

Mental health is a vital component of a child's development and lifelong wellbeing. These **online courses** have been developed to build your knowledge of child mental health and the opportunities you have to improve child outcomes.

### The impact of trauma on the child

1HR

This course will introduce you to key understandings about trauma and adversity, and their impact on children and young people.

### Supporting children who have experienced trauma

4HRS

This course uses trauma-informed practice to study the detail and skills of therapeutic engagement. You will learn strategies for working with reluctant children (who are often ambivalent or anxious about sharing their stories) and helping children to identify their strengths and resilience and move past feelings of self-blame and hopelessness.

### Supporting children who disclose trauma

3HRS

This course explores practical strategies for supporting children who have either disclosed trauma directly to you or another person, or who you know have experienced trauma.

### Supporting resources

The following resources support the knowledge gained throughout the courses we've recommended. Make sure to save your resources by adding them to your Favourites when you're logged in.



#### Trauma-informed care **In focus**

This resource explores the different elements of helping a child to feel safe when talking about their experiences of trauma.



#### Supporting children who disclose trauma **Podcasts**

This two-part series explores how children make meaning of their experiences of trauma, how perpetrators manipulate children into believing they were complicit in their abuse, and how you can help children to uncover their stories of protest, resistance and resilience.



#### How to recognise complex trauma in infants and children **Webinar**

This webinar explores strategies to recognise and respond to the effects of complex trauma in your work with infants, children, parents and families.



#### Making use of practitioners' skills to support a child who has been sexually abused **Practice paper**

This paper highlights how you can use your existing practice skills to support children who have been sexually abused.



#### Working with children to prevent self-blame after disclosures of child sexual abuse **Practice paper**

This paper provides strategies for safely and respectfully challenging any self-blame a child may be feeling after they disclose their experiences of child sexual abuse.