

Professional Training



Embodying Trauma Informed Practice when Working with Survivors of Child Sexual Abuse

Learning Objectives

- Identify the range of CSA
- Understand the nature and dynamics of CSA
- Conceptualise CSA as complex trauma and link to PTSD and C-PTSD, emotional dysregulation, dissociation and shame, including comorbidity with physical and mental health challenges
- Highlight how the impact of CSA manifests in the therapeutic space
- Introduce the fundamental principles of Trauma Informed Practice
- Necessary skills to become a trauma wise practitioner including trauma informed techniques such as stabilisation and grounding skills
- Identify challenges when working with survivors of CSA and how to manage these
- The impact on practitioner who bear witness to the lived experience of survivors of CSA
- Post Traumatic Growth and Vicarious Post Traumatic Growth that is transformative for both survivors and professionals

Date: Saturday 9th May 2026 Time: 10.00am—4.00pm



Facilitated by Christiane Sanderson

One in Four Trustee and expert in Child Sexual Abuse, Domestic Abuse and Trauma

Venue: ZOOM online.

Trainees £40.00

Qualified Therapists £50.00

For booking, please email: training@oneinfour.org.uk to confirm your space and a link will be sent to you for payment