

# TRAUMA-INFORMED PRACTICE

## FIVE DAY UCT SHORT COURSE

23-27 March 2026

Trauma-informed practice has emerged globally as a critical framework within various fields, including social work, psychology, education, healthcare, and criminal justice, among others.

The short course in Trauma-Informed Practice is a 1 week program designed to equip healthcare and social service professionals with the knowledge and skills needed to address trauma effectively within the context of South African care systems.

This course is suitable for those working within the health and human services sectors.

### Course Details

#### Course fees:

R5,500 per person

HPCSA CPD: Being applied for:  
20 points (Clinical)  
10 points (Ethical)

#### Date:

23-27 March 2026

09:00-16:00

#### Location:

Dumo Baqwa Hall, Barnard Fuller Building, Faculty of Health Sciences, UCT, Observatory

#### Contact:

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### Follow link to Register online

<https://health.uct.ac.za/continuing-education-unit/trauma-informed-practice>

### Programme outline:

- Module 1: Introduction and Context of Trauma (Exploring concepts of Individual to collective trauma)
- Module 2: Neurobiology of Trauma (Neuropsychological and systemic effects of trauma)
- Module 3: Traumatised institutions (How historical systems and leadership influence institutions and organisations)
- Module 4: Trauma-Informed principles and values
- Module 5: Implementing the principles of trauma-informed practice in different contexts

### Course presenters:



**DR LANE BENJAMIN**

Course Convenor  
Clinical Psychologist, Lecturer  
Groote Schuur Staff Psychologist  
Dept of Psychiatry and Mental Health



**MR GRANT STEWART**

Trauma-informed practitioner  
Director of R-Cubed



**DR HEATHER TUFFIN**

Medical doctor  
Regenerative Human Systems

**Guest presenters from various sectors will be joining us**

### Comments from previous participants:

"I will unreservedly recommend this course to everyone in my sphere of influence, those I meet and those I work with. I am grateful to think of myself as the working in the world as a wounded (and healing) healer."

"This was life affirming, intensely inspiring and possibly one of the best courses I've gone on because of the diversity of facilitators, the way it was held, the inspiring speakers, the participants with different professions and ideas and of course the subject matter which I believe is at the root cause of all of the suffering of the human experience. It is the recognition, reaction and response to our trauma which informs the way we engage with the world and either cause harm or happiness to ourselves and others."

"Thank you. Every South African should have access to this information."

**LIMITED SPACES AVAILABLE!**