

TRAUMA INFORMED FUTURES



Your weekly pulse on trauma-informed practice & progress

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

ISSUE NO.3 2025

DEEPEN YOUR PRACTICE: CPD COURSE SPOTLIGHT

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

**Trauma Informed Professional
Curiosity and Exploitation**
Curious minds, conscious methods—
press play to find out more



BOOK NOW

 ½ Day course Sept - Dec

🔍 DID YOU KNOW...?

Trauma Informed Principle:
Empowerment thro Voice &
Choice



Fast Fact:

Surface-level involvement weakens resilience. Genuine collaboration builds trust, relevance, and stronger care outcomes.

📧 CONNECT WITH US

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

🔗 Learn more:

www.traumainformedsolutions.co.uk

✉ Contact:

info@traumainformedsolutions.co.uk

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

Let's stay connected - follow us on



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



Sally and Jo



WHERE PRACTICE MEETS PEOPLE: MENTAL HEALTH EDITION



“Voice First: The Engagement Multiplier”

A 2023 evaluation by Managed Access to Participation (MAP)—a youth mental health charity based in Norfolk and King's College London found that 75% of young participants reported better mental health after being actively involved in youth voice programmes. Key outcomes included:

💬 Increased confidence, purpose, and stress management

💛 Stronger relationships with mental health services

❤ Feeling heard was foundational for friendship, belonging, and quality of life

To read the research, click here

