

Introduction to trauma-informed practice with young people

Welcome pack



Essential information

Training date: Sunday 12th July 2026

Time: 9:20 - 15:30

(Please arrive by **9:20** so we can meet and walk into the woods together ready to begin at 9:30)

Location: Duke's Hagg Wood, Prudhoe. Details at:

stomping-grounds.org/our-locations/northumberland-dukes-hagg-wood/

On the day phone number: +44 7523 697818 (Tom)

What to bring

- ☐ Warm layers - it is a lot cooler in the woods than you might expect
- ☐ Sturdy footwear - the walk into the woods covers uneven terrain
- ☐ Waterproofs if it is raining (we will be under a tarpaulin if so)
- ☐ Sun cream and a hat if needed
- ☐ Insect repellent
- ☐ Plenty to drink
- ☐ Snacks and lunch
- ☐ Pen
- ☐ Optional - camping chair (there is log seating in the woods)

We will provide

- ☐ A course booklet for you to make notes
- ☐ Tea and coffee (limited by how much water we can carry in!)
- ☐ Biscuits

Delivery schedule

Note this is approximate and will be flexible to the needs of the group

9:20	Arrive on site. 5 minute walk into woods
9:30	Introductions, check ins, group agreement
	Introduction to trauma
10:45	Break
11:00	Principles of trauma-informed practice: • Safety • Trustworthiness
12:40	Break
13:00	Principles of trauma-informed practice: • Choice • Collaboration • Empowerment • Cultural Consideration
15:30	Close. Leave the woods

Practitioners

Sophie

CEO

she/her

Sophie left school teaching, where she was rated outstanding by Ofsted, to become a Level 3 Forest School Practitioner and set up Stomping Grounds. She is an expert in creating learning environments which promote positive behaviour and working with young people Not in Education, Employment or Training. Sophie is bringing up 3 of her own wild children in the most Forest School way possible. Learning from them every step of the way.



Tom

Advanced Practitioner

he/him

Tom has 15 years of experience in informal education, specialising in therapeutic forest school during the last 5 years. He is neuro-divergent and is a carer for his trauma-experienced, neuro-divergent wife. He loves being outdoors, especially in the garden with his pet chickens.

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Course objectives

By the end of the course, participants will be able to:

- Define trauma and recognise signs of trauma when working with young people
- Support trauma-experienced young people to feel safe by identifying and implementing strategies to reduce re-traumatisation risk
- Implement strategies that support young people to build positive relationships with themselves, peers, practitioners and nature
- Describe models that underpin trauma-informed practice and access further detail on the models when needed