Trauma-Informed Foundations: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Trauma-Informed Foundations: Facilitator Pack

Teaching the course to a group

A facilitator pack · 2 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Trauma-Informed Foundations” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

This printing was set on 27 October 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About Trauma-Informed Foundations 4
2. Planning the sessions 5

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Trauma-Informed Foundations” to a group: a session for each of its 2 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 2 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About Trauma-Informed Foundations

Trauma rewrites the body's rules before the mind has a say, and services that do not understand this retraumatise the people they exist to help. This course teaches the foundations every practitioner and every service should hold: what trauma actually does to memory, body and trust, and the principles that make practice safe, for clinicians, trainees and anyone in a trauma-facing role.

The first module teaches the mechanism. You will learn why traumatic memory behaves unlike ordinary memory, fragmentary, sensory and present-tense, through the threat cascade and its neurobiology, and then work with the window of tolerance: hyperarousal, hypoarousal, and the band between them where processing and connection are possible. The second module turns understanding into stance: the trauma-informed principles, safety, trustworthiness, choice, collaboration and empowerment, translated from poster language into daily practice, and grounding techniques as psychological first aid you can use the same day.

Full written lessons with key points and immediately usable practice tasks, with a built-in study tutor available throughout. Six hours of CPD, around six months of access, a final assessment, and a personalised certificate on passing.

By the end of the course, participants will be able to

- Explain how traumatic memory differs from ordinary memory, and why reminders trigger re-experiencing
- Describe the window of tolerance and recognise hyperarousal and hypoarousal in clients
- Apply the principles of trauma-informed care: safety, trust, choice, collaboration and empowerment
- Teach grounding and stabilisation techniques and judge when they are the priority
- Recognise dissociation on its continuum and respond safely
- Describe the phased model of trauma treatment and each phase's purpose

Who it is for

The course is pitched at practitioners and trainees meeting the subject for the first time, and colleagues in allied roles who want a grounding in it.

At a glance

- 2 sessions of about 180 minutes, one for each of the course's modules.
- The online course is accredited for 6 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	What trauma does	5	180 minutes
2	The trauma-informed stance	4	180 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.