

## Trauma-informed practice



Trauma often underpins many of the problems faced by children and families who are in contact with services. Trauma-experienced parents often find it hard to engage with professionals, given the inherent anxiety that involvement with services can bring.



### Read

Longer read: [Embedding a trauma-informed approach to support staff wellbeing in children's social care: Strategic Briefing \(2021\)](#)

Short read: [The Power Threat Meaning Framework: a different perspective on mental health \(2022\)](#)

Longer read: [Trauma-informed approaches with young people: Frontline Briefing \(2018\)](#)

Longer read: [Support around children who have experienced developmental trauma: Frontline Briefing \(2023\)](#)

Longer read: [Building safety, connection and trust with trauma-experienced parents: Practice Guide \(2023\)](#)

Short read: [Building trust with survivors of child sexual abuse: Blog \(2023\)](#)

Longer read: [Using narrative practice in direct work with children, families, and adults: Frontline Briefing \(2024\)](#)



### Listen

40 minutes: [Ensuring children's life stories are at the centre of direct work: Podcast \(2022\)](#)

50 minutes: [Adverse Childhood Experiences: What they tell us and implications for social care: Podcast \(2021\)](#)

35 minutes: [Identity needs of minoritised children and young people in care: Podcast \(2024\)](#)



### Watch

Video series, each 7 minutes: [Making trauma-informed practice a reality \(2023\)](#)

Video series, each 10-20 minutes: [Working with trauma-experienced parents in children's social care: Video Learning Resources \(2022\)](#)

Life Story Work: [Practice Tool and video resources \(2022\)](#)

11 minutes: [Trauma-informed practice to support young people experiencing extra-familial harm \(2024\)](#)

Video resources about developing trauma-informed systems:

- 1 hour: [Becoming a trauma-informed organisation \(2020\)](#)

- 7 minutes: [Resisting retraumatisation \(2024\)](#)

- Video series each up to 5 minutes: [Trauma-informed practice \(2023\)](#)

1 hour: [NSPCC Domestic Abuse Recovering Together](#)

Video series, each max 10 minutes: [Infant brain development: Key messages \(2023\)](#)



### Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '[Your CPD](#)'.

For more resources, explore the [trauma topic page](#).