

DOMESTIC ABUSE AWARENESS PROGRAMME

WHAT IS A TRAUMA BOND?

A trauma bond is a strong emotional attachment formed through cycles of harm and reassurance. It can make it difficult to leave a relationship - even when it is causing harm.

OUR APPROACH

Impact-Inspire delivers lived experience-led training that is honest, compassionate and grounded in real understanding. We create safe, non-judgemental spaces for learning, reflection and open conversation.

What you'll learn...



Types of
abuse



The 7 stages
of trauma
bonding



Understanding
thoughts and
behaviours



Supporting
recovery and
moving
forward

