Trauma Informed Practice for Researchers



THE QUALITATIVE INSIGHT STUDIO

Join us for a one-day workshop, designed to prompt reflection and critical thought about how you could make your own research practice more trauma informed.

About the Course

This course focuses on ways in which researchers can embed trauma informed practice in their work. To do this, we start by focusing on trauma and the impact this can have on individuals, relationships, organisations and cultures. Next, we consider how trauma might impact research participation and practical ways in which researchers can work in a more trauma informed way. The aim of this course is to move away from a 'tick box' approach to trauma informed practice and encourage meaningful reflection on the research process.

During this course you will:

- Learn about ways in which trauma might be defined, experienced, and the impact of trauma
- Gain in-depth knowledge about each of SAMHSA's 6 pillars of trauma informed practice. alongside examples of practice from the research literature.
- Learn how to evaluate your own research practice using SAMHSA's 6 pillars and consider practical changes that might be made throughout the research process.

Who Should Attend

Everyone! Trauma-informed practice is for all researchers in any field. Our own research backgrounds means that we often draw from academic sources in sport, exercise, and health, but all are welcome.

Practical Details

Location: One-0-Four, The Hornet, Chichester, PO19 7JR *(10 mins walk from Chichester station or parking nearby)*

Date: 4th December 2026, 9.30am-3pm

Cost: £135

Includes: 5 hours CPD, Printed workbook

Workshop facilitators





Dr Melissa Day and Dr Laura Martinelli

To request a booking form email:
melissa@qualitativeinsightstudio.co.uk
or scan the QR code to find out more