

Becoming Trauma- Informed

Network for Church of England Schools

September 2023-July 2025



THE CHURCH
OF ENGLAND
EDUCATION OFFICE

FOUNDATION FOR
EDUCATIONAL
LEADERSHIP



WHY DO WE WANT TO SEE SCHOOLS BECOMING TRAUMA-INFORMED?

At the Church of England Foundation for Educational Leadership (CEFEL), we believe that ‘leaders in education are called to pursue social justice and wellbeing of all, showing love for the disadvantaged, marginalised and vulnerable’.¹ Indeed, church schools were set up originally for this very purpose back in 1811! Over the last two years, the impact of trauma on our children and young people has been highlighted as never before – bringing into focus the critical need for schools to be informed about the sorts of trauma that impede children from accessing learning and flourishing in their lives. For some children, trauma has resulted from their earliest childhood experiences, for others it may be a one-off traumatic incident; we also know that for a large number of children, the challenges of COVID19 have heavily impacted upon their wellbeing, through isolation, instability and/or bereavement. We have a vision to support schools in:

- demonstrating **WISDOM** by upskilling staff with the evidence-informed knowledge to support these children as best they can (and signposting further in-depth training)
- building **COMMUNITIES** that collaborate to ensure flourishing for all – particularly the most vulnerable – through networking school leaders together
- seeing the innate **DIGNITY** in each and every child, thus seeking to understand them as best we can and prioritising their needs within our schools

¹ David Ford & Andy Wolfe *Called, Connected, Committed* (2020)

² Church of England Vision for Education *Deeply Christian, Serving the Common Good* (2016)

WHAT IS THE FEEDBACK ABOUT THE PILOT COHORT?

We commissioned an academic study of our first cohort, with an interim report published in February 2022 (please see appendix attached). The report found:

‘The network model can be seen to provide an action-oriented, affirmative and reflexive space where there is a strong focus on collaborative learning... Early evidence suggests that some participants are already taking their learning back into their school contexts with actions identified in the network sessions.’

Dr Louise Gazeley, University of Sussex, Interim Evaluation Study

Professor McCrory from UCL, who helped set up the network said:

‘Childhood trauma is the largest modifiable risk factor for psychological and mental health difficulties and can significantly compromise a child’s educational engagement and attainment. I have been greatly impressed by the Becoming Trauma Informed Network pilot which has adopted a flexible network model, encompassing expert academics and practitioners alongside facilitated discussion sessions. The approach has permitted the delivery of the latest research and understanding in the field of trauma to a wide audience and provided a platform for school leaders to reflect on current practice and potential areas for change. In my view this unique model has significant potential to be replicated and expanded to drive systemic improvement and innovation in children’s wellbeing, educational engagement and attainment.’

Professor Eamon McCrory – UCL/ Anna Freud Centre/ Royal Foundation

A key aim of this network moving forward is to make contributions to, and draw upon, research being done within a UK context about the approaches which best support children who have experienced trauma within a school context.

WHAT WILL THE NETWORK INVOLVE?

Here is a guidance to what the structure of your network could look like:

- **Expert teaching** from foremost professionals in the field (we have heard from Professor Eamon McCrory - UCL/ Anna Freud, David Trickey - UK Trauma Council and Christine Davies - Trauma Informed Schools during 2021-22) which is available to everyone in the network via Zoom
- **Local networking** for school leaders to come together with others in their area and unpack what this teaching means for their pupils in their context. This is led by local facilitators (from the diocese, MAT or DP), who take part in national training provided by CEFEL, with dates that are locally set.

Please note that this network is not intended to replace expert training or provide a comprehensive understanding of the subject matter. Instead, it serves as a platform for open discussions, raising awareness, and identifying areas for growth and knowledge enhancement. A key advantage of this network is the opportunity to connect schools with external organisations that specialise in these areas. These organisations offer their own programs, resources, and materials, allowing schools to delve deeper into these topics. **The structure and organisation of your local network will be based on the**

preferences and needs of its participants. It is possible to deviate from the suggested meeting guidelines and create a customised structure that suits your network best.

Year 1

Session	Date (all 4-5pm)	Topic	National/Regional
OPEN WEBINAR	28 th September 2023 4:00 – 5:00 pm	Psychology Safety What is Psychological Safety? How does it impact well-being, performance and collaboration in schools? How do we create psychologically safe spaces?	Patrice Dawkins - Jackins
Expert Webinar 1 (virtual)	5 th October 2023 4:00 – 5:00 pm	What is trauma? What does it mean to be ‘trauma-informed’? Different types of trauma children may experience, including single event, chronic and adverse childhood experiences (ACEs). Understanding how a trauma-informed approach can support different children within our schools.	Christine Davies, Trauma Informed Schools
Facilitators Session 0&1	12 th October 4.00-4.45pm	Facilitating your trauma network – how to lead your local network sessions, support your group and make use of the resources. (Open webinar & Session 1)	Led by CEFEL team member
Network Input Session 0 & 1	During October-November 2023	Locally led network session on What is psychological safety? How to create psychologically safe spaces according to our context? What is trauma? What does it mean to be ‘trauma informed’	Led locally
Expert Webinar 2 (virtual):	30 th November 2023 4:00 – 5:00 pm	Practical Strategies: Part 1 Flourishing Systems - Strengthen the structures around the child.	Eli Gardner, Kids Matter
Facilitators Session 2	11 th January 4.00-4.45 pm	Facilitating your trauma network - Utilising the resources to support your local group. - how to lead your local network sessions, support your group and make use of the resources.	Led by CEFEL team member
Network Input Session 2	During January-February	Locally led network session on Practical Strategies: Part 1- Flourishing Systems – Strengthen the structures around the child.	Led locally
Expert Webinar 3 (virtual)	7 th March 2024 4:00 – 5:00 pm	Intergenerational Racial Trauma – addressing intergenerational racism by recognising its traumatic effects on individuals and communities and using trauma- informed approaches for healing.	Ghino Parker, Barnados
Facilitators Session 3	14 th March 2024 4.00-4.45 pm	Facilitating your trauma network- how to lead your local network sessions, support your group and make use of the resources.	Led by CEFEL team member
Network Input Session 3	During March-April 2024	Locally led network session on Intergenerational Racial Trauma- Intergenerational Racial Trauma- addressing intergenerational racism by recognising its traumatic effects on individuals and communities and using trauma- informed approaches for healing.	Led locally
Expert Webinar 4	2 nd May 2024 4:00 – 5:00 pm	Facing trauma because of displacement (Refugees) Using trauma-informed approaches to support refugees and people and communities facing displacement.	Refugee Education UK Schools of Sanctuary
Facilitators Session 4	23 rd May 2024 4.00-4.45 pm	Facilitating your trauma network- Facing trauma because of displacement (Refugees) Utilising the resources to support your local group. - how to lead your local network sessions, support your group and make use of the resources.	Led by CEFEL team member

Network Input Session 4	During June- July 2024	Locally led network session on Facing trauma because of displacement (Refugees) Using trauma-informed approaches to support refugees and people and communities facing displacement.	Led locally
Expert Webinar 5 (virtual)	26 th September 2024 4:00 – 5:00 pm	Practical Strategies: Part 2 Mental health and EFT Tapping- Learn how this powerful technique can support trauma healing and improve mental health outcomes by reducing stress and regulating emotions.	Nicola Harvey Wellbeing and Education Consultant Harvey Heals
Facilitators Session 5	10 th October 2024 4.00-4.45 pm	Facilitating your trauma network - Mental health and EFT Tapping- how to lead your local network sessions, support your group and make use of the resources.	Led by CEFEL team member
Network Input Session 5	During October- November 2024	Locally led network session on -Mental health and EFT Tapping- Learn how this powerful technique can support trauma healing and improve mental health outcomes by reducing stress and regulating emotions.	Led locally
Expert Webinar 6 (virtual):	28 th November 2024 4:00 – 5:00 pm	Bereavement and Loss How can we support children and young people who have experienced bereavement and the impact of grief and loss?	David Trickey, UK Trauma Council
Facilitators Session 6	12 th December 2024 4.00-4.45 pm	Facilitating your trauma network: Bereavement and Loss- How can we support children and young people who have experienced bereavement and the impact of grief and loss?	Led by CEFEL team member
Year 2 ENGAGED in Trauma-Informed Practice			
Expert Webinar	16 th January 2025 4.00-5.00pm	Bill Lucas- Action Research 6-week intervention case study	Zoom Link
Action Research input session 1	6 th March 2025 4.00-5.00pm	Developing- Explore action research and develop individual questions 'If I do 'x' will 'y' happen? Watch the Bill Lucas +link webinar and come with some initial "wonderings"	Zoom Link
Action Research input session 2	24 th April 2025 4.00-5.00pm	Discussing -What progress am I making with my investigation, have I got the right evaluation methods? Come with my question, and progress with my investigations so far...?	Zoom Link
Action Research input session 2	12 th June 2025 4.00-5.00pm	Evaluating - What have I found out? I did 'x' did 'y' happen? How will I share my findings? What next?	Zoom Link
Present Research	July 2025	Conference	In person

Intended Learning Outcomes:

- An improved understanding of what trauma is, and how it impacts children/ young people in a range of different ways
- Increased understanding of the difference between single-event trauma and long-term sustained trauma (e.g. as experienced by looked-after children) and how that might present in our students at school
- For school or trust leaders, to be taking steps to embed a trauma-informed culture across a whole school or trust
- For practitioners, to be utilising a range of strategies to recognise and support children who have experienced/ are experiencing trauma
- Evaluated and reviewed policies and procedures for managing behaviour; identified and implemented actions to impact positively upon student wellbeing and outcomes
- School leaders feeling equipped to obtain appropriate external advice and support from a range of agencies and organisations (including those signposted by the network)

Ultimately, we want to see those children and young people in our schools who have experienced some form of trauma, to be more able to access their learning because they are understood, supported and nurtured to thrive.

This is dependent on schools who are led and staffed by adults who demonstrate particular mindsets and, therefore, behaviours. Therefore, our network principles, which we are seeking to develop in participants (with the intention of effecting long-term change) are:

- A willingness to learn and admit any gaps in knowledge
- The courage to seek help and make difficult decisions
- Empathetic listening, which seeks to understand
- Open-mindedness to different approaches and ideas
- Non-judgemental engagement with others
- Commitment to action in service of children/ young people

Each network session will build on the learning from the expert instruction. There will be an expectation that participants will engage with that learning, considering how to apply it to their own context. Key questions will encourage participants to try out/ explore a particular activity or strategy in their own school and report back at the next network session.

ROLE OF DIOCESE/ MAT/ DELIVERY PARTNER:

Each host diocese/ MAT/ DP will need to provide a *facilitator* for the network who will engage with the taught sessions, CEFEL training and lead discussions locally on the materials. The time commitment for this is around 1 hour per month, plus preparation time.

CEFEL will provide:

- All taught sessions by trauma experts (on Zoom)
- Training and ongoing support for facilitators
- Materials for facilitators to use in their network groups, including suggested reading and key questions to reflect on practice
- An online resource area with access to taught sessions, additional reading and signposting further training and expertise



Cost of the Network for 2023-25:

The cost of the Network for 2023-25 is:

Price: All this for £750 per local network for DDEs or MATs (Includes training and resources)	Price per school (If 10 schools are in Network) £75	Price per school (If 20 schools are in Network) £37.50
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Or £250 to join the national network for individual schools and Year 2 for £250.

Please note that all prices are exclusive of VAT.

CEFEL will also host and lead a national secondary network group, with up to 20 secondary schools.

Contact lorraine.prince@churchofengland.org for more details or to sign up.