

TRAUMA INFORMED WALES SCHOOLS™



Trauma informed practitioner Mrs Teleri Nicholas

WHAT IS A TRAUMA INFORMED PRACTITIONER?

A trauma informed practitioner understands how trauma and mental health challenges can affect behaviour, learning and relationships.

Rather than asking *"What is wrong with this child/person?"*, a trauma-informed approach asks *"What has happened, and how can we help?"*

This approach focuses on:

- **building safe, supportive relationships** reducing conflict, avoidance and disengagement
- **understanding the underlying causes of behaviour**
- helping children, young people and adults **make sense of their experiences**
- creating environments where everyone can feel **safe, supported and able to learn and work**

At its core, it is about creating a culture where relationships, compassion and understanding support healing and development.

