood experiences, loss and bereavement. We recognise that these experiences and themes can at times be challenging for participants and can cause us to reflect on our own experiences. We aim to create a safe and supportive environment by offering two facilitators on the course to debrief should anything arise during the course.

Learning Outcomes

By the end of the session participants will be able to:

- Describe trauma-informed practice.
- Recall the different types and causes of trauma which may be experienced by clients.
- Identify behaviours, experiences and coping strategies associated with trauma
- Describe the relationship between drug/alcohol use and trauma.
- Identify how to respond to disclosure of trauma.
- Identify techniques to recognise and manage issues experience by supporting staff, eg. burnout including self-care.

Date: 2 March 2021

Time: 9:15 am - 3:30 pm with half hour break

Remote Session to be delivered via TEAMS.

Booking Information:

To book a place please follow this link: [**INTRODUCTION TO TRAUMA**](#). You may have to Create an Account if you don't already have one.

Please email: [**Mariem@sdf.org.uk**](mailto:Mariem@sdf.org.uk) if you have any general queries about these events.

Scottish Drugs Forum Charity No. SC008075.