

# TRAUMA INFORMED FUTURES



Your weekly pulse on trauma-informed practice & progress

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

ISSUE NO.2 2025

## DEEPEN YOUR PRACTICE: CPD COURSE SPOTLIGHT

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

Building Resilient People  
Meet the course that's changing  
conversations—press play



Full day course Sept - Dec

**BOOK NOW**

## DID YOU KNOW...?

**Trauma Informed Principle:**  
Trust & Transparency



### Fast Fact:

Trauma survivors may feel unsafe with unclear communication. Transparent processes help build trust and encourage engagement.

## CONNECT WITH US

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

Learn more:

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

Contact:

[info@traumainformedsolutions.co.uk](mailto:info@traumainformedsolutions.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: HEALTH & SOCIAL CARE EDITION



**“Transparency helps rebuild trust where systems have failed”**

In health and social care, transparency nurtures healing as well as ethical practice. A 2023 SAGE study showed trauma- and resilience-informed approaches support inclusion and lessen harm. Compassionate communication, consensual data sharing, and giving participants control over information were essential to positive outcomes.

To read the research, [click here](#)

