



**EASTERN REGION ANTI-RACIST TRAINING SESSION**  
**NERVOUS SYSTEM INFORMED ANTI RACIST PRACTICE: THE IMPACT OF TRAUMA,**  
**INTERNALISED RACISM AND VICARIOUS TRAUMA ON SOCIAL WORK**  
**THURSDAY, 9 JULY 2026 - 12:15 – 13:15 - TEAMS**

We are pleased to invite representatives from all 11 Local Authorities to our **regional online training session**, facilitated by **Natalie Robertson** – An experienced social worker and award-winning practice educator with almost ten years in children’s services and the founder of Work-Wise.

This session explores how racialised trauma shows up in social work practice, particularly when supporting families within complex systems. It will examine the impact of trauma, internalised racism, and vicarious trauma on both families and practitioners, and how these experiences can shape perception, decision-making, and relationships.

Grounded in nervous system awareness, the session will support practitioners to better understand their own responses alongside the lived experiences of the families they work with. It will also explore how leaders and managers can take a nervous system-informed approach to supervision and service delivery, creating psychologically safer environments that acknowledge racial trauma, reduce harm, and support more empowering, equitable practice.

This is a reflective and practical session designed to strengthen awareness, build confidence, and support meaningful change at both an individual and systemic level.

[Book your ticket here](#)