

TRAUMA-INFORMED PRACTICE SKILLS (TIPS)

What is TIPS?

Trauma-Informed Practice Skills (TIPS) is a 6 hour course designed to educate individuals on the theory behind trauma, as well as the presentations and implications of trauma. Our TIPS program approaches trauma through a practical lens, teaching useful models and approaches for dealing with trauma that will boost your confidence in your own abilities.

We present variations of TIPS to address specific trauma-based differences seen in children, adults, and within an organisational setting. Variations are addressed within our Module flyers. TIPS can also be presented in an in-person or online environment.

Who is TIPS useful for?

TIPS is useful for any carer, or those in a caring profession. Our TIPS course can count towards your professional development, making it a great option for those wishing to further their knowledge and training.

Why do we recommend TIPS?

TIPS will further your understanding of trauma and its impact on care. Benefits of undertaking our TIPS course include:

- Increasing your understanding of the neurobiological theory behind trauma.
- Becoming more aware of how trauma can present itself in different individuals.
- Learning new approaches for coping with trauma.
- Gaining access to resources for improving wellbeing.
- Feeling empowered to help break the cycle of trauma for the people in your care.

Our Modules:

1. Neurobiology
What do we know?

2. Presentation
What do we see?

3. Intervention
What do we do?

4. Wellbeing
What do we change?

