

## **Gloucestershire Health and Care NHS Foundation Trust Trauma Awareness Training**

provided by PTSD Resolution  
Executive Summary & Full Post-Training Report

### **Executive Summary**

In 2021, the military veteran's charity PTSD Resolution was engaged to deliver Trauma Awareness Training for up to 250 staff in Gloucestershire Health and Care NHS Foundation Trust.

The training was delivered on Zoom by Rosalind Townsend, an experienced psychotherapist and trainer, and author of *"PTSD: Understanding and Recovery"*.

The aim of the training was to enable staff, including those in key management and leadership roles, to better understand the signs and symptoms of trauma and emotional distress; understand how these are linked to other mental health difficulties such as depression, anxiety and the use of faulty coping strategies; and to introduce tools and holistic understanding, empowering attendees to manage their own emotional wellbeing, and to signpost and support their colleagues/staff proactively and appropriately.

At the conclusion of each training feedback was collected from participants, and an average of 90% of participants 'strongly' or 'very strongly' felt that they left the training with

- A better understanding of stress, anxiety, trauma and depression
- More confidence in their ability to recognise the signs and symptoms of trauma and other emotional distress in themselves and others
- Tools and strategies to both build resilience and manage stress effectively
- A knowledge of how to manage a work environment to support emotional wellbeing and improve productivity
- More awareness of signposting to support services within the trust

#### **Feedback comments included;**

*"Excellent training, very well delivered with a balance of activities to support learning. Clear and well explained"*

*"Best training that I have done in a long time. Recommended to all my colleagues."*

[See the full Case Study report](#)

[Contact PTSD Resolution now for further information](#)

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Registered Address: Chantry House, 22 Upperton Road, Eastbourne, East Sussex, BN21 1BF.  
President: General the Lord Ramsbotham GCB CBE. Company Registration Number 06884539

