

# Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Trauma Informed Approaches to Youth Work

**Unit Reference Number:** D/618/1881

**Level:** Three (3)

**Credit Value:** Four (4)

**Minimum Guided Learning Hours:** 25

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the effects of trauma	1.1 Define Trauma
	1.2 Explain how trauma impacts on neurological development
	1.3 Describe how trauma can impact a young person's development in respect of the following: a) Emotional growth b) Social growth c) Physical growth d) Cognitive processes
	1.4 Explain the concept of 're-traumatising' and how to minimise this in engagement with young people
2. Understand the principle concepts of trauma informed practice	2.1 Identify ways to support recovery from trauma through youth work practices
	2.2 Explain how to create an atmosphere that is respectful and safe
	2.3 Identify when it is necessary to share information with other professionals and when it is necessary to signpost to external services for additional support
3. Understand the term 'Adverse Childhood Experiences' (ACEs)	3.1 Define the term 'Adverse Childhood Experiences' (ACEs)
	3.2 Describe a range of ACEs

	3.3	Explain how the number of ACE factors an individual has experienced may relate directly to an increase in risk and resilience
4. Understand how to create open dialogue and engage sensitively with a young person according to their needs	4.1	Explain appropriate ways of communicating with young people who have experienced trauma
	4.2	Describe how relational working is essential when applying trauma informed practice principles
	4.3	Explain the skills required to work effectively and build positive relationships with young people who have experienced trauma
5. Understand how to utilise trauma informed approaches to encourage development of resilience and self-esteem	5.1	Describe the importance of developing resilience as a protective factor against trauma experiences
	5.2	Identify how a young person might already be utilising resilience to manage their trauma and build on this personal strength
	5.3	Describe methods available to support the increase of resilience and self-esteem using a trauma informed approach
6. Understanding the impact of secondary trauma	6.1	Define secondary trauma
	6.2	Understand how secondary trauma may affect persons working with young people directly affected by trauma
	6.3	Identify ways to manage secondary trauma
7. Understand how to facilitate empowerment	7.1	Explain how trauma informed approaches can offer young people choice and control in their recovery