



# Outer Hebrides ADP

## Trauma and Substance Use

### Aim

This introductory course will support trauma-informed practice when working with people who are affected by trauma and who use substances.

### Learning Outcomes

By the end of the training, participants will be able to:

- Define the concept of psychological trauma.
- Describe how substance use is used as an adaptive coping response to trauma and its impact.
- Identify how to respond to the needs of those affected by trauma at a trauma-informed level.

### Course Length and Format

This course uses the following format:

Part 1: SDF Drug Awareness: An Introductory Course e-learning module.

**Please note.** Completion of the e-learning module (Part 1) is recommended for attending the trainer facilitated learning (Part 2).

Access to the free e-learning module here: [Drug Awareness an Introductory Course](#).

Part 2: Trainer facilitated learning.

### Please Note

We recognise that trauma themes can at times be challenging for participants and can cause us to reflect on our own experiences. We aim to create a safe and supportive environment by offering two facilitators on the course to debrief should anything arise during the course.

**Date:** 17th October 2023

**Time:** 9.15am till 1.30pm.

**Remote Session to be delivered via TEAMS**

## Booking Information:

To book a place please chose a date from the following links:

### [Trauma and Substance Use](#)

You may have to Create an Account if you don't already have one.

Please email: [\*\*Mariem@sdf.org.uk\*\*](mailto:Mariem@sdf.org.uk) if you have any general queries about these events.