



# Healing Together Supporting Children & Young People Affected by Domestic Abuse

Learning Style, Content  
& Objectives

## Purpose

The Healing Together ‘supporting children and young people affected by domestic abuse’ training builds on the foundations of the two-day core training, enhancing practitioners’ understanding of the impact of domestic abuse on children and young people through a trauma-informed lens.

This training equips practitioners with the essential knowledge and skills to support children affected by domestic abuse. It builds understanding of what domestic abuse is, how it impacts a child’s emotional, physical, and relational wellbeing, and the daily fears and losses children may experience. Practitioners learn how parents’ experiences influence family dynamics, and how to apply trauma-sensitive, relational and body-based approaches in their work. The training also prepares practitioners to use the Healing Together programme resources to deliver consistent, trauma-informed support that promotes safety, healing, and positive outcomes for children.

## Training Method

The total time to complete all **6 self-directed learning modules** is approximately **5 hours**. Participants receive **30 days to complete the training**, and **extensions are available** under special circumstances.

## Learning Facilitation Style

The self-directed learning facilitation style combines flexibility with structured reflection to support meaningful engagement.

Participants complete online self-directed learning modules at their own pace, supported by a workbook that includes the training slides, space for notes, and additional resources to deepen understanding.

Each module incorporates reflective activities, encouraging participants to pause, process, and apply learning to their own practice context. To consolidate knowledge and ensure comprehension, a short assessment is included at the end of each module.

Training progress is monitored via our online platform, and we contact participants to enquire if they require any support to progress with their learning journey.

This blended approach enables practitioners to build confidence, embed key concepts, and prepare effectively for applying their learning in practice.

## Learning Content

**The online self-directed learning modules consists of six modules.**

- **Module 1:** What is domestic abuse and violence
- **Module 2:** The child's experience of living with and beyond domestic abuse and violence
- **Module 3:** A child's ongoing daily experiences, fears, pressures and losses
- **Module 4:** Exploring the child's experiences of their parents
- **Module 5:** Being a trauma sensitive domestic abuse informed Healing Together practitioner
- **Module 6:** Exploring the programmes resources

## Learning Objectives

**By the end of the online self-directed learning modules, participants will be able to:**

1. **Define domestic abuse and violence**, recognising the different forms it can take and how it impacts children and young people.
2. **Describe the experiences of children living beyond domestic abuse**, including ongoing patterns of fear, uncertainty, and adjustment.
3. **Analyse the daily experiences, fears, and losses** faced by children and young people affected by domestic abuse, and understand their implications for development and wellbeing.
4. **Explain how a parent's experiences of domestic abuse** influence family dynamics, the parent-child relationship, and children's emotional and behavioural responses.
5. **Understand the impact** of domestic abuse on a child's emotional, physical, and relational health.
6. **Apply trauma-sensitive principles** to practice by embedding relational and body-based approaches to support children affected by domestic abuse.
7. **Navigate and utilise the Healing Together programme resources** to plan and deliver trauma-informed support effectively.

# Post Training Support

Following completion of the two-day core training and the self-directed learning modules, practitioners will be equipped to deliver the six-session Healing Together programmes with children and young people.

These programmes are designed to **support practitioners** in transferring their learning from the training into their day-to-day practice, **embedding trauma-sensitive approaches** into the care and support they provide.

Practitioners also have **access to the online portal**, which houses all the resources required to deliver the Healing Together programme, as well as **video demonstrations** to guide delivery of each session. To enhance, share and ensure the sustained impact and high-quality trauma sensitive practice. All Healing Together practitioners are offered unlimited one-to-one and group coaching sessions, alongside on-demand CPD opportunities.

In addition, Innovating Minds offers **ongoing support to monitor and evaluate the outcomes of both the training and programme delivery**, providing clear evidence of the positive impact on children and young people's wellbeing and experiences.

The data and reporting framework can be utilised by settings and organisations to **strengthen OFSTED inspections**, inform service evaluations, and demonstrate the effectiveness of their trauma-informed and trauma-sensitive practices, highlighting the tangible **benefits and outcomes achieved for children**.

What people say about the training:



*This has been by far the best training that I have ever completed, and I can't wait to be able to deliver it to the children and young people that I work with, as I know the positive impact it can have for them.*

# Impact Focused Training

Innovating Minds is **invested in measuring the impact** our training has on developing knowledge, understanding and confidence in **supporting children affected by domestic abuse**.

## On a scale of 1 – 10

How confident do you feel about supporting children affected by domestic abuse?



How would you rate your knowledge and understanding of the impact domestic abuse has on children?



How confident do you feel about supporting children affected by domestic abuse using a trauma informed approach?



# 98%

98% would recommend  
this training  
(562 data sets)

“ I feel this training has changed the way I will work with the families on my caseload. I will take a more trauma informed approach.







# Learn more about the Healing Together Programmes

[Book a Meeting with Dr Patel](#)