



TRAUMA PAIN SUPPORT LTD.

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THE TRAUMA PAIN SUPPORT TOOLKIT

**TOOLKIT 1:
YOUR ONBOARDING GUIDE**



Supporting trauma and chronic pain recovery

What This Toolkit Covers



TRAUMA PAIN SUPPORT

This toolkit is your foundation for understanding how TPS can be used within your service.

You'll gain insight into:

- How the programme works
- When to introduce it to clients
- The three available programme tracks
- And how to match each client to the most appropriate one.

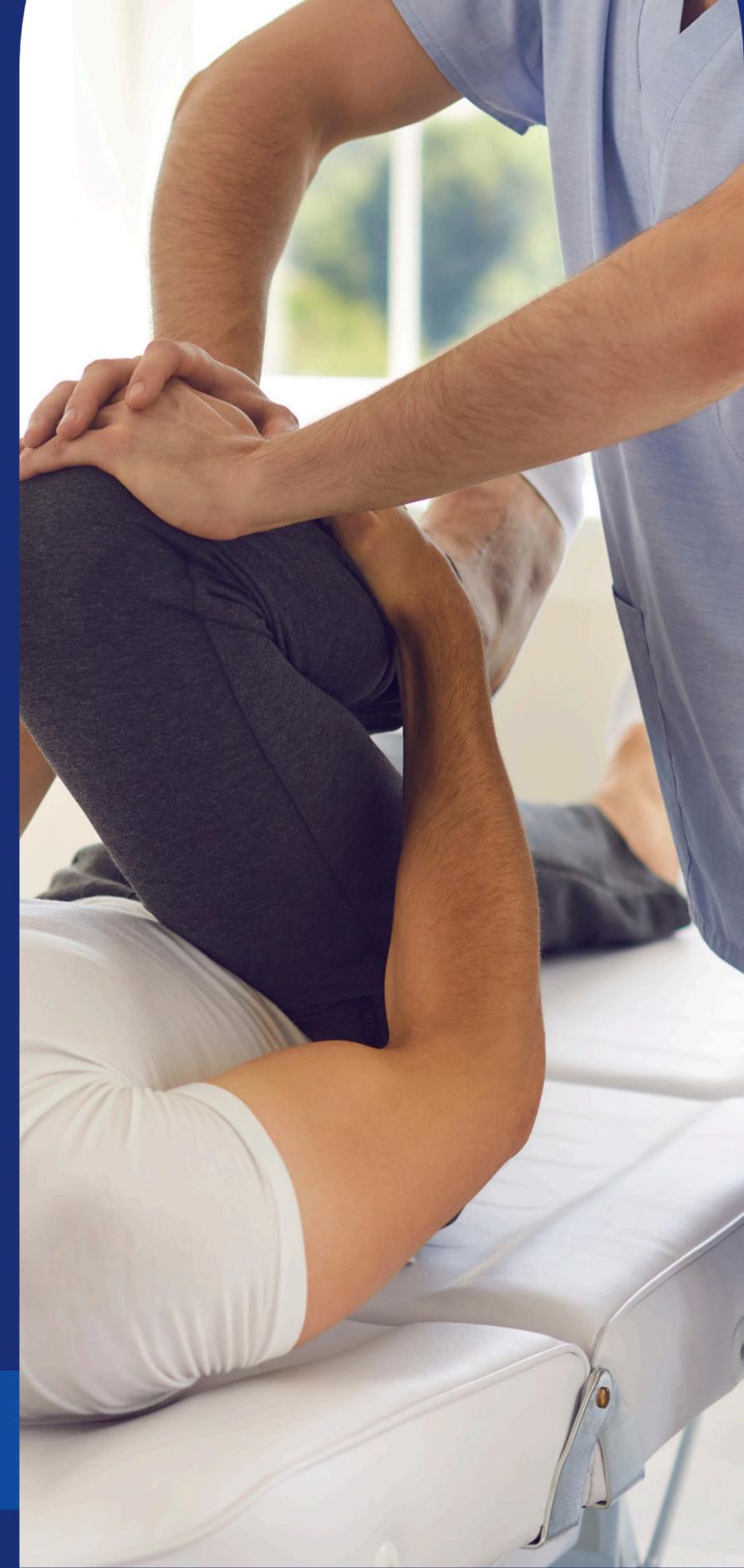
Be sure to review this guide before using Toolkit 2.

When to Offer TPS

There's no one-size-fits-all approach,.TPS can be introduced:

- Mid-way through rehab
- At discharge
- During therapy
- Or when trauma or chronic pain continues to impact recovery

It's flexible, client-led, and works well alongside most existing care plans.



Access Summary & Onboarding Pathway

All TPS programmes are hosted in a secure online portal.

There's no need to download any software, and clients can access the sessions using their device of choice.

They'll also receive onboarding support, making it simple to begin straight away.

TPS Programme Options

You have access to three distinct TPS programmes:

- Foundations of Recovery – A starting point for those beginning their healing journey.
- Advanced Recovery – For clients needing deeper psychological support.
- Healing the Mind – Focused on PTSD, emotional trauma, and distress following events such as road traffic accidents.
- Each has a structured format with sessions, videos, and client worksheets.





Selecting the Right Programme

Not every programme suits every client.

Selection should be based on:

- Their stage of recovery
- Emotional readiness
- Trauma background
- And their current treatment plan.

Refer to the programme summaries in this toolkit or consult with your clinician to make the most appropriate choice.

Next Steps

Once you've reviewed this onboarding guide, continue to Toolkit 2. That's where you'll find:

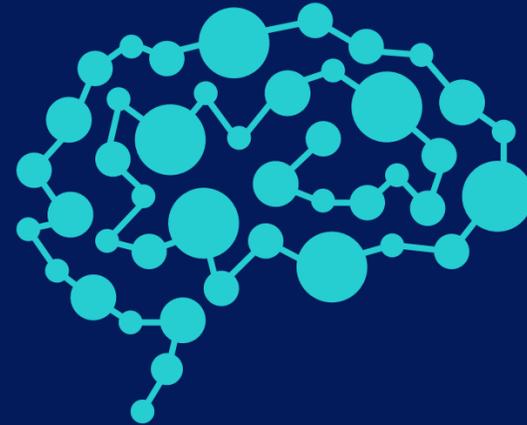
- Templates to deliver the programme
- Welcome emails for clients
- And the internal tracking log

Thank you for taking the time to watch this video. We hope this toolkit gives you the clarity and confidence to deliver TPS effectively and compassionately.

Need help or have questions?

Get in touch at: contact@traumapainsupport.com





WWW.TRAUMAPAINSSUPPORT.COM

Disclaimer:

This toolkit is intended as a supportive psychoeducational resource designed to support recovery from trauma and chronic pain.

It is not a substitute for medical or clinical intervention.

Use of the program should be guided by appropriate Rehab staff or clinical judgment.

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