

Trauma-informed practice



Trauma often underpins many of the problems faced by children and families who are referred to children's social care. Trauma-experienced parents often find it hard to engage with professionals, given the inherent anxiety that social services involvement brings.

This selection of learning resources about trauma-informed practice can be used to support evidence-informed practice with children, young people and families.



Read

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

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

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 \(2023\)](#)



Listen

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

50 mins: [Adverse Childhood Experiences: What they tell us and implications for social care](#)



Watch

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

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

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

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



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](#).