# PIE4Shelters



### Trauma informed - what do services do?

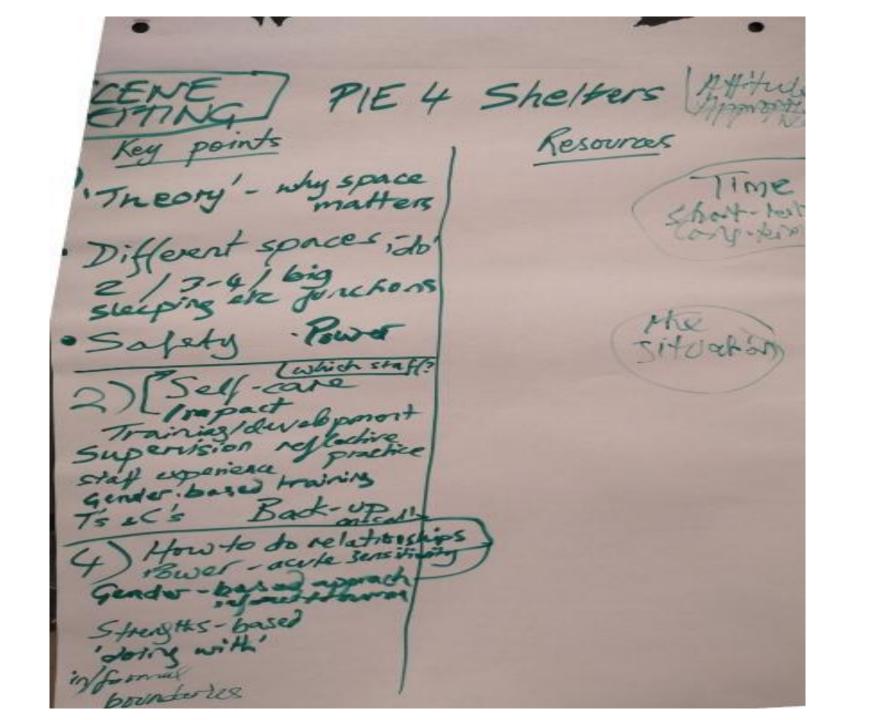


#### TI Services:

- · Take the trauma into account
- · Seek to avoid re-traumatising reactions
- \* Adjust the behaviour of staff & the organisation to support the individual's coping capacity & access/ benefit from services

PIE

- 1. SOCIAL SPACES
- 2. STAFF SUPPORT
- 3. PSYCHOLOGICAL FRAMEWS
- 4. RELATIONSHIPS
- 3. ACCESS TO PSYCHOTHERAPY
- C. CLIENT INVOLVEMENT
- 7. EVALUATION



PIE 4 Shelters 2 Phorapy & what for? Access - whose can you get the support - where an Elients
get support?

PIE & Shelters Travma-informed Recover gerdered analysis ACE how people work transfer of blome/share: dynamics of abouse 'what's happered to you? Mot what's wrong with you? how can I help you? Theory - why? Use Take it seriously expenses give back - into

## Scene Setting

- Background
- violence and abuse of women and girls
- relationship to homelessness
- local prevalence
- why we're doing this training, what it aims to achieve
- Responses
- Trauma-informed services
- Gendered analysis
- Psychologically Informed Environments



### Social Spaces

- Theory why space matters
- Functionality what do you do in these spaces
- Power
- Safety
- Space for individuals, 2-people, small groups, large groups



### Psychological Framework

- Common understanding
- Trauma-informed, Adverse Childhood Experiences (ACE)
- Gendered analysis
- Recovery-oriented, strengths-based
- 'How people work' attachment, fear systems, brain-body-mind
- Importance of relationships
- Dynamics of abuse
- What happened to you? (not 'What's wrong with you?')
- How can we help?



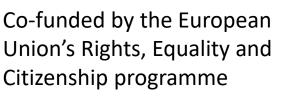
### Staff Support

- Which staff? Cleaners, volunteers, night staff, agency staff
- Self-care
- Training and development
- Supervision
- Reflective practice
- Terms and conditions of work
- 'back-up' management support, on-call systems, debriefs



### Managing Relationships

- Different types of relationships, impact of relationships
- How to manage relationships techniques
- Power 'acute sensitivity'
- Strengths-based
- 'Doing with' and 'being with'
- Time
- Formal and informal
- Boundaries





#### Client Involvement

- Theory why do it?
- How do you do it?
- Take it seriously
- Make it fun, meaningful
- Choice
- Use clients' experience and skills
- Give back info, action, power



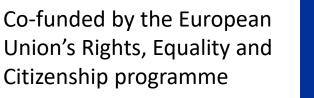
### Access to Psychotherapy

- Why and what for?
- Psychotherapy/psychotherapists
  - process trauma, make sense of experience, find new meanings
  - facilitate reflective practice, staff training, help the service be a 'thinking service'
- Other therapies
- Where can the staff/service get support?
- Where can clients access therapies?



#### **Evaluation**

- Various systems Outcome Star, Onda, wellbeing measures
- PIE-specific Pizazz (<u>www.pielink.net</u>)
- Measuring change
- Measuring what funders want
- Measuring what you want your objectives/mission
- Measuring what the clients want
- Feedback
- Client stories





#### **Local Situation**

What is the local provision?

Is it mixed or single gender?

What is the space like?

What partnerships do they have?

What resources, staffing, volunteers?

Are their managers involved? Senior managers?

Where are the women coming from?

How long are the women staying?

Where are the children?

Who are you training? What are you trying to achieve?



#### Resources

- What do you need?
  - To provide the training
  - For the participants (further reading/research)
  - To deliver to each of the headings
  - To tailor your training to the particular situation
  - Advice, supervision, support
  - Evaluation
  - Ongoing development
  - Further learning

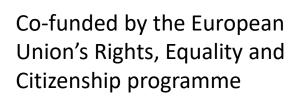


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#### Resources

- PIE4Shelters pack
- Other people's presentations
- Shared emails/group email and contacts/visits
- Impact and process evaluation/valorisation
- Online resources (e.g. <u>www.pielink</u>)
- Local resources/shared experience
- Reading list
- Training plan and presentation
- Local training plans
- Peter/Brian as consultants





#### Timeline

Local trainings March/April

European Framework June

