

# TRAUMA INFORMED FUTURES



Your weekly pulse on trauma-informed practice & progress

**TRAUMA INFORMED SOLUTIONS™**  
Training the Future to Heal the Past.

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## DEEPEN YOUR PRACTICE: CPD COURSE SPOTLIGHT

All courses are CPD accredited and include trauma-informed support materials

Trauma Informed Train the Trainer Course Nov 2025 and Jan 2026  
It's not training. It's transformation—press play to learn more



**BOOK NOW**

## DID YOU KNOW...?

**Trauma Informed Principle:**  
Cultural, historical and gender issues



### Fast Fact:

Smell is culturally coded — familiar scents can calm the nervous system and restore a sense of belonging.

## CONNECT WITH US

Trauma Informed Solutions are committed to safety, empowerment, and accessible practice across sectors.

Learn more:

[www.traumainformedolutions.co.uk](http://www.traumainformedolutions.co.uk)

Contact:

[info@traumainformedolutions.co.uk](mailto:info@traumainformedolutions.co.uk)

Join the conversation—follow along, reach out, or collaborate.

Lets stay connected - follow us on



*With care—for ourselves, each other, and the work ahead,*



*Sally and Jo*



## WHERE PRACTICE MEETS PEOPLE: CRIMINAL JUSTICE EDITION



**“Empathy in Action: The Measurable Impact of Justice Done Differently”**

Scotland's trauma-informed justice reforms have improved victim and witness experiences, reduced re-traumatisation, and increased engagement with the justice process. Restorative approaches have contributed to lower reoffending and more effective rehabilitation.

Justice agencies now embed relational safety, choice, and transparency — fostering trust, recovery, and more equitable outcomes across the system.

To find out more, click here

