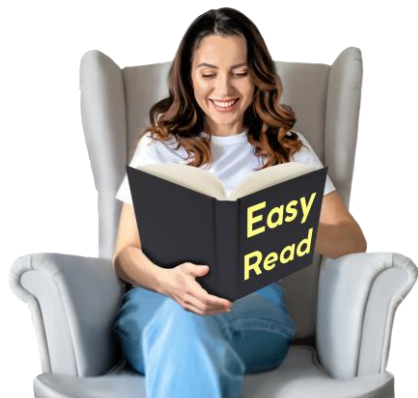




Foundations of Trauma-informed, Relationship-based Practice Course Information



About this document



This is an Easy Read document.



It will give you information about a course called **Foundations of Trauma-informed, Relationship-based Practice**.



In this document, **foundations** mean the basic information for beginners.



Trauma-informed means working in a way that is kind and caring.

It means you understand that someone you are working with might have experienced something that was difficult for them.



Relationship-based means that the focus is on how 2 people get along with each other.



In this document **practice** means the way that we communicate and go about life.

About STAF

STAF is a Scottish organisation with members from:



- local councils
- organisations like charities
- people who work in care



STAF works with people who are involved with the lives of young people leaving care.



STAF values are:

- we listen
- we care
- we love



You can find out more if you click [here to see STAF's website.](#)

About the course



This course is a beginners course.

This course will help you to understand more about **trauma** and relationships.



Trauma is when something bad happens like:

- an accident
- losing someone you love
- being hurt
- seeing something that is upsetting

It can make the person feel sad, scared or angry for a long time.



This course will help you to understand how thinking about trauma and relationships can help you to support a young person.

Who this course is for



This course is for anyone who supports, cares for or lives with:

- children
- young people
- their families or carers



It is especially helpful if you know that the young person has experienced things like:

- needing **foster care**
- being a **refugee**



Foster care means offering children and young people a safe and loving home when they cannot live with their birth families.



A **refugee** is someone who has left their country to find safety in another country.

What you will learn about



There are 4 parts to this course. They are also called **sections**.



Section 1 will tell you how the course is organised and what you will learn about.

2



Section 2 is called Trauma and trauma-informed practice.

This section will tell you about different types of trauma.

3



Section 3 is called Nurturing connections – building positive relationships.

This section will tell you about relationships.

4



Section 4 is called Making it happen.

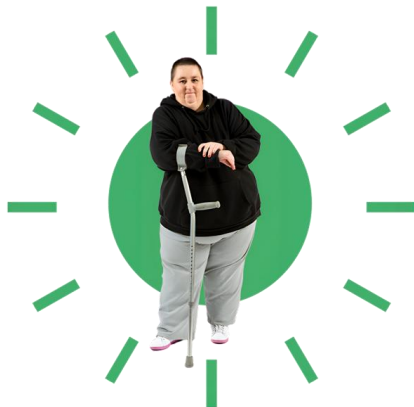
This section will tell you more about how to put your learning into real life.



There is also an Easy Read Self Care document.

You can click here to find it on STAF's website.

<https://www.staf.scot/Handlers/Download.ashx?IDMF=8f477ffe-b4b0-4562-affb-2b7bcf4ee6d7>



It will help you to meet your own needs while you are learning.

You can stop and use the Self Care document whenever you feel you need to.

The Learning Outcomes



Learning outcomes are the things that you may have learned by the end of a course.



By the end of this course you may be able to:

- talk about different types of trauma and their effects



- name the 5 key points about trauma-informed practice



- say how different types of relationships can help people with trauma



- show more positive relationship skills



- say why each person's own experiences are important when they are communicating with others



- think about your own skills more now that you understand trauma and relationships better



This is the end of the course information document.



To start the course, go to Section 1 Easy Read document.

In this Easy Read document the pictures are from:

