TRAKON – Encountering Trauma in Social, Health, and Education Sectors: Supporting Professional Well-being in South Ostrobothnia

TRAKON
Encountering individuals affected by trauma

Duration: 2023–2026, Co-funded by the European Union

Professionals in social, health, and education sectors regularly encounter children, youth, and families affected by trauma. The TRAKON project strengthens trauma-informed skills, promotes professional well-being, and builds a sustainable foundation for cross-sectoral collaboration in South Ostrobothnia, Finland.

Objectives

- Increase trauma awareness and understanding
- Strengthen skills in trauma-informed interaction
- Promote workplace well-being and resilience
- Support the development of a shared trauma-informed culture
- Build tools and networks for long-term change

Target Groups are social, health, and education professionals and leaders across public, private, and third sectors

Key Activities

- Lecture series and workshops on trauma-informed methods
- Peer support and professional supervision
- Tools for staff well-being and emotional resilience
- Training of experience experts and creation of a digital resource bank
- Regional vision paper for trauma-informed collaboration

Outputs & Impact

- Open-access digital materials and ethical guidelines
- Stronger interprofessional networks
- Lasting improvements in trauma sensitivity and support structures
- A regional model for trauma-informed practice

https://projects.seamk.fi/creativity-and-health/trakon/

SEAMK
Seinäjoen ammattikorkeakoulu
Seinäjoki University of Applied Sciences

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