**Module One | Worksheet 1A**

**On a scale of 0 - 10, how confident do you feel in your ability to understand developmental trauma?**

*(Mark the number that relates to you with an ‘X’)*

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **0** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
|  |  |  |  |  |  |  |  |  |  |  |

*Not confident Nailed it*

*at all*

|  |
| --- |
| **What restraining forces prevent you from being higher on the scale?** |
|  |
| **What driving forces make you as confident as you are?** |
|  |

**Module One | Worksheet 1B**

**On a scale of 0 - 10, how competent do you feel in working effectively with children who have experienced trauma?**

*(Mark the number that relates to you with an ‘X’)*

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **0** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
|  |  |  |  |  |  |  |  |  |  |  |

*Not competent Nailed it*

*at all*

|  |
| --- |
| **What restraining forces prevent you from being higher on the scale?** |
|  |
| **What driving forces make you as competent as you are?** |
|  |

**Module One | Worksheet 2**

|  |
| --- |
| **Note down aspects of the animation that resonated and validated what you already know about Developmental Trauma** |
|  |
| **Note down aspects, information, feelings or thoughts that are new for you - what has added to your existing knowledge?** |
|  |

**Module One | Worksheet 3**

**What Counts as Trauma?**

|  |  |
| --- | --- |
| **Acts of Commission​** | **Acts of Omission​** |
|  |  |

**Module One | Worksheet 4**

**Building Tolerance**

|  |  |
| --- | --- |
| **Climber One** | **Climber Two** |
|  |  |

**Module One | Worksheet 5A**

|  |
| --- |
| **What information has stood out for you? What resonated strongly or was there any new information and ideas?** |
|  |
| **What emotions do you notice you are having in response to the material in module one?**  **Do any represent a driving force that motivate you or a restraining force that block or paralyse you?** |
|  |

**Module One | Worksheet 5B**

Cut out and keep this decorative card to help hold your intentions in mind.

Type here

A close up of a flower

Description automatically generated