



**Epione**  
Training and Consultancy

# L3 Trauma Enhanced Delegate Workbook



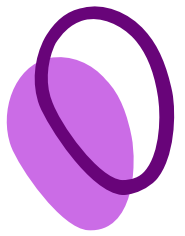
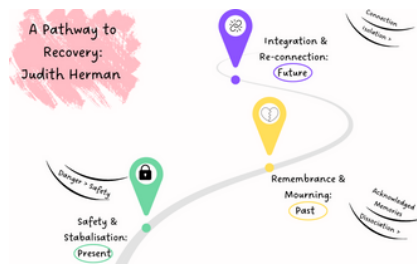
[www.epione-training.com](http://www.epione-training.com)

**CPD**  
**MEMBER**  
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the british  
psychological society  
**CPD QUALITY MARK 2025**

# Aim 1:

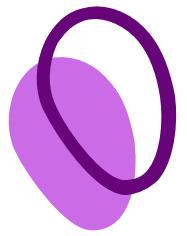
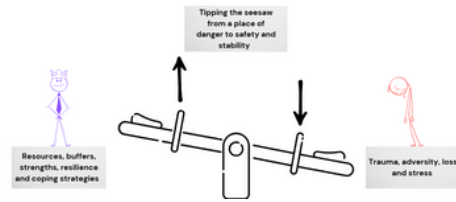


Use this space to write your reflections and key learning on the importance of safety and stability.

A large rectangular area with a purple border and a yellow inner border, containing horizontal lines for writing reflections and key learning.

# Aim 1:

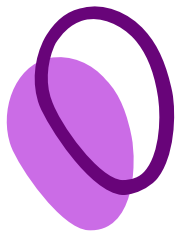
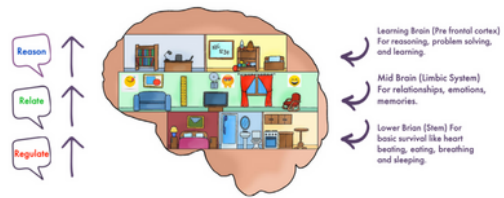
"Traumatisation occurs when both internal and external resources are inadequate to cope with external threat" (Bessel van der Kolk, 1989)



Use this space to write your reflections and key learning on trauma, its impact and how it presents.

A large rectangular area with a white background and horizontal grey lines, intended for writing reflections and key learning. The area is framed by a purple border with a yellow inner line.

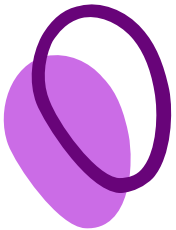
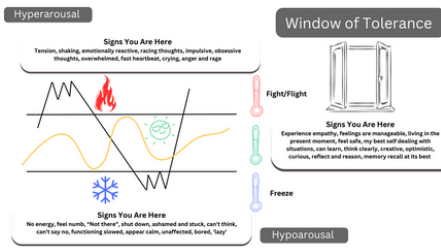
## Aim 2:



Use this space to write your reflections and key learning on understanding trauma through the lens of neurobiology

A large, empty rectangular area with a white background and horizontal lines, intended for writing reflections and key learning. The area is framed by a purple border with a yellow inner line.

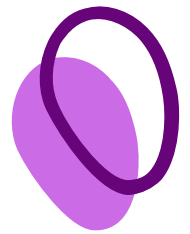
# Aim 2:



Use this space to write your reflections and key learning on understanding trauma using the window of tolerance

A large, empty rectangular area with a purple border and a yellow inner border, containing horizontal lines for writing reflections and key learning.

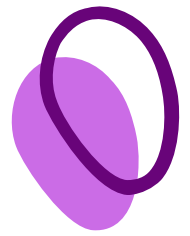
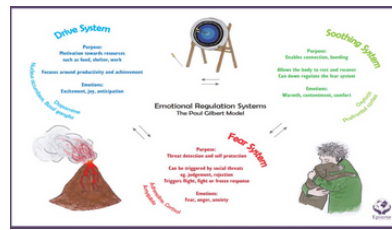
## Aim 2:



Use this space to write your reflections and key learning on triggers, glimmers and survival responses

A large rectangular area with a white background and horizontal grey lines, intended for writing reflections and key learning. The area is framed by a purple border with a yellow inner line.

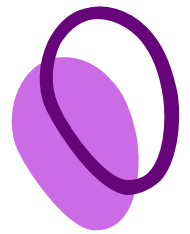
# Aim 3:



Use this space to write your reflections and key learning on the compassionate focused approach to understanding trauma, relationships and negative self-concept

A large rectangular area with a purple border and a yellow inner border, containing horizontal lines for writing reflections and key learning.

# Aim 3:

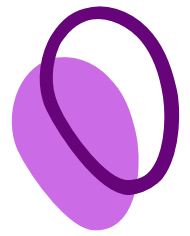


Use this space to write your reflections and key learning on the compass of shame, negative views on self, others and the world and guilt vs. shame

Lined writing area for reflections and key learning.



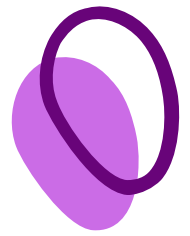
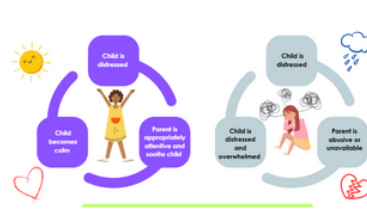
# Aim 3:



Use this space to write your reflections and key learning on skills to up and down regulate

A large writing area with a purple border and horizontal lines for text.

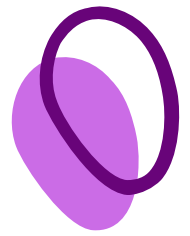
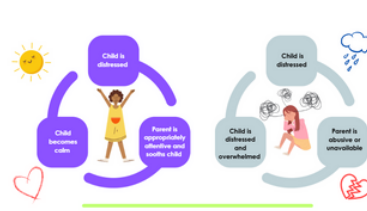
# Aim 4:



Use this space to write your reflections and key learning on attachment and the good enough relationship and the importance of compassionate enquiry

A large rectangular area with a purple border and horizontal lines, intended for writing reflections and key learning.

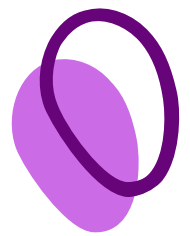
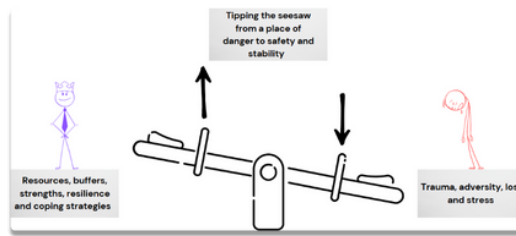
# Aim 4:



Use this space to write your reflections and key learning on attachment and the good enough relationship and the importance of compassionate enquiry

A large white rectangular area with horizontal lines, intended for writing reflections and key learning. The area is framed by a purple border with a yellow inner line.

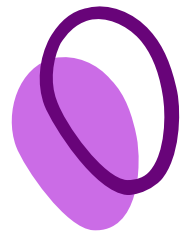
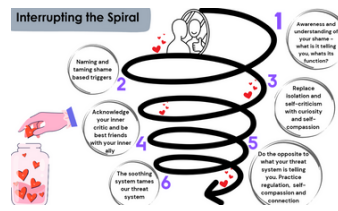
## Aim 5:



**Use this space to write your reflections and key learning on using psychoeducation to increase safety and stability and decrease shame**

A large, empty rectangular area with a white background and a black border, intended for writing reflections and key learning. The area is framed by a purple border with a yellow inner line. The space is divided into horizontal lines for writing.

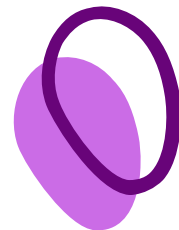
# Aim 6:



**Use this space to write your reflections and key learning on problem solving, planning and maintenance – developing compassion**

Lined writing area for reflections and key learning.

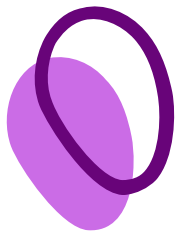
## Aim 7:



Use this space to write your reflections and key learning on the importance of self-care

A large rectangular area for writing, featuring a white background with horizontal grey lines. The area is framed by a thick purple border with a yellow inner outline.

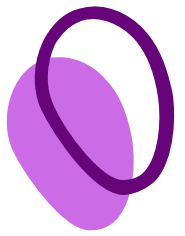
# General Notes



**Use this space to write your reflections and key learning on anything else in general**

A large writing area with a purple border and a yellow inner border. The central area is white and contains 20 horizontal grey lines for writing.

# General Notes

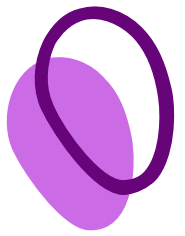
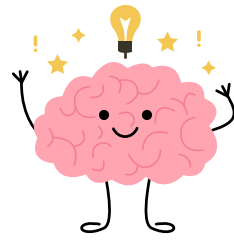


**Use this space to write your reflections and key learning on anything else in general**

A large rectangular area with a white background and horizontal grey lines, intended for writing reflections and key learning. The area is framed by a purple border with a yellow inner line.



# General Notes



**Use this space to write your reflections and key learning on anything else in general**

A large rectangular area with a white background and horizontal grey lines, intended for writing reflections and key learning. The area is framed by a purple border with a yellow inner line.



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# Thank-you and good luck as you continue your trauma enhanced journey



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