

Supporting
Children
Impacted by
Domestic
Abuse

healing 
together

Facilitators
Accredited Training



Supporting Children Impacted by Domestic Abuse



Early access to trauma informed help by people they trust, and in a space they feel safe in.

Evidence Base behind the Healing Together Programme

Neuro Science

- Polyvagal theory (Dr Stephen Porges)
- Hand Model of the Brain, Interpersonal neurobiology (Dr Dan Siegel)
- The Biology of Belief, Molecular Biology (Dr Bruce Lipton)
- Neuro Sequential Mode (Dr Bruce Perry)
- Trauma Stored in the Body, Body Keeps the Score (Bessel van der Kolk)
- Dr Gabor Mate – early childhood trauma (domestic abuse) with life long addiction

Relational Approaches

- Attachment Models
- Interpersonal neurobiology (Dr Dan Siegel)
- Safe relational experiences (Dr Bruce Perry)
- Healing Potential of creating safe relational experiences (Dr S Porges)

Adverse Childhood Experiences Study: Epidemiology study

No Cognitive Behaviour Therapy: Trauma is not cognitively processed.



Facilitators Training Outline



Day One

Exploring domestic and abuse from a child's perspective during the abuse, coming out of it and afterwards.

Day Two

Understanding the theoretical underpinnings (neuroscience and relational approaches). Putting theory into practice.

Day Three

Creating and delivering a trauma-sensitive approach in your practice and delivery of the Healing Together Programme.

Delivered online via zoom



Outline: Healing Together Programme



Session 1

Settling in and setting the scene for this to be a safe experience. Introduces the real benefits of **breathing** as the resource we all have with us, always.

Session 4

Looking at **feelings in the body**, how they get trapped and releasing them.

Session 2

Exploring **how the brain operates** using a simple model so children can see that their reactions and behaviours aren't so random. The role that the body plays in helping the brain to feel more settled.

Session 5

Simple **strategies** to use to help the body and brain work together to create inner calmness.

Session 3

The sensory journey what can come in via the **senses** to flick the brain and body into feeling unsafe.

Session 6

Revisiting all the models used and the techniques and creating a **Safe and Well Plan**.



Resources for the children

Trauma
informed
animations
(6 videos)

COLD



HOT



Show & Tell sheets
to share what they
have covered
in each session
with a caregiver
(if they wish).



itv SignPost

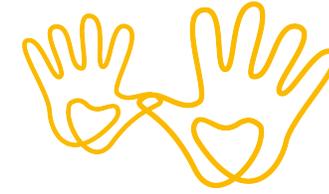


Support Hub

healing
together 

- **One to one and group programme manuals:** Each session is detailed so you have a clear plan for each session.
- **Worksheets and videos** required to deliver the Healing Together programme.
- **Pre-assessment forms** (i.e. consent, information sheets, referral, contact details) & Evaluation forms.
- **'How To' videos:** Videos that will demonstrate how each session and activities can be delivered.
- **Access to clinical support.**
- **Ongoing CPD** (remotely, sessions will be recorded).
- **Online Portal:** Given access after you have successfully completed your training.
- **Online Community Forum:** Connect, Share & Support

Healing Together Training: Impact

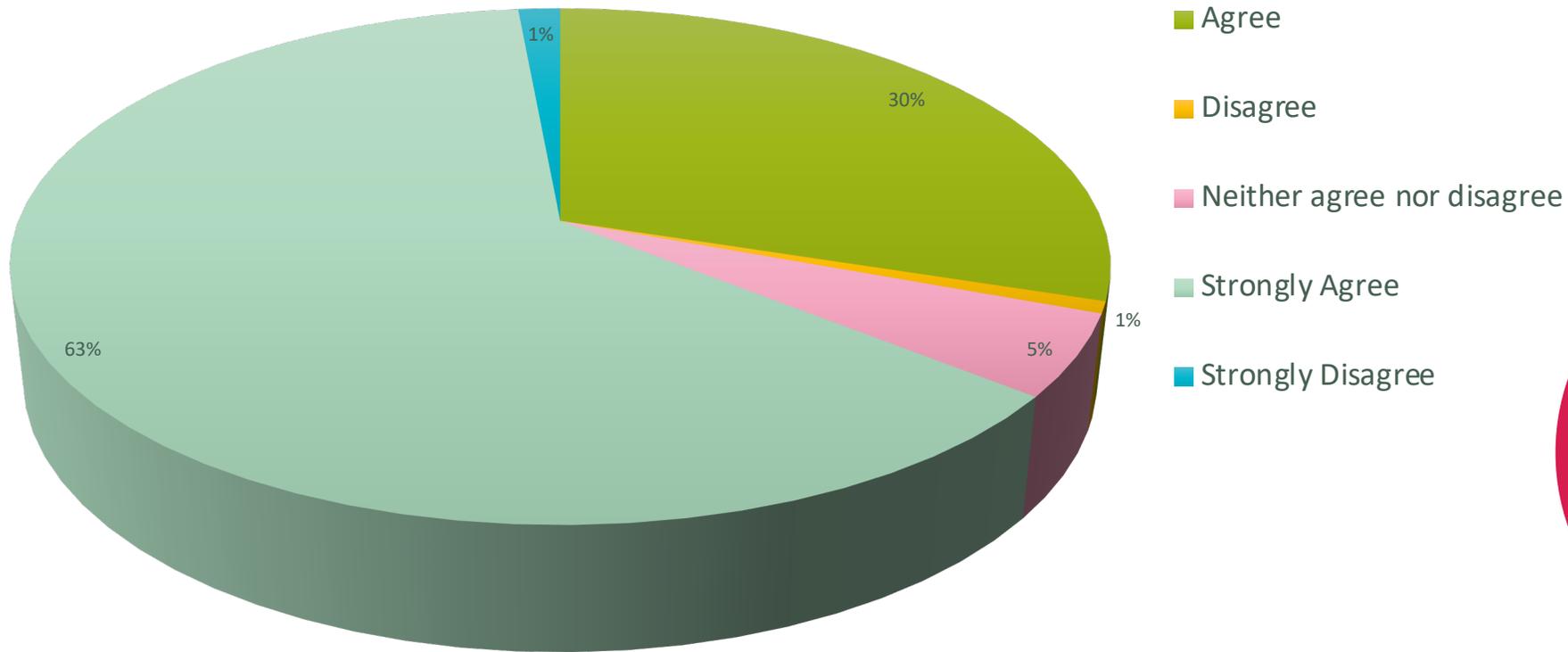


On a Scale of 1-10...	Pre Training Average Score	Post Training Average Score
How confident do you feel about supporting children impacted by domestic abuse?	5.9	8.5
How would you rate your knowledge and understanding of the impact of domestic abuse on children?	6.4	8.8
How confident do you feel about working with children using a trauma informed approach ?	6.1	8.7

44% average increase in each area

* Data based on 137 data sets

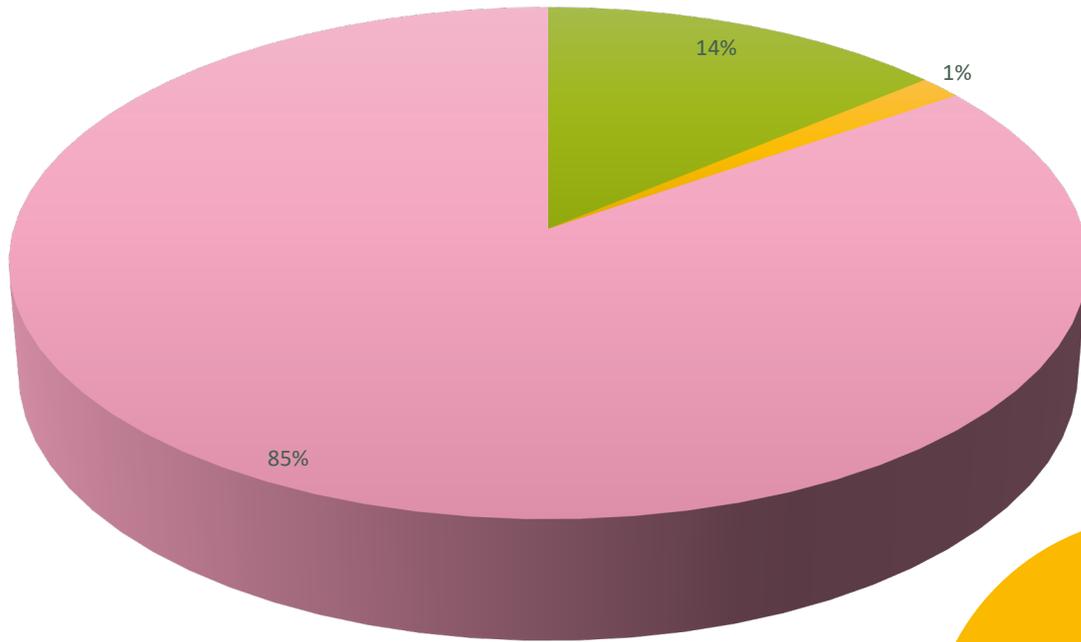
As a result of this training, I am more likely to adopt a trauma informed approach to the rest of my work



93% Agree or Strongly Agree

* Data based on 137 data sets

How would you rate the trainer?



- Good
- Neither good nor poor
- Very good

99% Very good or Good

100% would recommend Healing Together training

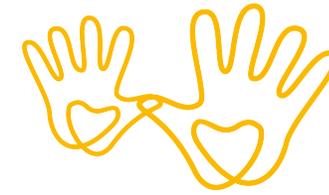


Jane Evans, Childhood Trauma Expert



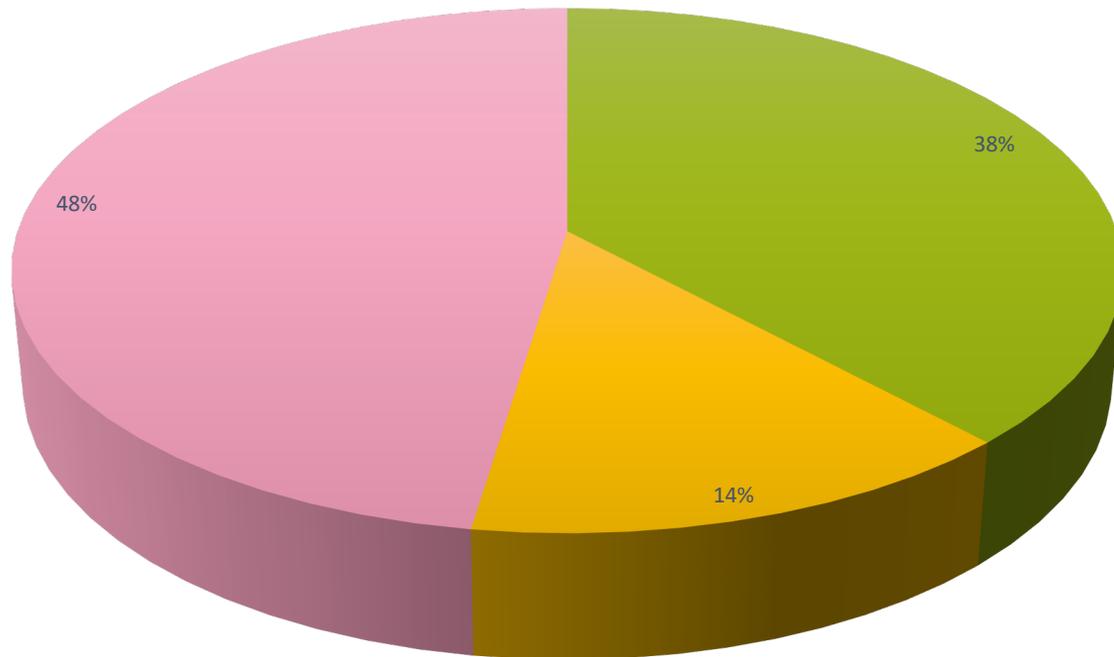
* Data based on 137 data sets

Healing Together Anxiety Training



On a Scale of 1-10...	Pre Training Average Score	Post Training Average Score
How confident do you feel about supporting children experiencing anxiety?	7.2	8.8
How would you rate your knowledge and understanding of anxiety and the impact on children?	7.8	9.0
How confident do you feel about delivering the Healing Together programme online ?	6.5	7.7

As a result of this Anxiety training, I am more likely to use the Healing Together programme to support more children.



- Agree
- Neither agree nor disagree
- Strongly Agree

86% Agree or Strongly Agree

The Impact Healing Together Programme has on Children



Measure & Possible Score	Pre-Programme Average	Post-Programme Average
Differentiating Emotions (21)	11.5	19.75
Not Hiding Emotions (15)	7	12.75
Bodily Awareness (15)	9.25	11.5
Verbal Sharing of Emotions (9)	3.75	8
Total Emotional Awareness Score (60)	31.5	52

65%
increase
Emotional
Awareness
Score

* Emotional Awareness Questionnaire



Home Office

Testimonial



“Perfect for delivery by frontline staff in schools, where this is desperately needed, because the focus is NOT on talking/reliving trauma. Although it is aimed at those who have experienced DV, as it doesn't go into the details of the trauma, I feel it is appropriate for supporting children with trauma of any kind.



Home Office

Testimonial



“This training was great to refocus on the experiences of children and young people, to explore some of my own assumptions about the behaviour traumatised children present. It is not often that Family Support Workers are equipped with therapeutic tools and I can see that this will be useful in both group settings and direct work.



Testimonial: Post Training Support

'We have found the post course training support from Innovating Minds exceptional.

Staff were nervous about delivering the programme for the first time, but on-going support has further developed their confidence and understanding of the programme.

We had many questions to ask and all were answered very quickly and informatively. The Innovating Minds staff are very helpful and approachable and make you well supported and part of a Healing Together family of practitioners.

We are in the process of delivering x 8 Healing Together Programmes. Week 1 of the first course was well received by the children, who were able to identify their feelings and locate where in their bodies these feeling were held" *Merseyside Fire & Rescue*



Next Steps: Research Development

- Submission to Early Intervention foundation
- Pilot study: Healing Together for adults victims of domestic abuse
- Pilot study: Joint sessions with safe adult and child, both accessing the Healing Together programme together.
- Continue to participate in research with Universities and supervise students.





Contact Us

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Facilitator Programme