Course Welcome – What do we mean by Trauma Informed Practice?

In the first of our video discussions, David Cameron speaks with Dr Suzanne Zeedyk, a Research Scientist and Developmental Psychologist. David begins by asking – **what is trauma informed practice?** And, more importantly, **what impact can this approach have** on schools and the children and young people they nurture?

Having watched the video class, here are some questions for reflection.

Remember, be honest with yourself without being self-critical. The purpose of this exercise is to help you reflect on this discussion; the key themes being covered and how they can relate – or be applied – to your current practice

Opportunities for Reflection

Q. What did you hear from Suzanne that made you think about your current practice?

Thinking about the examples that Suzanne highlighted from primary schools across Scotland…

Q. Which examples reinforced what you do in your current practice?

Q. Which, if any, challenged what you do currently?

Q. Which might you consider adopting or adapting?

And lastly,

Q. What is Suzanne's "why" which underpins all that she says throughout the conversation?

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