Trauma-Informed Practice for Therapists: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Trauma-Informed Practice for Therapists: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Trauma-Informed Practice for Therapists” 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.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Trauma-Informed Practice for Therapists” to a group: a session for each of its 4 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 4 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 Practice for Therapists

Trauma-Informed Practice for Therapists – intermediate is a six-hour CPD course designed to equip clinicians with the knowledge and skills required to work safely and effectively with survivors of traumatic experience. Drawing on the NICE guideline NG116, ISTSS recommendations and contemporary research in trauma-focused CBT, EMDR and attachment-based therapy, the programme blends neurobiological insight with practical application.

Foundations of Trauma invites participants to explore the multifaceted nature of trauma, its prevalence, and the profound impact on the brain and body. Through case vignettes and evidence-based models of the stress response, learners gain a nuanced understanding of how trauma alters cognition, emotion and behaviour, laying the groundwork for informed intervention.

Core Principles of Trauma-Informed Care examines the six guiding principles – safety, trustworthiness, peer support, collaboration, empowerment and cultural, historical and gender sensitivity. Participants learn to embed these principles into the therapeutic alliance, recognising how each principle reshapes assessment, rapport building and treatment planning in a trauma-sensitive context.

Evidence-Based Interventions compares the main trauma-focused therapeutic models, including trauma-focused CBT, EMDR and attachment-based approaches. The module offers structured overviews, key techniques, contraindications and integration strategies, enabling clinicians to select and adapt interventions that best match client presentations and therapeutic goals.

Putting It All Together in Practice translates theory into day-to-day work. Learners practise applying safety protocols, collaborative goal setting and self-care routines, using role-play and reflective exercises. The session emphasises maintaining therapeutic boundaries, managing vicarious trauma and sustaining resilience in clinical practice.

On completion, participants will be able to assess trauma exposure, embed trauma-informed principles into every session, select and deliver evidence-based interventions, and monitor both client and clinician wellbeing. The course promises a richer therapeutic relationship, improved treatment outcomes and a sustainable, self-aware practice, delivered within a CBT framework and accredited for 6 CPD hours, suitable for therapists, counsellors and psychotherapists seeking to deepen their expertise in trauma-informed care.

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

- Identify the neurobiological and psychological impacts of trauma on clients.
- Apply the six key principles of trauma-informed care to assessment and treatment planning.
- Select and adapt evidence-based interventions such as TF-CBT and EMDR for diverse client needs.

- Demonstrate strategies for maintaining therapist safety and managing vicarious trauma.
- Integrate trauma-informed documentation and referral pathways within a multidisciplinary setting.

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 4 sessions of about 150 minutes, one for each of the course's modules.
- The online course is accredited for 10 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	Foundations of Trauma	3	150 minutes
2	Core Principles of Trauma-Informed Care	3	150 minutes
3	Evidence-Based Interventions	4	150 minutes
4	Putting It All Together in Practice	3	150 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.