

TRiM Practitioner 2 Day Training Course

Face traumatic events at work?
Or interested in helping colleagues who do?
Become a TRiM Practitioner.



What is TRiM?

Trauma Risk Management training (TRiM) is a trauma focused peer support system designed to help people who have or may experience traumatic events,

About the TRiM Practitioner Training Course

This course provides non-medical individuals with the knowledge and skills to spot the signs of distress and support themselves or their colleagues following a traumatic experience.

The TRiM Practitioner course runs across two full days. Once trained our TRiM Practitioners can access 1:1 support via our live chat and group supervision every 6-8 weeks.

Expected commitment from TRiM Practitioners:

- You are becoming a TRiM practitioner, equivalent to Fire Warden in your team/floor
- Attend the 2 day training course
- Inform your manager
- Inform your team and department
- Distribute the KWNEL wellbeing materials to your team
- Do not operate alone and always seek supervision from your KWNEL TRiM Manager

Next session

| Date | Time | To book |
|------------------------|------------------|-----------------------------------|
| 19th & 20th April 2022 | 9am-5pm each day | <u>Click here</u> |

[Click here](#) to find out more & to see all of the upcoming TRiM Practitioner course dates.

