



Consultancy and Training

By Miranda ArieH

“A Trauma Informed Way Of Being”

LIVE Immersive training day

10:00–16:00 | Live Online



Delivered by Miranda ArieH:

Trauma-informed mental health educator and founder of HEROES Programme; a large-scale trauma-informed approach supporting services and adults living with the effects of complex trauma across the UK

Delivered to over 4,000 professionals



A powerful, experiential training for frontline staff

This full-day training is designed to support teams working with individuals who have experienced complex trauma.

It offers a **deep, practical, and human approach** to understanding behaviour, responding to distress, and building safer, more compassionate interactions across services.

Why this training matters

Many professionals are working with individuals whose trauma shows up in real time through distress, heightened emotion, or behaviours that can feel challenging to respond to.

Staff often report feeling:

- overwhelmed by challenging behaviours
- unsure how to respond without escalating situations
- emotionally impacted by their work
- lacking confidence in supporting distress

This training bridges that gap.

Without the right tools, even the most skilled professionals can feel out of their depth in these moments.



What makes this training different

- Led by lived experience
- Deeply interactive and engaging
- Rooted in real-world application
- Warm, accessible, and human in delivery
- Provides tools that can be used immediately

This is not just about understanding trauma. It's about **working with it, moment to moment.**

Participants don't just learn. They understand, feel, and apply.

“I learned more in one day than I have in over 20 years working in health and social care.” Staff member – Bellbrooke Surgery, Leeds



Key learning outcomes



Participants will:

Develop a deeper understanding of trauma

- The impact of early experiences and conditioning
- How beliefs and identity are shaped
- A recovery-focused understanding of trauma



Recognise trauma responses

- Fight, flight, freeze, and fawn
- Understanding behaviour through a trauma-informed lens

- Responding without escalation



Understand attachment in practice

- Anxious, avoidant, and disorganised attachment styles
- How these present in real interactions
- Creating safety in relationships



Build regulation skills

- Self-regulation techniques for staff
- Co-regulation approaches for supporting others
- Staying grounded under pressure



Practical tool included

The HEROES 3-Steps to holding a Trauma-Informed Conversation

An original, simple, practical structure that can be used across the whole organisation, **from reception staff to clinicians:**

Validate → Reflect → Deepen → Carry out intended duties

This enables staff to:

- communicate more effectively

- reduce escalation
- support emotional regulation
- build trust and safety in interactions

“I just wanted to say that I’ve already used the 3 step framework with a patient who came in the day after the training and we moved swiftly through an exchange which I know would have escalated without this. Superb.”
– Community Psychiatric Nurse – Bevan Healthcare



Training format

- Full-day session (10:00–16:00)
- Live online delivery
- Interactive and discussion-based
- Includes experiential exercises and real-life examples



Who it's for

- NHS teams
- Mental health professionals
- Social care staff
- Third sector organisations
- Any service working with trauma-affected individuals

Testimonials

“Miranda is the most engaging trainer I've ever encountered. Moving, entertaining, and deeply informative.”

“What a day. So interactive and emotive. I learned so much which I know will help me in my work.”

“Inspiring, empowering, engaging and knowledgeable.”

“I feel like I understand myself better and have more compassion for what others might be going through, especially when they are presenting with aggression. I feel more confident to handle situations which used to make me quake. This has been the best training I've been on since I started in my post.”

“I learned more in one day than I have in over 20 years working in health and social care.”



This training is written and delivered by

Miranda ArieH

Founder and author of HEROES Programme (Healing, Education and Recovery Of Emotional Strength)

Multi-award winning motivational speaker

Trauma-informed mental health educator

BBC radio presenter

Investment

£60 per person

Discounted group rate available for organisations booking 10 or more places (**£45 per person**)

Bespoke individual team bookings: Available on request

All participants will receive a **full replay** of the training, allowing them to revisit, refresh and integrate the learning in their own time.



HEROES training doesn't just inform.

It **equips, empowers, and transforms** how staff relate to the people they support - and to themselves.



Miranda delivering live Trauma Informed Way Of Being training to an 80+ strong staff team for Burmantofts, Harehills and Richmond Hill Primary Care Network in Leeds

Booking & enquiries

To reserve places or discuss a private training for your organisation:

Email: hello@mirandaarieh.co.uk

Telephone: 07932676007

Website: www.heroesprogramme.com