

Trauma-informed practice

Trauma can be defined as a physical or emotional experience that has had an adverse impact on a person's wellbeing. The effects of trauma may not always be significant or long-lasting. However, for some the impact stays with them throughout the life course. Trauma-informed approaches should be strengths-based and require practitioners to have an understanding of, and responsiveness to, the causes and effects of trauma.

This selection of learning resources about trauma-informed practice can be used to support evidence-informed practice with adults.



Read

Longer read: [Beyond the slogan: The reality of building trauma-informed social care organisations: Strategic Briefing \(2026\)](#)

Quick read: [Supporting trauma risk management in Wiltshire Council \(2023\)](#)

Longer read: [Embedding trauma-informed approaches in adult social care: Frontline Briefing \(2019\)](#)



Watch

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

53 minutes: [An introduction to the Power Threat Meaning Framework: Webinar \(2022\)](#)

57 minutes: [Becoming a trauma-informed organisation: reflections on the journey: Webinar \(2020\)](#)



Tools

[Radical safeguarding toolkit - Homelessness: Practice Tool \(2024\)](#)

[Working with people who self-neglect: Practice Tool \(2020\)](#)



Listen

[Beyond the slogan: The reality of building trauma-informed social care organisations | Podcast Series \(2026\)](#)

11 minutes: [Trauma-informed practice: Audio Learning Resource](#)

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



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 adults [trauma-informed practice](#) topic page.