

Trauma-Informed Maternity Care

Training Participant Resources.

Every training participant receives a professionally designed toolkit to support practice change after the course. Here is what is included at each level.

Foundational Training.

Core knowledge, recognition, communication, consent, and safer practice.

1

Quick-Reference Guide for Labour and Birth.

The S.A.F.E.R. model, recognising trauma responses, before/during/after procedures, body autonomy, disclosure, and repair. Print it, pin it, keep it where you can see it.

2

Communication Scripts.

What to say, what to avoid, and what to do when it goes wrong. Covers the Ask/Pause/Wait protocol, consent during procedures, scripts for specific situations, and repair.

3

Small Changes Checklist.

Practical habits across seven areas: S.A.F.E.R. practice, body autonomy, environment, communication, documentation, and team habits. The part you can use tomorrow.

4

Reflection Worksheet.

A structured tool for consolidating what you have learned and translating it into specific practice change. Includes the Stop/Start/Continue exercise and team-level reflection.

Advanced Training.

Trigger work, case-based practice, clinical responses, and complex scenarios.

1

Trigger Checklist.

The seven major trigger themes, with checklists across pregnancy, labour, and postpartum. Includes the trigger cascade and recording and handover guidance.

2

Consent Language Examples.

The S.A.F.E.R. model applied procedure by procedure across ten clinical procedures, with body autonomy principles and documentation guidance.

3

Case Study Worksheets.

Four developed clinical cases spanning antenatal, labour, emergency, and postnatal care. Each with structured discussion prompts, action planning, and a bring-your-own-case template.

4

Cascade Mapping Worksheet.

A forward-planning tool for mapping an individual woman's likely trigger cascade and coordinating interruption points with the team.

Advanced Training.

Trigger work, case-based practice, clinical responses, and complex scenarios.

5

Procedure Planning Template.

A working template for planning a specific procedure with a specific woman. Covers body autonomy, environment, language, consent, and team coordination.

6

Documentation and Handover Templates.

Five templates covering the trauma-informed care plan, verbal handover, procedure records, discharge, and care episode summaries. Includes a good vs poor documentation comparison and a worked example.

These resources are included with training and are not available separately. They are designed to be used alongside the learning, not as standalone tools.