



Fife Trauma Training Collaborative

Transforming Psychological Trauma in Fife

Training Resources and Materials

The national team at NES (National Health Education for Scotland) have developed a number of freely available training offerings and resources. In addition, Fife Trauma Training Collaborative have created and added some additional training options. All have been brought together below and have been listed by practice level.

In addition to the freely available learning and resources below, some Services and Directorates may commission or have access to additional trauma training.

Psychological Trauma Level 1

This practice levels is for all workers. Examples could include shop workers, taxi drivers, recreation workers and office workers.

Animation	Trauma Informed Practice for the Workforce: Opening Doors
Animation	Trauma Informed practice for anyone working with children and young people: Sowing Seeds
E-Learning Module	Becoming Trauma Informed
Guided Workshop	Taking a Trauma Informed Lens to your service and practice: Opening Doors for working with adults
Guided Workshop	Taking a Trauma Informed Lens to your service and practice: Sowing seeds for working with children and young people

Psychological Trauma Level 2

This practice level is for workers who are likely to be coming into contact with people who may have been affected by trauma. Examples could include some lawyers, GPs, teachers, support for learning staff, police officers, nursery staff, sports-club coaches, receptionists, dentists, judges, A&E workers, lecturers, housing workers, care workers, service managers, youth development workers, health visitors and counsellors.

E-Learning Module Developing your trauma skilled practice 1: Understanding the impact of trauma and responding in a trauma-informed way

E-Learning Module Developing your trauma skilled practice 2: Trauma in children and young people

E-Learning Module Developing your trauma-skilled practice 3: Understanding the impact of trauma on mental health and evidence-based pathways to recovery

E-Learning Module Developing your trauma-skilled practice 4: Understanding the use of substances to cope with the impact of trauma

Video Resource Understanding how the experience of trauma can affect our Window of Tolerance

Psychological Trauma Level 3

This practice level is for workers who have a specific remit to respond to people known to be affected by trauma AND are required to provide advocacy support or interventions OR are required to adapt the way they work to take into account trauma reactions to do their job well and reduce risk of retraumatisation OR are required to manage these services.

Examples could include some lawyers, mental health nurses and workers, specialist domestic abuse support and advocacy workers, educational support teachers, some specialist police officers, some psychiatrists, forensic medical examiners, social workers, prison staff, secure unit workers, drug and alcohol workers and specialist counsellors.

Video Resource Supporting children and young people to recover from the effects of psychological trauma

Video Resource Psychological Trauma and Working with Victims and Witnesses

Trauma Informed Organisations

Suitable for teams, leaders and managers in all services.

Video Resource	The impact of psychological trauma on the window of tolerance in organisations, services and systems
Facilitated Workshop	'Lift and Do' Trauma Informed Workshop for Teams
Video Resource	Leaders Video Series
MS Teams Webinar	Scottish Trauma Informed Leaders Training (STILT)

Access to Learning and Resources

All Fife Council employees can access the above training and resources by signing into [Oracle Cloud](#) where they should select the 'Learning' icon and search for "Psychological Trauma."

All NHS employees can access the training and resources available to them via the online learning platform, TURAS.

All partner organisations can access the training and resources by going to [Learning Nexus](#) and searching for "Psychological Trauma."

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