

SKILLS CONNECT



Trauma & Decompression Training

Explore invaluable strategies for cultivating a safe and supportive healthcare environment. Acquire essential tools for decompression and enhance your ability to manage trauma effectively within the Health and Social Care sector. Elevate your skills and contribute to a compassionate and resilient healthcare community.

Course Overview

Our fully-funded trauma and decompression course aims to equip employees with the skills to effectively manage and address trauma-related challenges. It focuses on providing tools for recognising, responding to, and decompressing from stressful situations, enhancing overall wellbeing in the health-care environment.

This course, equivalent to a Level 3 Qualification, is tailored for professionals seeking to understand the profound impact of trauma on mental wellbeing. Participants will gain valuable knowledge and tools to foster a safe and supportive environment within healthcare settings through interactive, fully-funded workshops.

This is a 5 day course, spread out over 10 weeks, working out at 1 day every two weeks. All learners must attend all 5 sessions to successfully complete the course. Those eligible must be: aged 19+, a West Yorkshire resident, working within the Health and Social Care sector.

If you are interested in this course, [please complete the contact form](#). It will take around 2 minutes to complete.