

TRAUMA INFORMED FUTURES



Your weekly pulse on trauma-informed practice & progress

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

ISSUE NO.5 2025

EXPLORE SOME OF OUR CPD ACCREDITED COURSES

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

- Train the Trainer Trauma Informed course: 4-days Nov/Jan
- Building Resilient People course: 1-day September - December
- Trauma Informed Professional Curiosity and Exploitation course: ½-day November- December

BOOK NOW

DID YOU KNOW...?

Trauma Informed Principle:
Empowerment



Fast Fact:

Dopamine spikes when someone feels heard – validation isn't fluffy, it's neurochemical fuel for resilience.



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.

Lets stay connected - follow us on



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



WHERE PRACTICE MEETS PEOPLE: EARLY YEARS EDITION

“Resilience in Relationships”

The National Children's Bureau's A Better Start programme reveals how trauma-informed nursery settings can lay the groundwork for lifelong wellbeing. Across five UK regions, relational safety, inclusive practice, and staff training have transformed early years outcomes. The research calls for system-wide change — placing emotional safety and early intervention at the heart of practice.

To read the research, click here

