

# Kazzum Arts'

## Trauma-Informed Practice Training

Kazzum Arts' training programmes introduce practitioners to the key principles within a trauma-informed approach. They are designed to develop knowledge, insight and relational capacities when working with participants who may have lived experience of trauma.

The trainings incorporate a variety of resources and approaches including facilitated group discussions, presentation, creative activities and opportunities for self-reflection.

### Online Trauma-Awareness Training

**Two half-day sessions to develop trauma awareness, explore practical approaches and build resilience. Offered to organisations and individuals on Zoom.**

#### Session 1

- Introduce the concept of trauma, traumatic stress
- Develop understanding of Adverse Childhood Experiences.
- Explore the impact of toxic stress upon child development.
- Developing knowledge about neurobiology and its relationship to trauma
- Support self-regulation and self-reflection skills for practitioners

**Duration:** 3 ½ hrs

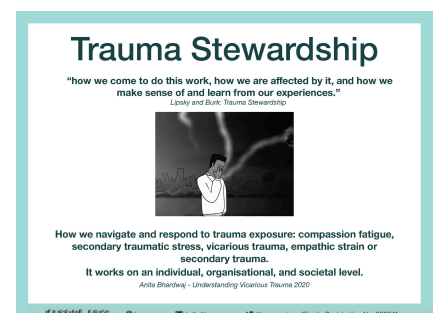
#### Session 2

- Explore the physical impact of trauma on the Autonomic Nervous System
- Increase understanding of social engagement and social defence states
- Offer practical facilitation approaches for building trauma-informed environments
- Deepen awareness of systemic trauma
- Explore trauma stewardship and pathways for practitioner support
- Recap learning from session 1

**Duration:** 3 ½ hrs

**Capacity:** Up to 30 people

*(if you are interested in larger numbers please get in touch)*



## About Kazzum Arts:

Kazzum Arts are a charitable arts organisation based in East London, providing opportunities for children and young people to explore their creativity at times in their lives when they are most in need of support. With over 30 years of experience working with young people in hospitals, refugee settings, pupil referral units and mainstream schools, they have become a leading organisation in arts based approaches which support young people through adverse experiences, mental ill-health and social exclusion.

For more information please contact: [training@kazzum.org](mailto:training@kazzum.org)

*"It was insightful, helpful, fascinating, sensitively run, plus very rewarding to be learning again and linked up to our practise during this tricky time."*

Partner Organisation – July 2020

*"I really enjoyed the training, it was very effectively delivered in a way which reflected and modelled the approach and content, and good zoom work too."*

Participant – January 2021

*"It really was the best, most informative training session I've been to in a LONG time. I can't praise it highly enough."*

Participant – March 2022

*"It deepened my understanding of my own practice, reinforced some of the things I'm currently doing and introduced new ideas I can use in the future. I felt cared for throughout the training."*

Participant – March 2022

