

This programme is designed to help professionals (e.g., social workers, personal advisors, or key workers) understand how to support care leavers in safely and meaningfully engaging with their Subject Access Records (SARs) through trauma-informed practice.

# Supporting Care Leavers: A Trauma-Informed Approach to Record Access and Life Story Work

## You will learn about:

- Unit 1 – Understanding the Importance of Trauma-Informed Life Story Work
- Unit 2 – Making Sense of the Care Leaver's Records and History
- Unit 3 – Understanding the Care Leaver's Current Context and Needs
- Unit 4 – Communicating Difficult Histories
- Unit 5 – Managing Triggers and Emotional Responses
- Unit 6 – Prioritising Self-Care and Wellbeing (for Care Leavers and Supporting Professionals)



For more information:

[www.coect.co.uk/qualifications](http://www.coect.co.uk/qualifications)

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Qualification