



powered by

**innovating**minds



# healing together

Upskilling Frontline Practitioners to Deliver  
Early Trauma Informed Support with Children,  
Young People, Parents and Carers.



# Welcome

Innovating Minds is a multi-award-winning social enterprise which is committed to training front-line practitioners to provide early trauma informed support with children, young people, parents, and carers. Our wrap-around service provides access to trauma informed training, resources, and coaching - ensuring that facilitators are supported every step of the way.

This sustainable model enables organisations to increase access to services, without compromising on clinical effectiveness. Our scalable delivery and support can be tailored to meet your needs.

*Since 2016, our team of experts have developed the Healing Together programmes and supported children, parents and carers nationally to access early trauma informed help by people they trust, and in a space they feel safe. We truly believe that no child or family should be left behind, and that's why we work so closely with organisations and services nationally.*

**Dr Asha Patel** Clinical Psychologist &  
Founder of Innovating Minds



# Our Journey & Approach

Healing Together® was born out of a request from mothers who had started their journey of recovery from domestic abuse. They wanted their children to access help but could not find anything suitable. Their children were labelled as 'naughty' and at risk of school exclusion.

We believe that children and adults are more likely to commence their journey of recovery if they have access to help from a safe grounded adult who supports them to learn body based calming tools. This helps them manage those big feelings when they are feeling unsafe. Our programme, Healing Together defines the trauma informed approach we have adopted.

Due to the increase in demand for trauma informed training outside of domestic abuse, we have expanded our library to ensure we can train more front-line practitioners to support a broader range of children, young people, parents, and carers. All programmes meet the needs of people with special educational needs, hearing difficulties, and are inclusive of gender, ethnicity, disability, and sexuality.

*I know that when feeding back to Innovating Minds I used the words 'beautiful' and 'excellent' more than once to describe what I feel is an innovative and change making programme. Perhaps if the targeted support such as Healing Together was readily and freely available as soon as the need arose then even fewer of our children would need specialist support.*

Elisabeth Carney-Haworth OBE,  
Co-Founder at Operation Encompass

Read  
article  
here



## The Evidence-based Approach

Our Healing Together programmes are designed by bringing together clinicians, subject experts, research, and experts by experience.

The programmes are built upon the foundations of trauma informed models:

- ✓ Relational approaches
- ✓ Neuroscience
- ✓ Attachment models

Our evaluation process is in line with the guidance from the Early Intervention Foundation and Innovating Minds works in collaboration with universities nationally to contribute to the field of research.

Innovating Minds is committed to measuring impact and ensuring the programmes continue to make a difference to people's lives. Reliable and valid outcome measures are used pre and post intervention to measure the impact and data is analysed using robust research methodologies. We regularly publish our impact reports online and create impact reports for the organisations we work with.



**Our programmes have been piloted since 2016, feedback is regularly reviewed, and we update our materials in line with research developments.**

# Becoming a Healing Together Facilitator

To join the community of Healing Together facilitators nationally, delegates will go through a robust application process, attend live training, and access self-directed learning modules before receiving access to the resources they require to deliver the Healing Together programmes.

## The Journey



### Application form

Choose programme/s to specialise in. Reference required.



### Attend core training

2 days - online



### Access to the online portal

Self-directed learning modules



### Programme delivery

Access the resources to deliver with children/parents/carers



### Support hub

Consultation, online community, impact administration support & CPD

## Core Training Outline

### Day 1

- ✓ What is childhood trauma?
- ✓ The impact of childhood trauma
- ✓ Supporting trauma reactions using a body-based approach
- ✓ Trauma triggers and creating a safe environment



### Day 2

- ✓ Exploring the programmes
- ✓ The art and benefit of 'being with' rather than 'doing to'
- ✓ Becoming a trauma sensitive Healing Together practitioner

# 93%

Said... as a result of this training, I am more likely to adopt a trauma informed approach to the rest of my work.

*Delivery of the Healing Together programme is an important part of our journey in Manchester becoming a trauma informed and trauma responsive City. The resources are accessible and enable our voluntary sector and school partners to work in a safe, relationship focused way with our children who are impacted by trauma.*

Gareth Nixon, Programme Lead - ACEs and trauma informed practice, Manchester Population Health



# Support Hub

*We had many questions to ask, and all were answered very quickly and informatively.*



*Staff were nervous about delivering the programme for the first time, but on-going support has further developed their confidence and understanding of the programme.*

We are invested in supporting our Healing Together facilitators, and therefore we provide the wrap around support. It is crucial that our facilitators deliver the Healing Together programmes with children and/or parents/carers after they have become accredited. This ensures children, parents and carers can access early trauma informed help.

## Healing Together Community

Facilitators will be able to access our online community forum 'Mind Space' so they can connect with other facilitators nationally, share resources and support each other.

## Online Portal

The online portal houses all the resources a facilitator requires to deliver the programmes. Everything is available at a click of a button, and all resources can be printed and downloaded to ensure facilitators have everything they need. This includes, pre-assessment documents, session manual, trauma informed video animations and worksheets.

## Ongoing CPD

We host on-demand webinars that are delivered by experts to ensure our facilitators can continuously develop their knowledge and skills.

## Delivery Consultation

Facilitators can access unlimited delivery consultation from our team of experts. We will contact facilitators to monitor their delivery progress and arrange meetings should they need delivery support. The online portal also houses the video demonstrations, so the facilitator can learn more about how to deliver each session.

We are invested in supporting all of our facilitators and work closely with them to ensure they are competent and confident to deliver the programmes.

## Impact Administration

Facilitators can upload the raw anonymous data (pre and post programme evaluation forms) via the online portal. Our impact administration team can analyse the data and provide an impact report.



*We have found the post-training support from Innovating Minds exceptional.*

# Pricing

Our cost model enables facilitators to upskill themselves in programmes that are best suited to their role and the people they work with.

## Facilitator Training

**£950pp\***

Access the trauma informed core training and one Healing Together programme

## Healing Together Programmes

**£300pp\***

Deliver additional Healing Together programmes (cost per programme)

\* Excluding VAT, cost per person

## Membership Fee

To maintain their accreditation status, facilitators will need to renew their membership annually. This is to ensure we can continue to provide ongoing delivery support as well as monitor the delivery of the programmes.

If membership lapses and facilitators wish to reinstate their accreditation status, there is a fee of £170\* and the self-directed learning modules will need to be revisited.

## Maintain Membership

- ✓ Deliver at least one programme with children/parents/carers
- ✓ Attend two CPD sessions
- ✓ Submit evaluation forms
- ✓ Attend supervision
- ✓ Pay annual membership fee £85\*

\*Excluding VAT



I think it has given me real insight into the need to just sit and be with children rather than try to solve their problems. It's about allowing children to feel safe and equipping them with tools to do this outside of sessions and of their own volition, very empowering.

Facilitator in training

# Delivering the Healing Together Programmes



Click Here to view  
Sign language & subtitled animations

Loved the course, so happy I got to do it. It's easy to understand, and the use of imagery really helps you process the information... highly recommend it!

The Healing Together programmes have been carefully crafted to ensure they are accessible for children, parents and carers. All our Healing Together programmes can be delivered within community and educational settings.

Our delivery support team will work with the facilitators if any adaptations are required to meet the children's and family's needs.

## Delivery with Children and Young People



5-16 years



6 sessions



Session length 45-60 minutes



Delivered online



Delivered on a one to one basis



Delivered in a group setting  
4/5 children max per group



## Delivery with Parents & Carers

Facilitators can train to use the Healing Together Programmes with parents and carers that are caring for children and young people impacted by domestic abuse, anxiety and/or angry feelings. The same resources (worksheets, animations) from the children's Healing Together programmes are used. Research and the feedback from our pilot programmes inform us that trauma can impact how adults' processes information. Therefore, we are ensuring parents and carers can understand the information presented to them and enable them to communicate and implement what they have learnt with their child.



6 sessions  
Each session:  
45-60 minutes

Delivered joint sessions with parent and child

Delivered on a one-to-one basis

Deliver in a group setting (parents/carers only)

Delivered online

## Healing Together Programmes



Scared



Hear



Sight



Breathe in....



Breathe out...

# Supporting children & young people impacted by domestic abuse

This programme has been put together by clinical and trauma informed experts to ensure children and young people impacted by domestic abuse are able to access early trauma informed help.

## Self-Directed Training Modules



5 Hrs

**Module 1:** What is domestic abuse and violence?

**Module 2:** Living beyond domestic abuse

**Module 3:** Daily experiences, fears and losses

**Module 4:** Experiences of their parents

**Module 5:** A trauma sensitive practitioner

**Module 6:** Exploring the programme's resources

## Programme Outline

**Session 1:** Calm Breathing

**Session 2:** My Brain

**Session 3:** My Senses

**Session 4:** My Feelings

**Session 5:** Calming Strategies

**Session 6:** Feeling Safe Plan

Each session has been carefully crafted so children can learn about how their body and brain works together, their feelings, senses, and strategies they can use to help their body and brain feel safe.

5-16 years

Delivered remotely or face to face.  
1:1 or group basis.

6 sessions  
Each session:  
45-60 minutes

The programme **does not** ask children to talk about their experiences of domestic abuse and there is no reference to domestic abuse in the video animations or worksheets. This is a pure trauma informed programme.

*I recommend this programme because it helped me control my feelings and helped my brain and body work together. It also helped me understand and express my feelings with someone I trust.*

A child.

*I can't thank you all enough! We have a calmer household and a much happier mum and son - with lots of cuddles offered by a very happy boy.*



## Healing Together Programmes



Anger



Thinking



Go Quiet



# Supporting children and young people with angry feelings

This trauma-informed programme helps young people to learn about anger and how this feeling shows up in our body, brain, and daily life. The programme has been carefully put together for children to discover ways to help them feel safer, so that their angry feelings doesn't make life difficult for them.

Please note, this is not an anger management programme, and the aim is not to 'get rid' of their angry feelings. All feelings are hard wired into us for a reason.

### Self-Directed Training Modules



4 Hrs

**Module 1:** What is anger?

**Module 2:** How anger looks

**Module 3:** Reducing anger

**Module 4:** A trauma sensitive practitioner

**Module 5:** Exploring the programme's resources

### Programme Outline

**Session 1:** Feeling Angry

**Session 2:** Body and Brains Reaction to Anger

**Session 3:** What does anger look like?

**Session 4:** Anger and other feelings

**Session 5:** Anger getting in your way

**Session 6:** Free to be me plan

It is a really good group. It is ok to be scared or sad or angry. Just breathe to calm yourself down or shake side to side or around and around.

A child

6 sessions  
Each session:  
45-60 minutes

5-16 years

Delivered remotely or face to face.  
1:1 or group basis.

Since starting the group, he has had fewer anger outbursts. He has got so much better at opening up & expressing his feelings.



## Healing Together Programmes



# Supporting children and young people experiencing ongoing stress and/or anxiety

This programme has been carefully put together to help young people learn about how their body and brain can work together to help them feel safe and calm. This programme has also been used to enable children impacted by trauma (including domestic abuse) access early help within school and community settings.

### Self-Directed Training Modules



**Module 1:** What is anxiety?

**Module 2:** What does anxiety feel and look like?

**Module 3:** A body-based approach to anxiety

**Module 4:** Being a trauma sensitive practitioner

**Module 5:** Exploring the programme's resources

### Programme Outline

**Session 1:** Calm Breathing

**Session 2:** My Brain

**Session 3:** My Senses

**Session 4:** My Feelings

**Session 5:** Calming Strategies

**Session 6:** Feeling Safe Plan



Healing together has been really useful to help me understand my worries better. I know ways to help me stay calm now, which are really helpful. It could help you too!!

A child

6 sessions  
Each session:  
45-60  
minutes

5-16  
years

Delivered  
remotely or  
face to face.  
1:1 or group  
basis.

A great training course that shares knowledge, research and best practice when supporting children with anxiety. Offering simple strategies that you can support the children with to help them feel safer and calmer.

Facilitator in training



## Healing Together Programmes



# Resourcing Parents and Carers to support children and young people Impacted by Domestic Abuse

## Self-Directed Training Modules

**Module 1:** Assessing risk and enabling parent/carer engagement

**Module 2:** What is domestic abuse and violence?

**Module 3:** The child and parent's experience of living with and beyond domestic abuse and violence

**Module 4:** Ongoing daily stresses, pressures and disruptions for the parent and child post abuse

**Module 5:** Challenges when parenting and caring for a child post domestic abuse

**Module 6:** Understanding the child's experiences of their parents

**Module 7:** Using the Healing Together Programme with foster and kinship carers

**Module 8:** Using the Healing Together programme in joint sessions with parent/ carer and the children

**Module 9:** Being a trauma sensitive domestic abuse informed Healing Together practitioner for parents and carers

**Module 10:** Exploring the Healing Together programme's resources

## Programme Outline

**Session 1:** Calm Breathing

**Session 2:** My Brain

**Session 3:** My Senses

**Session 4:** My Feelings

**Session 5:** Calming Strategies

**Session 6:** Feeling Safe Plan

6 sessions  
Each session:  
45-60  
minutes

The best time spent  
is investment in  
your relationships  
with your children.



Delivered  
remotely or  
face to face.  
1:1 or group  
basis.

A calm and simple way  
of learning to regulate, to  
start to heal and enjoy life  
with your children again.



Case Study

I have a little 7-year-old girl that attended healing together programme (let's call her Amy). She really struggled to regulate her anger and anxiety and was attacking her parents and sister at home. Amy really loved the course and her mum told me it was the first club she had been to that she had no issues coming into. Mum explained that they called it 'breathing club'. Amy was engaging and thoughtful in the sessions.

When having a team around the family meeting with school and family, Amy's teacher described a dramatic improvement in Amy's emotional regulation. She also said that Amy was much more open about her feelings and seemed to understand them. Amy's teacher described a wonderful moment when Amy shouted out in class 'I can't do this writing'. Her teacher said 'Okay, well what are you going to do about it?', Amy replied 'I am going to breath'. Amy's teacher was curious about the breathing and questioned this. Amy then proceeded to show the whole class how to calm yourself down, and the class joined in with Amy. When this was over Amy said, 'I am ready to do my writing now' and she carried on with her work.

Coupled with this lovely story Amy's dad described a 'meltdown' of Amy's where she had punched him, he was so shocked that she did this, and he realised that he had got so used to her not being violent anymore, that it had took him by surprise.

By, East Education & Early Help, Family Worker





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