



Trauma-Informed Training

Who are Khulisa?

We are a national, award-winning charity that places wellbeing at the heart of support for young people. We work with young people and adults in schools, prisons and in the community, who are vulnerable and at risk of exploitation and exclusion. We provide trauma sensitive and developmentally informed behaviour change programmes, underpinned by Dramatherapy, the Good Lives Model (an asset-based approach) and Restorative Practice principles, which build self-awareness and emotional resilience. By equipping participants with tools and techniques to enhance self-awareness and non-violent conflict resolution, we provide a safe space, to help them to transform their lives; enabling them and their communities to truly thrive and flourish.

Working with harmed and harmer is just part of the focus. We also offer Trauma-informed Training for sector professionals. We recognise that those working in our sector are managing increasingly complex cases with fewer resources. To fill this knowledge gap, we developed training that builds on our own experience working with traumatised young people; whilst acknowledging the systemic need to support for professionals at risk of burn-out, toxic stress and compassion fatigue. 100% of professionals attending our Trauma-informed Training confirm they find the training useful for their daily practice and over 90% confirm it's improved both their understanding of the impact of trauma and knowledge of trauma-informed practice. 78% feel well prepared to put their knowledge into practice in their day-to-day role.

Khulisa's own South African heritage – working in some of the world's most violent communities - together with our experience working with inner city community violence in London and Manchester (gangs, exploitation, substance misuse and associated conflict); has enabled us to develop a model that achieves results, accessible to all, using simple creative and experiential methods. We have spent 10 years in the UK, developing and refining this model and methodology, to create safe and contained environments that enable change. Khulisa's training is underpinned by the most recent psychological and neuroscientific research on relational and developmental trauma and an internationally published evidence base of best practice.

Our facilitation style is asset-based, inclusive and highly experiential. We use a range of mediums to help participants to integrate knowledge and all of our facilitators are therapeutically trained. Khulisa's beneficiary programmes are proven to be effective in reducing re-offending (7% re-offending rate versus the 46% national average) and in improving participants' mental health and wellbeing (98% positive impact on behaviour, 76 % stronger social connections, increased motivation). In schools, we reduce exclusion rates by 50% and 70% of students experience a positive shift in wellbeing (reduced anxiety/depression, increased confidence, self-worth and motivation).

To discuss any part of this proposal or if you require any more information about Khulisa or our services, get in contact: **Lisa Rowles +44 7717 510525; lisa@khulisa.co.uk**

Programme Content – 1.0 day

Our workshops are experiential, creative and offer tried and tested tools and techniques that we employ with our own beneficiaries. By providing an understanding of how to recognise and sensitively respond to the effects of trauma, we also offer participants the opportunity to assess their own self-care routine (ie. responses to compassion fatigue, vicarious trauma etc); to ensure both staff and end-users are well safeguarded. Broadly content covers the following:

1-day – A trauma sensitive & developmentally aware approach

Day 1 - Being Trauma-sensitive & developmentally informed (theory and practice)

- Introduction to trauma: How it affects body, mind, behaviour and memory
- Understanding the link between attachment, trauma, shame and violence
- Grief & Trauma – patterns / responses - avoiding re-traumatisation
- Self-care (simple measures, self-support techniques, reflective practice)
- Co-regulation - Practical tips on supporting self/others to regulate emotion/manage behaviour and de-escalate trigger responses.
- Simple tools to avoid re-traumatisation - building a narrative, improving emotional literacy & resilience, grounding techniques

Training Outcomes

As a result of this training, we anticipate participants will understand:

- *the basics about how trauma presents in behaviour (body and mind)*
- *the link between triggers, behavioural strategies and trauma*
- *the types of survival responses and scripts*
- *the link between emotions, Adverse Childhood Experiences (ACE's), trauma and day-to-day behaviour*
grounding / de-escalation tools to safeguard self/others
- *how to apply what I've learnt practically day-to-day*

Trauma Training Endorsements

'I loved the group activities and the way it linked with the theory. Really empowered by the training, resources, available & help available for those affected by trauma. The trainer's enthusiasm and passion to the subject. I was hanging on every word. Such important work! Thank you'
(front-line care worker, Young Harrow Foundation)

"All practitioners found the session engaging, interactive and informative; it is safe to say the response from your session was overwhelmingly positive." **(Harrow Council)**

'Well organised and excellent facilitation. I will approach clients differently: understanding how the brain works in moments of trauma and that will certainly increase my sympathy for them'
(front-line care worker, North London)

'The training was second-to-none. The whole session was tailored just right'
(Restorative Practitioner/Mediator, Northern Ireland)

'Excellent & informative. Easy to understand and a fun way of learning about something heavy.'
(Front-line care worker, West London)

"...a big thank you for yesterday. The feedback was unanimously positive and your input left everyone feeling inspired and excited to try out new approaches and ideas"
Ed Chilton, Senior Educational Psychologist, Hackney Learning Trust

"Only Connect partnered with Khulisa to get their support in the development of new ways of engaging prisons across the UK in restorative practice to reduce the likelihood of vulnerable young offenders engaging with gang-related activity on release. Khulisa enhanced the capacity of my team to deliver this programme effectively and demonstrated a strong capacity to translate their evidence into good-practice and practical, actionable improvements to our service delivery."
Mat Ilic, former Director Only Connect & Special Adviser (Justice) to the Cabinet Office