

Children and Young People NES Trauma Resources

In this table we have drawn together the current provision of trauma resources and trainings available from NES Psychology Directorate for those who work with children and young people.

The National Trauma Transformation Programme website [Homepage - National Trauma Transformation Programme](#) provides a helpful overview for the National Trauma Training Programme where you can find a summary of the different trauma practice types (informed skilled, enhanced and specialist), and the training and education resources available for each type via the NTTTP here [trauma-training-plan-final.pdf](#)

In addition, trauma focussed training is offered by a number of the child and young people workstreams within NES, such as specialist Child and Adolescent Mental Health (CAMHS), Training in psychological skills – Early intervention for children (TIPS-EIC) and Training in psychological skills – Paediatric healthcare (TIPS-PH) with a focus on meeting the particular needs of each workforce and the children and young people they support.

Any resource that is available on TURAS is available to everyone (An account can be made by anyone with an email account).

For workshops or trainings run by the Trauma workstream, please contact your local Transforming Psychological Trauma Implementation Coordinators (TP-TIC). For workshops offered via Early Intervention, please contact your local TIP-EIC lead. For workshops offered via Paediatric Psychology, please contact your TIP-PH lead. For trainings offered via CAMHS, nominations will come via CAMHS Learning Co-ordinators (CLCs).

If you are unsure who holds these roles in your local health board, please contact psychology@nes.scot.nhs.uk

Practice Level	Target Population	NES Workstream	Resource & Link	Coaching or Supervision requirements	Brief description.
Informed	Whole workforce	Trauma	Sowing Seeds animation	None required	The animation available on TURAS is designed for everyone who works with children and young people. It aims to support people to understand the impact of trauma and to know how to adapt the way they work to make a positive difference to the lives of children and young people affected by trauma.
	Whole workforce	Trauma	Taking a Trauma Informed Lens to your practice: Sowing seeds for working with children and young people	None required	This recorded workshop includes the animation above, providing guidance for team or individual reflection and planning for trauma informed change. The workshop guidance notes and supporting plan are available on TURAS .

Practice Level	Target Population	NES Workstream	Resource & Link	Coaching or Supervision requirements	Brief description.
Skilled	Whole workforce	Trauma	Developing your trauma skilled practice (Modules 1 & 2)	None required	A suite of skilled level e-learning modules available on TURAS . Module 1 provides the foundation, and module 2 builds on this and is designed for anyone working with children and young people who may have been affected by traumatic events. Module 1: Understanding the impact of trauma and responding in a trauma informed way. Module 2: Trauma in children and young people.
	CYP Early Intervention Workforce, such as school nurse and pastoral care teachers.	Early Intervention (TIPS-EIC)	Trauma Skilled Practice 1. Compassion Fatigue and Self-Care 2. Why Trauma Matters 3. Understanding the Psychological Impact of Trauma 4. Relationships and Recovery	Train the trainers for TIPS-EIC	This is a series of 4 workshops delivered by TIPS-EIC staff for the Early Intervention workforce, such as school nurses and pastoral care teachers. The content of these workshops have also been incorporated into Connected and Compassionate Classroom resources.
	Paediatric secondary care staff	Paediatric Healthcare (TIPS-PH)	Trauma in the workplace	None required	30 min bitesize training session (face-to-face or remotely) delivered by the Training in Psychological Skills – Paediatric Healthcare (TIPS-PH) network. Training for Paediatric staff on understanding and recognising their own trauma responses and trauma-informed self-care.
	Adaptable by trainers for any trauma skilled workforce	Trauma	Transforming Connections: Developing your trauma skilled practice workshop	Recommended 2 follow up coaching sessions.	Day long in person workshop which can be adapted to broad range of audiences. Currently delivered by NES Trauma team to staff working with care experienced CYP, and by some TPTICs and local authority lead officers locally.
	Alternative caregivers including foster carers, adoptive	Trauma	Thriving Futures: A Trauma Sensitive Parenting Resource for Alternative Caregivers	Recommended follow-up coaching (in development).	2 full day workshop delivered over 3 sessions. A resource for those caring for children and young people whose earlier experiences contained adversity, trauma and loss. This provides an enhanced level of trauma informed education and skills-

	carers, kinship carers				based training, tailored to meet the needs of alternative caregivers across Scotland.
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Practice Level	Target Population	NES Workstream	Resource & Link	Coaching or Supervision requirements	Brief description.
Enhanced	Trauma enhanced practitioners, with additional training experience	Trauma	Training the Trainer – Transforming Connections: Developing your trauma skilled practice workshop	Supported via TPTICs	Training provided by TPTICs to support local trainers to deliver the Transforming Connections <i>Developing your trauma skilled practice</i> workshop across a range of settings. Also delivered by Kim Bradie in central team to support those working with children with care experience, and may be delivered by Sally Jowett to eligible lead officers.
	Multi-disciplinary CAMHS clinicians.	CAMHS	CAMHS: Introduction to working with children and young people who have experienced trauma	Clinical Supervision in CAMHS.	This two-day training covers similar knowledge and skills to the adult safety and stabilisation training, for the CAMHS workforce working with children and young people who have experienced trauma. Day 1: Assessment and Formulation Day 2: Core Skills.
	Multi-disciplinary CAMHS clinicians working in inpatient settings	CAMHS	CAMHS: Introduction to working with children and young people who have experienced trauma – Training for Inpatient Services	Clinical Supervision in CAMHS	This is a condensed one-day adaptation of the CAMHS: Introduction to working with children and young people who have experienced trauma, to support delivery to inpatient teams. The content is tailored to inpatient settings.
	All clinicians delivering psychological interventions or treatments with neurodivergent people across the lifespan.	CAMHS	Formulating the experience of trauma with neurodivergent people - Webinar	Clinical Supervision in CAMHS	This webinar aims to promote evidence-based practice and the use of psychological assessment, formulation and intervention to understand and alleviate the impact of trauma and related difficulties within this population. Contents are applicable across the lifespan.

Specialist	CAMHS	CAMHS	Training the Trainer – CAMHS: Introduction to working with children and young people who have experienced trauma	Supported via MS Team Channel	Training provided by NES to support local trainers to deliver the CAMHS enhanced level training. It includes the two-day training (above) and a further day focussing on training delivery.
	CAMHS clinicians with relevant CBT qualification	CAMHS	Trauma focussed Cognitive Behaviour Therapy (TF-CBT)	Clinical supervision	Initial two-day workshop, with further follow up day, organised by NES, and delivered by TF-CBT expert.

NES Scottish Trauma Informed Leaders Training (STILT) is designed to support leaders of organisations to develop trauma informed systems, processes, environments and teams. It is delivered using a blending learning programme, including an initial webinar. Contact your local TPTIC for further details.

NES Psychology Directorate - psychology@nes.scot.nhs.uk September 2025