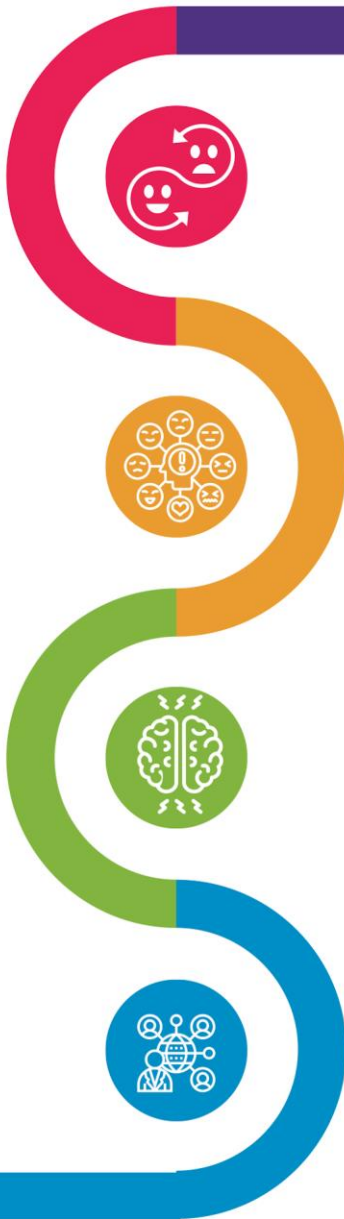




# TRAUMA INFORMED APPROACHES FOR PUBLIC SERVICES

A series of 4 Trauma Informed Awareness sessions for Public Services. These sessions are designed to support the Neuroscience of how we learn, develop and empower staff to meet the needs of the community.



## Session 1

Understanding vulnerability  
How brains grow  
Connection  
Emotional regulation

**01**  
Approx 2 hours

## Session 2

The window of tolerance  
Polyvagal theory  
Awareness (1 of the 7 A's of healing)  
Recognising feelings and building trust

**02**  
Approx 2 hours

## Session 3

Understanding the impact of trauma  
on the body, on the brain, on the sensory system  
How to respond to 'crisis'  
Real life scenario

**03**  
Approx 2 hours

## Session 4

Intergenerational ACES, Trauma, Attachment  
Implicit memory  
Neuroception  
Embedding TIA in your setting  
Being a 'curiosity champion'

**04**  
Approx 2 hours



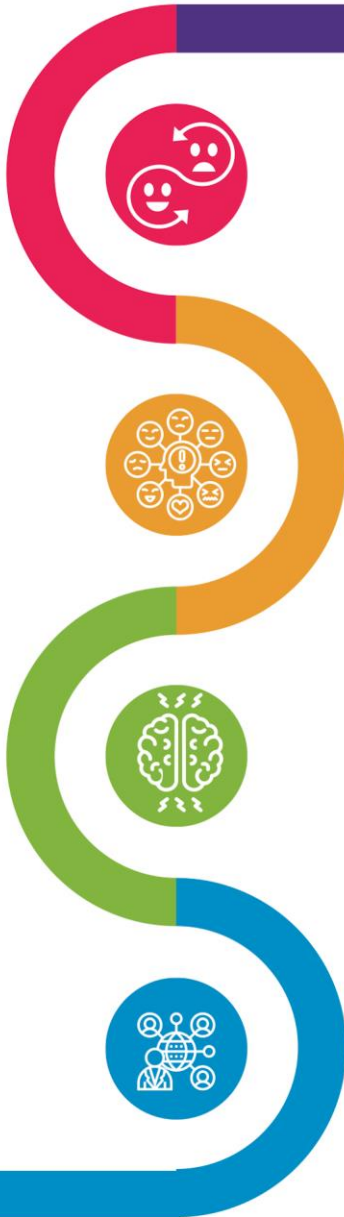
**0151 7778734**

Email: [Merseyside.VRP@merseyside.police.uk](mailto:Merseyside.VRP@merseyside.police.uk)



# TRAUMA INFORMED APPROACHES FOR PUBLIC SERVICES

Dates and venues from September to December  
Monday Group (5) 10-12pm, Group (6) 1-3pm WA9 1HW  
Tuesday Group (7) 10-12pm, Group (8) 1-3pm L20 8EQ



## Group 5

16th October 2023  
23th October 2023  
30th October 2023  
6th November 2023

Community Fire Station, Violet Way, Saint Helens  
WA9 1HW

05

Morning 10-12pm

## Group 6

16th October 2023  
23th October 2023  
30th October 2023  
6th November 2023

Community Fire Station, Violet Way, Saint Helens  
WA9 1HW

06

Afternoon 1-3pm

## Group 7

17th October 2023  
24th October 2023  
31st October 2023  
7th November 2023

Bankhall Fire Station Derby Road, Kirkdale, Central  
L20 8EQ

07

Morning 10-12pm

## Group 8

17th October 2023  
24th October 2023  
31st October 2023  
7th November 2023

Bankhall Fire Station Derby Road, Kirkdale, Central  
L20 8EQ

08

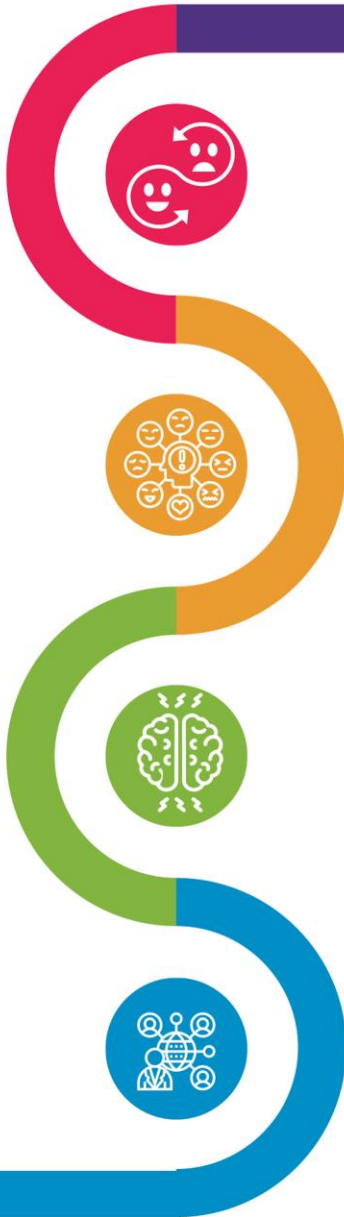
Afternoon 1-3pm

Please do not commit unless you can make all 4 dates



# TRAUMA INFORMED APPROACHES FOR PUBLIC SERVICES

Dates and venues from September to December  
Monday Group (9) 10-12pm, Group (10) 1-3pm WA9 1HW  
Tuesday Group (11) 10-12pm, Group (12) 1-3pm L20 8EQ



## Group 9

13th November 2023  
20th November 2023  
27th November 2023  
4th December 2023

Community Fire Station, Violet Way, Saint Helens  
WA9 1HW

Morning 10-12pm

## Group 10

13th November 2023  
20th November 2023  
27th November 2023  
4th December 2023

Community Fire Station, Violet Way, Saint Helens  
WA9 1HW

Afternoon 1-3pm

## Group 11

14th November 2023  
21st November 2023  
28th November 2023  
5th December 2023

Bankhall Fire Station Derby Road, Kirkdale, Central  
L20 8EQ

Morning 10-12pm

## Group 12

14th November 2023  
21st November 2023  
28th November 2023  
5th December 2023

Bankhall Fire Station Derby Road, Kirkdale, Central  
L20 8EQ

Afternoon 1-3pm

Please do not commit unless you can make all 4 dates