



Healing Together

Resourcing Parents &
Carers Supporting Children
& Young People Affected
by Domestic Abuse

Learning Style, Content
& Objectives

Purpose

The Healing Together 'resourcing parents and carers to support children affected by domestic abuse' training builds on the foundations of the two-day core training, enhancing practitioners' understanding of the role parents and carers play in supporting their children heal from experiencing domestic abuse.

Drawing on insights from neuroscience, neurophysiology, and neurobiology, the purpose of this is to equip practitioners with knowledge, confidence, and practical strategies to resource parents and carers- so they can support their child's healing journey. It enables participants to assess risk, recognise abuse and its impact, and understand daily stresses experienced by children and caregivers. The training deepens insight into how children interpret parents' experiences, strengthens carers' ability to provide safety and regulation, and addresses challenges faced by foster and kinship carers.

Training Method

The total time to complete all **10 self-directed learning modules** is approximately **9 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 ten modules.

- **Module 1:** Assessing risk and supporting engagement
- **Module 2:** What is domestic abuse and violence
- **Module 3:** Experiences of living with and beyond domestic abuse
- **Module 4:** Ongoing daily stresses, pressures and disruptions for the parent and child
- **Module 5:** Challenges when parent and caring for a child
- **Module 6:** Understanding the child's experiences of their parents
- **Module 7:** Working with foster and kinship carers
- **Module 8:** Working together with parent/carer and child using the Healing Together programme
- **Module 9:** Becoming a trauma sensitive practitioner
- **Module 10:** Exploring the programmes resources



This has been an outstanding course and really at the forefront of neuroscience and how this affects the human body and how they behave. The in-depth knowledge in neuroception and polyvagal theory covered in a simple easy to understand format is fascinating. It also helps to understand yourself. Better than expected.



Learning Objectives

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

1. Assess risk and support safe engagement when working with children, parents, and carers affected by domestic abuse.
2. Define domestic abuse and violence, recognising its forms and the ways it affects family functioning.
3. Describe the experiences of living with and beyond domestic abuse and identify the lasting emotional, relational, and practical impacts on children and parents.
4. Analyse the ongoing daily stresses, pressures, and disruptions experienced by parents and children affected by domestic abuse, and understand their implications on daily life and wellbeing.
5. Identify the emotional and practical challenges faced by parents or carers when supporting and caring for a child in the context of domestic abuse.
6. Explain how a child experiences their parent or carer during and after domestic abuse, including shifts in attachment, safety, and emotional regulation.
7. Work with foster carers, kinship carers, and other caregiving networks that are supporting children affected by domestic abuse.
8. Work collaboratively with parents/carers and children using the Healing Together programme to strengthen safety, connection, and emotional support.
9. Demonstrate trauma-sensitive practice principles and integrate them into day-to-day interactions with children, families, and caregivers.
10. Navigate and utilise the Healing Together programme resources effectively to support high-quality delivery and consistent practice.



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:



Totally different and unique, but really important trauma sensitive training programme to help children and safe parents/carers to be able form better connections through the calm, therapeutic grounding, trauma sensitive body- based exercises which both parent/carer and child can learn and do together.



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?



96%

96% would recommend
this training

(92 data sets)

“ All based on research to
back up the approach and
effectiveness.





Learn more about the Healing Together Programmes

[Book a Meeting with Dr Patel](#)

