



Trauma Informed Derbyshire

Connecting head, heart and hands

A Foundation Learning Programme for the Derbyshire System

This three-part video based Learning Pathway will support volunteers, staff and leaders at all levels to develop a deeper understanding of the impacts of trauma and the benefits of being trauma-informed in the way we work.

[Create an account](#)

Our guiding principles

Inclusive and Universal



Relationships Matter



Behaviour is Communication



Empowering and Strengths Based



Safety and Choice



We explore

- what trauma is and how it impacts people's lives
- the experience of survivors when engaging with services
- the cultural shift towards trauma-informed approaches
- how we can remain trauma-informed

Learn together

The programme comes with guidance for group work, discussion questions and activities.

It can also be completed individually.