

Reference:	FOI.20800.26
Subject:	Trauma-informed care
Date of Request:	19 June 2026

Requested:

1. Do you provide trauma-informed training?
2. Which staff members receive this training?
3. What are the current completion rates for the program?
4. What are the requirements for refresher courses?
5. What outcome measurements are used to track the effectiveness of the training?
6. Are there any evaluation reports available for review?

Response:

1. Hywel Dda University Health Board (UHB) confirms it does not provide trauma-informed training. However, several staff members are trained in the delivery of evidence based psychological interventions for the treatment of Post-Traumatic Stress Disorder (PTSD), which is listed as a 'Specialist Intervention' under the Trauma-Informed Wales Framework. Further information is available on the Trauma-Informed Wales website, a link to which is provided below:

[Trauma-Informed Wales](#)

Additionally, a Trauma-Informed Practice, Skills and Strategies (TIPSS) training package is currently being development by Traumatic Stress Wales (TSW), which will be available on an All-Wales basis. Initial piloting has been undertaken, and further detail can be found in the TIPSS Briefing Note, provided at Attachment 1.

2. UHB staff who have received training in a 'Specialist Intervention' to treat PTSD include Psychologists, Psychological Therapists (usually accredited therapists in the Integrated Psychological Therapies Service (IPTS)), and members of teams which provide low intensity psychological interventions. Interventions include Trauma Focussed Cognitive Therapy (TF-CT), Narrative Exposure Therapy (NET), Prolonged Exposure (PE), Eye Movement Desensitisation and Re-processing (EMDR) and SPRING, an online guided self-help for mild to moderate PTSD. All therapists/practitioners are appropriately supervised and have the ability to refer to a Consultant Psychiatrist who has expertise in the prescribing algorithm developed by Traumatic Stress Wales (TSW).

As defined by Trauma-Informed Wales, the staff groups detailed above meet the following 'Specialist Interventions' criteria:

- **Trauma Skilled:**

Staff and volunteers who have direct contact with individuals of all ages who may be affected by adversity or traumatic events, whether or not the trauma is known about and regardless of when it happened.

This includes most organisations or settings in which education, care or support is provided and in which public duties are carried out. For example, community leaders, faith based groups, early years settings, schools, colleges of further education, universities, social services, health services, the third sector, emergency services and courts.

- **Trauma Enhanced:**

Workers and carers who have regular and intensive interactions with people known to have been affected by adversity/ traumatic experiences, and who provide specific supports or interventions and/or who direct or manage services.

This includes people with specific roles in organisations or settings in which education, care or support is provided and in which public duties are carried out. For example, community leaders, faith-based groups, early years settings, schools, colleges of further education, universities, social services, health services, the third sector and emergency services.

- **Specialist interventions:**

Practitioners/services who provide low or high intensity, formal evidence based or evidence informed interventions for people impacted by traumatic events. Often provided by health care providers but may also be provided by the third sector and other people/organisations. These services may be within community settings, outpatient services or in-patient services. These interventions may include specialist psychological therapies, pharmacological and other treatments for the wide range of mental health issues associated with traumatic events.

People working at this level are providing specific care, support and interventions for the consequences of traumatic events. They may also take a role in supporting and supervising trauma-skilled and responsive/ enhanced services.

3. The UHB does not hold the requested information. All trauma informed training is undertaken by individuals on an ad hoc basis.
4. The UHB does not hold the requested information as there are no set refresher requirements. However, there is a strict requirement that all therapy is appropriately supervised, and it is not possible to retain accreditation with therapist regulatory bodies without this. Also, a defined amount of Continual Professional Development (CPD) needs to be undertaken each year to retain accreditation.
5. The UHB does not hold the requested information as outcome measurements are not used to track the effectiveness of training.
6. The UHB does not hold the requested information as it does not have any local evaluations reports available. Outcome measurements are used to track the effectiveness of the training.