



## Gwerthusiad Hyfforddiant Ymarfer, Sgiliau a Strategaethau sy'n Ystyriol o Drawma (TIPSS)

Nodyn Briffio

### Beth yw TIPSS?

Mae Ymarfer, Sgiliau a Strategaethau sy'n Ystyriol o Drawma (TIPSS) yn rhaglen hyfforddi genedlaethol a ddatblygwyd gan Straen Trawmatig Cymru. Mae pob rhaglen hyfforddi yn cyfrannu at weithredu Fframwaith Cymru sy'n Ystyriol o Drawma a datblygu gwybodaeth ac ymarfer ar lefelau ymarfer sy'n fedrus o ran trawma ac sy'n fanwl o ran trawma. Mae hyfforddiant wedi'i ddatblygu ar gyfer y rhai sy'n gweithio gydag oedolion, a'r rhai sy'n gweithio gyda Phlant a Phobl Ifanc. Fe'i cynlluniwyd i helpu staff a sefydliadau i ddeall trawma yn well, ac i weithio mewn ffyrdd sy'n lleihau niwed pellach. Mae model hyfforddi'r hyfforddwr a set o fodiwlau hunangyfeiriedig yn cael eu defnyddio i gyflwyno'r hyfforddiant. Mae pecyn hyfforddi hunan-arweiniol ar-lein i'r rhai sy'n gweithio gydag oedolion i fod i gael ei lansio yn 2026.

### Beth yw'r cynllun ar gyfer Gwerthuso TIPSS?

Mae Straen Trawmatig Cymru wedi treialu TIPSS ar gyfer pobl sy'n gweithio gyda phlant a phobl ifanc gyda nifer fach o sefydliadau. Mae prawf o gysyniad wedi'i gynnal ar gyfer y rhai sy'n gweithio gydag oedolion. Mae canfyddiadau cychwynnol yn awgrymu canlyniadau cadarnhaol posibl, gan gynnwys mwy o hyder ymhlith y rhai dan hyfforddiant. Mae adroddiadau cryno ar gael gan Cymru sy'n Ystyriol o Drawma Mae'r gwerthusiad hwn wedi'i gynllunio i adeiladu ar y cynlluniau peilot wrth i'r ddarpariaeth ymestyn ar draws wasanaethau yng Nghymru, gan gynnwys fformat ar-lein (hunan-arweiniol).

Mae amcanion allweddol y gwerthusiad hwn yn cynnwys effaith cymryd rhan mewn hyfforddiant ar gyfranogwyr a'u sefydliadau, cywirdeb ac ansawdd y ddarpariaeth hyfforddiant, a rhwystrau a hwyluswyr i'r gallu i dyfu yn unol â'r anghenion. Bydd effaith hirdymor yr hyfforddiant yn cael ei hasesu ar lefel unigol a sefydliadol. Mae gan y gwerthusiad hwn dair elfen: (1) gwerthusiad proses, (2) gwerthusiad effaith a (3) gwerthusiad crynodol. Mae dulliau casglu data yn cynnwys cyfweiliadau lled-strwythuredig, arsylwi a data arferol. Bydd angen cymeradwyaeth Pwyllgor Moeseg Ymchwil Academaidd Ysgolion Meddygol a Gwyddorau Iechyd Prifysgol Bangor a Llywodraethu Gwybodaeth Iechyd Cyhoeddus Cymru ar gyfer y gwerthusiad.

### Pwy fydd yn cynnal yr Asesiad?

Mae Cymru sy'n Ystyriol o Drawma wedi comisiynu Prifysgol Bangor i gynnal yr asesiad, dan arweiniad Dr Kat Ford a'r Athro Karen Hughes.

### Beth yw'r amserlenni?

Bydd y gwerthusiad yn rhedeg o fis Mai 2026 a disgwylir iddo gael ei gwblhau ym mis Awst 2027.

### Cwestiynau Pellach?

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## Trauma-informed Practice, Skills and Strategies (TIPSS) Training Evaluation

### Briefing Note

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#### What is TIPSS?

Trauma-informed Practice, Skills and Strategies (TIPSS) is a national training programme developed by Traumatic Stress Wales (TSW). Each training programme contributes to the implementation of the Trauma-informed Wales Framework and the development of knowledge and practice at the trauma-skilled and trauma-enhanced practice levels. Training has been developed for those working with adults, and those working with Children and Young People. It is designed to help staff and organisations better understand trauma, and to work in ways that reduce further harm. Training delivery uses a train-the-trainer model and set of self-directed modules. An online self-led training package for those working with adults is due to be launched in 2026.

#### What is the plan for the Evaluation of TIPSS?

TIPSS for people working with Children and Young People has been piloted with a small number of organisations by TSW. A proof of concept has been undertaken for those working with adults. Initial findings suggest potentially positive outcomes, including increased trainee confidence. Summary reports are available at Trauma-Informed Wales. This evaluation has been designed to build on the pilots as delivery extends across services in Wales, including an online (self-led) format.

The key objectives of this evaluation include impact of training participation on participants and their organisations, fidelity and quality of training delivery, and barriers and facilitators to scalability. The long-term impact of the training will be assessed at both the individual and organisational levels. This evaluation has three components: (1) process evaluation, (2) impact evaluation and (3) summative evaluation. Data collection methods include semi-structured interviews, observation and routine data. The evaluation will require approval from Bangor University Schools of Medical & Health Sciences Academic Research Ethics Committee and Public Health Wales (PHW) Information Governance.

#### Who will conduct the Evaluation?

Trauma-informed Wales has commissioned Bangor University to conduct the evaluation, led by Dr Kat Ford and Professor Karen Hughes.

#### What are the Timescales?

The evaluation will run from May 2026 and is expected to be completed in August 2027

#### Further Questions?

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