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FROM KNOWLEDGE TO ACTION APPLICATION

Title: Developing a Trauma-Informed Training Toolkit for Child Welfare Professionals

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Category: From Science To Society

Problem (max. 50 words):

The child protection system lacks evidence-based, license-free training tools to support trauma-informed care. High staff turnover and emotional burnout among caregivers often lead to the re-traumatization of children, with long-term consequences for public health, education, and labor markets.

Unmet Need (max. 50 words):

There is an urgent need for accessible, scalable trauma-informed training that equips caregivers with practical tools and perspectives. Existing options are often costly, too complex, or limited to licensed use, leaving most institutions unsupported in implementing trauma-sensitive approaches.

Project Description (max. 200 words):

This project aims to develop and disseminate a free trauma-informed training toolkit for professionals working in residential child care. The toolkit will include theoretical modules, group facilitation guidance, and interactive, practical exercises that help reframe caregivers' perspectives and reduce the risk of re-traumatization in children.

The training is built on well-established trauma theories and research in developmental psychology and neurobiology. It incorporates practical tools and methods whose efficacy has been demonstrated in previous studies, such as emotional regulation techniques, relational repair strategies, and group-based trauma interventions. The modules are developed through an iterative process involving pilot testing, professional feedback, and continuous refinement to ensure relevance and effectiveness in diverse child welfare settings. To ensure reproducibility and practical application, the toolkit includes clearly defined learning objectives, facilitator manuals, and adaptable resources.

The training materials will be digitally available for institutions and adaptable for online use by in-house psychologists or trainers, enabling implementation even in under-resourced settings.

By supporting emotionally attuned caregiving practices, the project contributes to breaking cycles of trauma and improving long-term outcomes for children in care. It also addresses the systemic needs of an overstretched workforce by offering ready-to-use, practical knowledge that enhances professional resilience and care quality.

Hypothesis (25 words):

Freely accessible trauma-informed training improves caregiver sensitivity and reduces institutional re-traumatization, leading to better emotional outcomes for children and more resilient out-of-home care systems.



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Implication for Practice (50 words):

The toolkit empowers child welfare professionals with tools for emotional regulation, trauma recognition, and relationship repair. It improves everyday caregiving interactions and reduces burnout, helping institutions retain staff and provide safer environments for vulnerable children.

Implication for Research (50 words):

The project provides data on the effectiveness of non-licensed, scalable trauma-informed training in low-resource environments. It opens new pathways for investigating how training impacts staff resilience, trauma sensitivity, and long-term outcomes for children in institutional care.