

**COST Action CA18211: International Training School in Trauma Informed care**

**22<sup>nd</sup> – 24<sup>th</sup> February 2021**

**Central European Time**

**Day 1: Birth trauma and post-traumatic stress disorder**

- 10.00 Welcome and introductions (live)
- 11.00 Presentations from delegates** (live)
- Background and experience
  - Interests, experience and work with birth/trauma
  - Idea for a clinical or research project
- 12.30 Lunch break
- Armchair talk: Soo Downe** (live chat with whoever wants to attend)
- 13.30 **Seminar: *Understanding birth trauma and PTSD*** (Susan Ayers)
- What is birth trauma and PTSD?
  - Causes of birth trauma and PTSD
  - Impact on women and their families
- 14.30 Coffee break with socialising
- 15.00 **Seminar: *Assessing birth trauma and PTSD in research and clinical practice*** (Susan Ayers)
- Different methods/measures of assessment
  - Using assessment in research
  - Using assessment in clinical practice
- 16.00 Close

## Day 2: Trauma informed care

- 10.00      **Seminar: *Trauma informed care*** (Antje Horsch)
- What is trauma informed care?
  - Trauma in maternity services and health professionals
  - How can we apply principles of trauma-informed care to maternity services?
- 11.00      Coffee break with socialising
- 11.30      **Case Studies: *Working in a trauma-informed way*** (live: 3 break out groups + 3 pre-recorded case studies)
- 12.30      Lunch break
- Armchair talk: Susan Ayers** (live chat with whoever wants to attend)
- 13.30      **Mentor meetings: *Using trauma-informed methods in research and practice*** (live: 6 break out groups)
- Small groups allocated an online postdoctoral mentor
  - Work with mentor to develop their research or clinical project:
    - Aims and objectives
    - Methods
    - Outcomes
    - Timeline
    - Outputs
- 16.00      Close

### Day 3: Trauma informed research and clinical practice

- 10.00      **Seminar: *Transferring science into practice and policy*** (Antje Horsch)
- Which science? How to identify good research evidence
  - Changing policy: Knowledge exchange, publicity and impact
  - Changing practice: Initiating and implementing change in the UK (Susan Ayers)
- 11.00      **Mentor meetings: *Finalising clinical and research projects*** (6 break out rooms)
- Work in small groups with online mentor
  - Finalise details of their clinical or research project
  - Prepare presentation
- 12.30      Lunch break
- Armchair talk: Antje Horsch** (live chat with whoever wants to attend)
- 13.30      **Delegates prepare their presentations** (offline with mentors available in break out rooms to answer questions if needed)
- 14.30      **Presentations from delegates** (live with 30 short presentations):
- Outline their project
    - Aims and objectives
    - Methods
    - Outputs
    - Timeline
  - Feedback from the group
- 17.00      Close