



TRAUMA INFORMED PRACTICE CONFERENCE 2025: A DELEGATE PACK



**Herefordshire
and Worcestershire**
Integrated Care System



Trauma Informed Practice Conference 2025

Herefordshire and Worcester ICB have partnered with Safer Together to provide a Trauma-Informed Practice virtual conference. This is an opportunity to hear from a wide range of expert speakers to further understand the benefits of trauma informed practice and systems.



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WELCOME TO THE TRAUMA INFORMED CONFERENCE 2025

During this conference, you will hear from a delegation of professionals, academics and third sector representatives who are all passionate about raising the role that trauma informed, and responsive practice plays in compassionately supporting those who have been impacted by trauma in a variety of contexts, enabling them to heal and thrive.

This conference provides a valuable opportunity for learning and reflection, and to explore ways in which we can all adopt the core principles of trauma informed practice and embed them into our day-to-day practice to improve outcomes for those we support.



Hannah Thomas

Connection Counts

Hannah is a passionate advocate for trauma informed practice and relational based working, believing that trauma informed ways of working is rooted in building connections. In her powerful keynote, she explores how connection counts in all areas of life—whether in the classroom, the workplace, or at home and how meaningful relationships are the foundation for change.

Delegates will be equipped with a simple but transformative understanding of trauma and its impact, and gain an improved understanding of the importance of professional curiosity in order to contextually understand the root of behaviour to recognise how every action is a communication of unmet need.

KEYNOTES AND SPEAKERS:

About Hannah

Hannah is the founder of Cherished, a charity she began in 2011 inspired by her own lived experience. She has dedicated her career to helping children and young people feel safe, seen, soothed, and secure. Although Cherished has recently closed its doors, Hannah is now the Director of Connection Counts a training and consultancy company.

Via her work, Hannah has won multiple awards including the Pride of Birmingham Award, Birmingham Lord Mayor's Award and the King's Award. She now works across the UK equipping teams, trusts, schools, and parents with understanding of trauma, and its impact and the importance and power of trauma informed practice.



Lyn Ranson

**Consultant Clinical Lead,
NSHE West Midlands Trauma
Vanguard**

Positive Pathways: Utilising trauma informed frameworks to drive change

In this presentation, Lyn explains the Positive Directions framework that was co-designed by Coventry and Warwickshire young people and was developed as a response to the NHS England & NHS Improvement Long Term Plan (LTP) commitment to provide additional support for the most vulnerable children and young people (8-19) presenting with complex social needs. This cohort includes children with who present with some of the most complex trauma histories including those subjected to child exploitation and those on the periphery of entering the care system.

Lyn sets out how trauma informed, and relational ways of working have proven to be effective interventions to support children and young people to recover from the trauma they have been subjected to, and has led to the framework offering new and innovative ways of working to achieve cultural and organisational change.

KEYNOTES AND SPEAKERS:

About Lyn

Lyn Ranson is a nurse with nearly 40 years' experience in the NHS, delivering a range of operational, strategic, and national safeguarding roles. She currently is the Clinical Consultant Lead at the Coventry and Warwickshire Trauma Vanguard, an initiative that was designed by young people in the most complex situations to improve their health, education, and social outcomes. It sees statutory and voluntary partners coming together to support young people and their families who have experienced trauma and adversity that has the potential to profoundly affecting their life chances.

Lyn is a passionate advocate for children, and raising awareness of how the contextual understanding of trauma can prevent the labelling, stigmatisation and pathologisation of children and young people.



Nikki Holmes

Asking for it? The Psychology of Victim Blaming

In her keynote, "Asking for it? The psychology of victim blaming" Nikki explores and explains why victim blaming is so pervasive in society, the harms associated with this issue, and the psychology that underpins victim blaming behaviour and language.

Delegates will be supported to reflect upon the wide-ranging harms associated with victim-blaming language and practice, and why in order to be trauma informed, professionals, organisations and systems must also endeavour to become anti-victim blaming.

KEYNOTES AND SPEAKERS:

About Nikki

Nikki Holmes is a former police officer, criminologist, safeguarding consultant and founder of Safer Together.

It is Nikki's belief that understanding trauma is essential in order to reduce risk of offending and harm, and therefore the application of trauma informed principles is essential for all sectors.

As an organisation that supports and steers agencies to become trauma informed and responsive, Safer Together is a staunch believer that organisations need to also adopt anti-victim blaming approaches in order to be able to fully support children, young people and adults that have been impacted by trauma in a variety of different contexts.



Stacey Jade Mason

Creative Optimistic Visions (COV)

The Concept of Safety:

There are lots of discussions about safety being held at the moment. However, what do we mean when we say we 'feel safe?' Do we even ask someone the question? Stacey explores how, through the Protective Behaviours process, she came to understand what feeling safe is, and how to value this right for herself and others. Stacey reflects upon how understanding the importance of safety has enabling a journey of recovery and growth from the trauma of being subjected to Child Sexual Exploitation to becoming a successful businesswoman and social entrepreneur, supporting children and families for over 18 years.

KEYNOTES AND SPEAKERS:

About Cov

Creative Optimistic Visions (COV) is an award-winning Community Interest Company that provides alternative education, training, consultancy, mentoring, youth and community services through the lens of the Protective Behaviours Process (PBs).

COV is a small grass roots organisation, founded in 2014 in Coventry, that has built a respectful reputation with existing partners, but most importantly with beneficiaries and their families. COV actively engages with young people and communities who are experiencing challenges with access to education, employment and who may face trauma associated with the breakdown of familial relationships and personal networks.

The ethos of COV is the belief that 'we all have the right to feel safe' and 'we can talk with someone about anything even if it is awful or small'. Therefore, the work that they provide is trauma informed and centred around enabling everyone to be safe and feel safe via the delivery of consistent models of support throughout education, youth and mentoring services.



Lucy Cavell

Barnardo's and The West Midlands Trauma Informed Coalition

Trauma Informed Commissioning

This session will explore the critical role of trauma-informed practices within the commissioning process, equipping attendees with an understanding of how trauma impacts individuals and communities, and how commissioning decisions play a crucial role in promoting recovery and preventing further harm.

Drawing on guidance developed by the West Midlands Trauma Informed Coalition, Lucy will delve into the stages of the commissioning journey, from initial reflection, contract management, evaluation, and sustainability.

This reflective and interactive session will focus on the importance of:

- Integrating trauma-informed principles (safety, trust, choice, collaboration, empowerment, cultural consideration, and connection) into their work.
- Fostering collaborative relationships between funders and service providers.
- Promoting commissioning processes that are equitable, accessible, and responsive to diverse needs and experiences.
- Reflective practice and continuous improvement within commissioning.
- Mitigating the impact of secondary trauma and supporting the wellbeing of professionals involved in a commissioning or funding process.

KEYNOTES AND SPEAKERS:

About Lucy

Lucy is a Senior Trauma-Informed Practitioner at Barnardo's, and is passionate about collaborative systems that support trauma recovery. Combining lived experience with academic learning and over 20 years of professional practice, she leads the West Midlands Trauma Informed Coalition and advocates for trauma-attuned public health through consultancy, training, and regional systems change. Her award-winning work includes authorship of key guidance and partnerships to support the prevention of trauma and promote emotional safety for all.



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