

Healing Together® Early Years Training



Building trauma-informed early years environments that protect and nourish our youngest children.

Developed and led by Innovating Minds, guided by Dr Asha Patel, Clinical Psychologist and national trauma-informed practice expert.

Why Trauma-Informed Early Years Matters?

A Trauma-Informed Foundation for Early Years Settings

Babies and young children who have experienced domestic abuse or trauma need **safe, emotionally regulated environments** where they can connect, thrive, and heal.

The Healing Together® Early Years Training equips senior managers with the training, coaching, and resources needed to embed trauma-informed practice across early years settings.

This ensures every child is met by emotionally attuned, trauma-sensitive practitioners, creating safer, more consistent environments for learning, regulation, and relational safety.

What's Included



Live Core Online Training (⌚ 6 hours)

Nurturing babies and young children affected by trauma

- What is childhood trauma?
- When and how can a child first experience trauma
- The long-term effects of trauma
- Using bodily-based regulation tools and approaches



Self-Directed Learning Module (⌚ 80 mins)

In-depth content exploring:

- What is domestic abuse?
- How abuse impacts babies and young children
- The role of safety, relational connection, and regulation product



“Through Healing Together for Early Years we want to pass on our expertise to practitioners so they can be a safe, grounded adult for the children to be able to process the trauma they’ve experienced.”

Dr Asha Patel,
Clinical Psychologist



Group Coaching for Senior Leaders (⌚ 60 mins)

Our trauma-informed experts provide coaching that empowers leaders to:

- Implement meaningful changes in their early years settings
- Strengthen practitioner confidence
- Create safe, regulated and consistent environments
- Embed trauma-informed practice at a systemic level

Access to the Healing Together® Online Portal



Practical tools,
templates, & guidance



Implementation
resource



CPD materials



[Book a free consultation with Dr Asha Patel](#)

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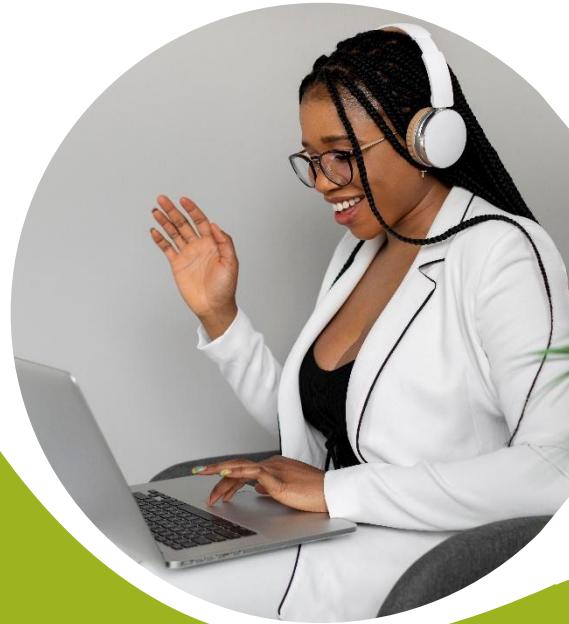


Support Hub

Access consultation, an online community, and support to help you monitor impact and embed practice sustainably.

Programme Cost

**£1,150
(excl. VAT)**



Why Choose Healing Together® for Early Years?

Led by Dr Asha Patel's team, Innovating Minds specialises in trauma-informed systems change across local authorities, early years, education, and early help settings.



Organisations choose us because we bring:

- Deep clinical expertise grounded in evidence
- Practical frameworks that staff can immediately apply
- Sustainable implementation support
- Clear, measurable impact that aligns with statutory priorities



Empowering professionals. Transforming childhood outcomes.

About Dr Asha Patel

Dr. Asha Patel is a qualified Clinical Psychologist and the founder and CEO of Innovating Minds, a multi-award-winning social enterprise dedicated to early intervention in mental health. Drawing on her expertise in forensic mental health, Dr. Patel launched Innovating Minds in 2016 to bridge the gap between access to clinical expertise within education, health and social care. A passionate advocate for mental health equity, Dr. Patel empowers frontline professionals to deliver trauma-informed psychological services to enable young people to access education, training and employment opportunities.

Connect with Dr Asha Patel's on LinkedIn: <https://www.linkedin.com/in/ashalapatel/>



Trusted by Local Authorities across the UK

TORBAY COUNCIL



“When a baby’s emotional needs go unseen, their nervous system adapts for survival. Through Healing Together, we empower early years practitioners to recognise these signs early and create the safety children desperately need to thrive.”



[Book a free consultation with Dr Asha Patel](#)

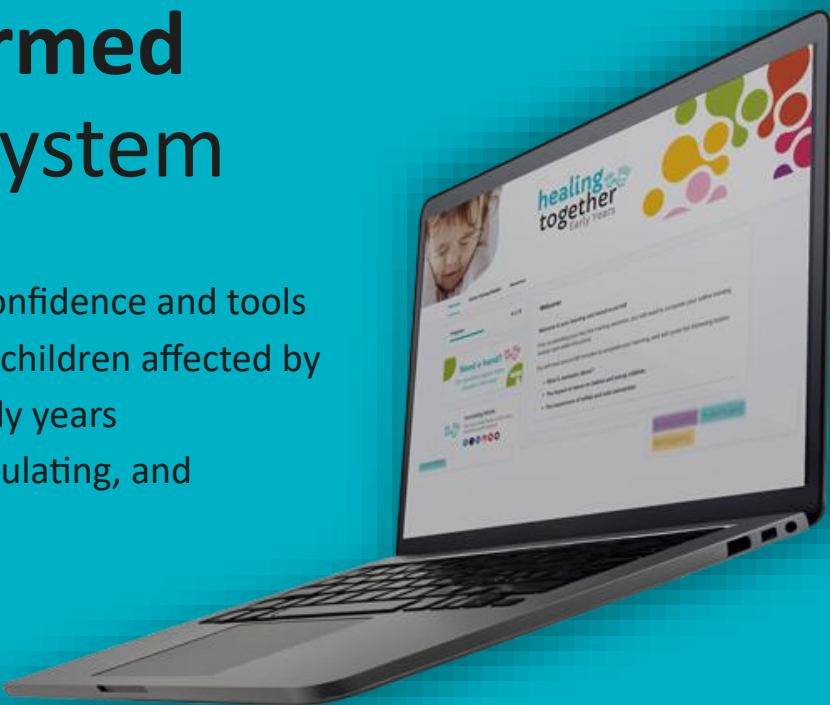
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Take the next step towards trauma informed Early Years system

Give your practitioners the confidence and tools to support babies and young children affected by trauma and ensure every early years environment feels safe, is regulating, and emotionally attuned.



Let's explore how Healing Together® can support your early years strategy.



Book a free consultation with Dr Asha Patel, Trauma Informed Practice Expert

Email: info@innovatingmindsgroup.com

Website: www.innovatingmindsgroup.com

Phone: (+44) 0121 820 0313



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