



A Trauma Informed Approach to Exercise Provision CPD Created and Delivered by theMovement Charity

An Introduction to theMovement

theMovement exists to restore every woman's right to exercise. One of our aims as a charity is to create a more trauma informed fitness industry. Due to our recognition of the need for a trauma informed fitness industry, we have created a CPD for all fitness professionals seeking to become more trauma informed in their practice.

Why is it important that all fitness professionals are trauma informed?

With an estimated one in five adults having experienced at least one form of child abuse before the age of 16 [ONS 2020] and 1 in 4 women experiencing domestic violence at some point in their lifetime [Refuge, 2022], it has been reported that 70% of the world's population surveyed has experienced trauma [World Health Organisation 2017]. This is a huge amount of the UK population who are facing more barriers to exercise and movement.

A Trauma Informed Approach breaks down barriers to exercise, so those who have experienced trauma can have access to the many benefits of movement and exercise. By training the fitness professionals in your gyms to adopt a trauma informed approach, you are creating a safe and welcoming place for those who have experienced trauma to access the incredible and powerful resource of exercise and movement.

Course Information

The CPD introduces a trauma informed approach to exercise provision over 5 lessons:

1. Benefits of and Barriers to Exercise
2. Neurobiology Basics
3. The Neurobiology of Trauma
4. Trauma Informed Exercise Provision
5. Safeguarding

The whole course is research based and includes both theory and practical elements. A workbook will be included as part of this course. The course is endorsed 5 CPD points by CIMSPA, a national body for group exercise, and endorsed from a leading UK charity that specialised in training on gender based violence and abuse. It is a one day course and costs £150 per person, with discounted rates for large group bookings. The cost of the CPD will fund the continued wider vital work of theMovement Charity to restore every woman's right to exercise.

If delivered to a private booking, there is the option to specialise the course to explore specific issues relevant to the gym or fitness space we are delivering the training to.

For more information, contact info@themovementcharity.com or give us a call on 07823881492.