

This document is designed to support all professionals working with women, children and young people affected by domestic abuse and/ or perpetrators and aims to strengthen awareness and understanding about trauma-informed and domestic abuse-informed practice. Each section provides guidance for how professionals supporting women, children and young people affected by domestic abuse and/or perpetrators can do so in a trauma-informed way that recognises the nature, prevalence and impact of domestic abuse.

There are 7 main sections in the Companion Document, underpinned by key messages:

- The nature and prevalence of domestic abuse:
- The impact of domestic abuse on victims/survivors:
- The central importance of relationships for victims/survivors of domestic abuse:
- The importance of victims/survivors' resilience, strengths and protective efforts:
- Working with perpetrators of domestic abuse:
- The importance of workforce safety and wellbeing for professionals supporting victims/survivors of domestic abuse and those working with perpetrators:

Worthy of note is the “Rs” of trauma-informed practice, as outlined by the <https://www.nes.scot.nhs.uk/our-work/trauma-national-trauma-training-programme/>. Each section provides guidance for how professionals supporting women, children and young people affected by domestic abuse can do so in a trauma-informed way. Working in a trauma-informed way means



Realising how common the experience of trauma and adversity is



Recognising the different ways that trauma can affect people



Responding by taking account of the ways that people can be affected by trauma to support recovery, and recognising and supporting people's **resilience**



Looking for opportunities to **resist** re-traumatisation and offer a greater sense of choice and control, empowerment, collaboration and safety with everyone you have contact with



Recognising the central importance of **relationships**

Throughout the document helpfully considers – 1. Key points 2. Key questions 3. In cases where children are involved

In Aberdeenshire the Violence Against Women Partnership will update current Aberdeenshire Practice Documents and Training Materials to support and strengthen understanding of:

- Domestic abuse as complex trauma
- Trauma-informed practice, and skills, knowledge and confidence in working with people affected by domestic abuse in a trauma-informed way
- How domestic abuse-informed practice builds on the key principles of trauma-informed practice to help improve outcomes for women, children and young people affected by domestic abuse and hold perpetrators to account
- How taking a domestic abuse- and trauma-informed approach to practice can support staff wellbeing and safety

It is the Scottish Government's and COSLA's ambition for Scotland to be a trauma-informed and responsive nation, and for everyone in Scotland's workforce to receive training and support to understand the key role they have to play in responding to psychological trauma. Aberdeenshire's Health & Social Care Partnership are currently developing online training in line with the National Trauma Training Programme, with the first course 'Trauma Informed' being launched on ALDO on the 16 June 2022. The following three courses (Trauma Skilled, Enhanced, and Specialist) will then follow and links will be attached to this document and all other relevant documents and courses.