

How to become trauma-informed

This session is particularly helpful for lawyers and other professionals who work in areas of high emotion, such as family, private client, employment, clinical negligence and pro bono work.

We look at the following:

1) The psychology of vulnerability and how to become trauma-informed –

we examine why it is difficult for vulnerable and stressed clients to take in much information and the psychological dynamics that commonly arise with vulnerable and pro bono clients.

2) Core conditions for conversations with emotional/distressed clients –

We take a look at the practical skills needed when working with vulnerable, distressed and traumatised people. These include different methods of displaying empathy and using language well to discourage dependency and evoke feelings of resourcefulness in your clients. To include practical case studies to demonstrate such skills.

3) Self-care –

finally, we look at how to take a values-based rather than outcomes-focused approach to our work, helping to support our own mental health and enabling us to avoid vicarious trauma.