

# TRAUMA-INFORMED CARE TRAINING

Over half the population will experience at least one significant traumatic event in their lifetime, and around one in ten people will develop post-traumatic stress at some point. Whether trauma stems from a single incident, such as a natural disaster, or from ongoing or repeated experiences, it shapes how a person thinks, feels, and behaves.



## Why complete Trauma-Informed Care Training?

Trauma-Informed Care (TIC) acknowledges the widespread impact of trauma and emphasises safety, trust, and emotional regulation. Across health care, social services, and frontline roles, understanding trauma is key to responding effectively to challenging behaviour and preventing re-traumatisation.

By increasing your understanding of how trauma affects people, you will feel better prepared to respond when someone becomes distressed, anxious or disruptive.

When a person who shows challenging behaviour trusts you, you gain a clearer sense of how to reach them, communicate in ways that feel safe, and support them to regain a sense of calm and control.

## This training will help you to:

1. build awareness of core trauma-related concepts
2. understand the science behind trauma and how trauma influences behaviour
3. apply the Six Guiding Principles of a Trauma-Informed Approach
4. use seven practical tips to reduce the risk of re-traumatisation
5. access additional resources to continue learning with your staff



**This training is being delivered in person across 6 locations around Gippsland.**