

# 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, or within trauma impacted environments.

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

## In-Person Trauma Awareness Training

Two sessions to develop trauma awareness, explore practical approaches and build resilience.

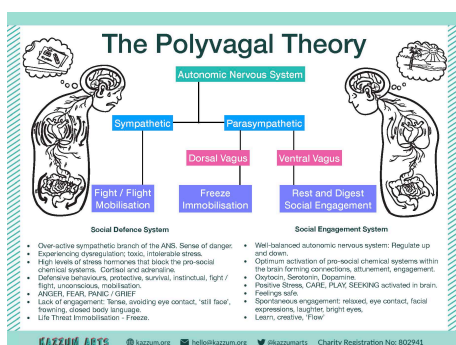
### Session 1

- Introduces the concept of trauma, traumatic stress and how to stay well regulated in adversity.
- Understanding and exploring Adverse Childhood Experiences.
- Exploring the impacts of toxic stress upon neurological development.
- Developing knowledge about the Autonomic Nervous System and Social Engagement Theory.

### Session 2

- A deeper look at how traumatic stress impacts the Autonomic Nervous System.
- Practical facilitation approaches for building safety and trauma-informed environments.
- Supporting attunement and emotional literacy in relationships.
- Exploring Trauma Stewardship and practitioner support.

Capacity: Up to 30 people (if you are interested in larger numbers please get in touch)



### Trauma Stewardship

"how we come to do this work, how we are affected by it, and how we make sense of and learn from our experiences."  
Lindy and Burke Trauma Stewarding

How we navigate and respond to trauma exposure: compassion fatigue, secondary traumatic stress, vicarious trauma, empathic strain or secondary trauma.

It works on an individual, organisational, and societal level.

Anta Bharadwaj - Understanding Vicarious Trauma 2020

KAZZUM ARTS | @kazzum | hello@kazzum.org | @kazzumarts | Charity Registration No: 802941

### Delivery Option 1

A half day introductory workshop - Session 1 only

Duration: 3 ½ hrs

### Delivery Option 2

Two half day interactive workshops- Session 1 + 2

Duration: 2 x 3 ½ hrs

### Delivery Option 3

An interactive full day workshop - Session 1 + 2

Duration: 7 hrs

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## 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 feel like I will go back into work with children with not just improved skills in trauma informed practice, which will be increasingly so important, but a sense of having my own cup filled, so I am prepared to value and support the young people."*

Participant - July 2020

*"Everyone working in Participatory Arts should have this training"*

Participant - September 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."*

Participants - January 2021