



# Fife Trauma Training Collaborative

## Transforming Psychological Trauma in Fife

## Trauma is Everyone's Business

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In the Autumn of 2019, a multi-agency group of individuals created a short-life working group to take forward the Scottish Government's ambition of training all staff to understand the effects of psychological trauma on the lives of individuals, and by doing so, make a difference to the lives of people in Fife. The group was represented by Adult Clinical Psychology and the Health Promotion Training Team from Fife Health & Social Care Partnership, Education & Children's Services and HR (Workforce Development) from Fife Council, and Link Living on behalf of the Third Sector in Fife.

This Fife-wide collaborative approach was taken, not only to meet the needs of the people of Fife, but to assist in meeting the Scottish Government's ambition of raising awareness of Psychological Trauma across the entire Scottish workforce.

In line with that ambition, the group have created an e-learning module which looks at trauma, what it is and how everyone can make a difference. This training is set at level 1 of the National Trauma Training Framework and is suitable for all workers in Fife, irrespective of their role, in recognition of the fact that 'trauma is everyone's business.'

In addition, NES (NHS Education for Scotland) have developed e-learning at level 2 of the framework which meets the needs of staff working in roles where they will work directly with clients who may have experienced psychological trauma.

Both e-learning modules are now available to access using the links below.

The group have also created a 'reflective workshop' designed to be used by teams to aid self-reflection, share thoughts and ideas and help to create trauma-informed workplaces. The workshop will be made available soon as workplaces and services return to a semblance of normality. Nevertheless, our **managers and leaders have a role at present, in creating trauma-informed workplaces by encouraging all staff to undertake one of the two e-learning modules.**



# Access to E-Learning

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**If you are a Fife Council employee, you can access e-learning by clicking the links below.**

[Level 1 \(Informed\) – Becoming Trauma Informed](#)

[Level 2 \(Skilled\) – Developing Your Trauma Skilled Practice](#)

If you are not sure what level of training you should undertake, [click here](#)

If you have any questions, please contact [StephenA.Smith@fife.gov.uk](mailto:StephenA.Smith@fife.gov.uk)

**If you work for NHS, you can access the modules by clicking the links below.**

[Level 1 \(Informed\) – Becoming Trauma Informed](#)

[Level 2 \(Skilled\) - Developing Your Trauma Skilled Practice\\*](#)

\*Please note that if you need to create a new Turas Account to access the level 2 course, you can use a personal e-mail address if you do not have a work e-mail address.

If you have any questions please contact the Health Promotion Training Team at [fife-uhb.HITraining@nhs.net](mailto:fife-uhb.HITraining@nhs.net)

**If you work for any Fife Council Partner Organisation, e.g. the voluntary sector, please use the links below.**

[Level 1 \(Informed\) – Becoming Trauma Informed](#)

[Level 2 \(Skilled\) – Developing Your Trauma Skilled Practice](#)

If you are not sure what level of training you should undertake, [click here](#)

If you have any questions, please contact the Health Promotion Training Team at [fife-uhb.HITraining@nhs.net](mailto:fife-uhb.HITraining@nhs.net)



# Related Resources

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It is acknowledged that the two training modules were developed prior to COVID-19 and they focus on reactions to past events. However, there is widespread recognition that there will be psychological effects resulting from the pandemic, and a trauma informed perspective may help us respond to these more effectively. NES also have a number of very good resources developed specifically in response to COVID-19 which can be [accessed here](#). Of note, there is an e-learning module on [Psychological First Aid](#) which is the recommended psychological support response to COVID-19, and [Protecting the psychological wellbeing of staff and teams for managers and team leaders](#) . *Please note that you need a TURAS account to access these courses. If you do not have an account, you can [sign up for a TURAS account here](#).*

Trauma icon provided by [Darius Dan](http://www.dariusdan.com/) from [www.flaticon.com](https://www.flaticon.com/)

