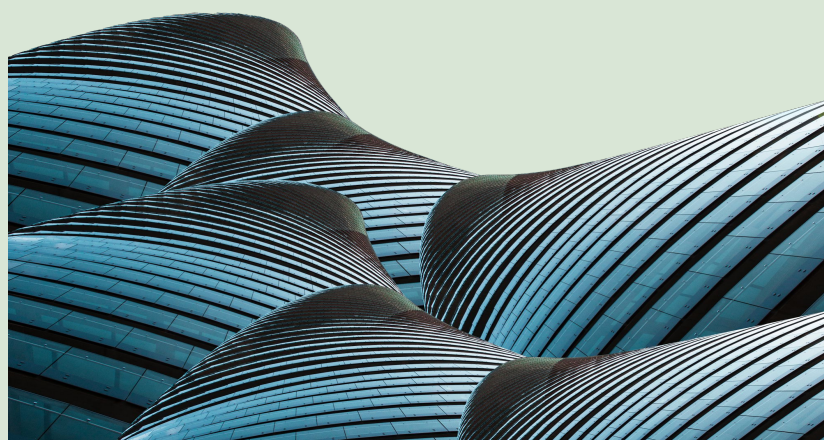


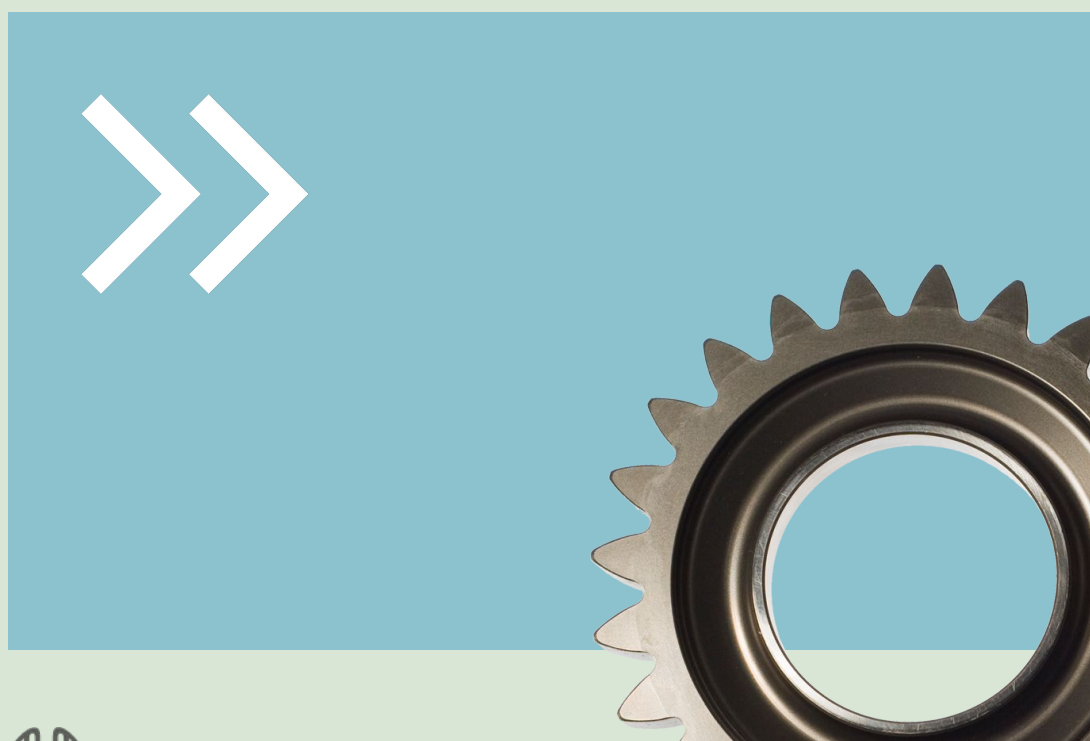
# HEDROC TRAINING WORKSHOPS

Workshop Title	What is Trauma Informed Practice, and how do I practice it?
Workshop code	HD0029
Format	Face to face/ Online webinar
Trainers	Hedroc Consultants (Clinical Psychologist/ Consultant Psychologist)
Duration	50 mins
Target audience	All workforce
No of attendees	Unltd



Aims:

- To introduce the construct of Trauma Informed Practice
- Raise awareness amongst participants about the wide impact of trauma, and the potential ongoing impact on peoples' lives
- Explore the signs and symptoms of trauma and PTSD
- Describe what working in a 'trauma-informed' manner looks like
- Encourage participants to think about their role at work, and how they can work in a more trauma-informed manner
- Build a personal plan around being more 'trauma informed' at work



For further information and bookings,  
please contact:

[info@hedroc.co.uk](mailto:info@hedroc.co.uk)

For all services relating to managing  
employee mental wellbeing, visit:

[www.hedroc.co.uk](http://www.hedroc.co.uk)

