

# Holding Space: A Trauma-Informed Approach to Gender & Gender-Based Violence

Training Course  
 26-29 May 2026 | Carrickdale Hotel, Ireland

**Join this dynamic training for youth workers on trauma-informed approaches to gender and gender-based violence, addressing online misogyny and supporting young people through inclusive and reflective practices.**

Across Europe, gender-based violence remains both widespread and underreported, with young people disproportionately affected. There is increasing concern about the normalisation of misogyny across social and digital spaces, including the growing influence of “manosphere” cultures that promote rigid gender norms, male entitlement, and hostility towards gender equality. These dynamics shape how young people understand identity, relationships, and power, and can contribute to the normalisation or justification of harmful behaviours, including gender-based violence.

This training equips youth workers with the skills and confidence to support young people through a trauma-informed approach. Participants will receive a certification in Trauma-Informed Awareness. The programme explores how trauma impacts behaviour, identity, and relationships, while responding to the current European context of rising gender-based violence and the influence of online misogyny.

Through interactive workshops, reflection, and peer learning, participants will gain practical tools to address gender, identity, and harmful behaviours, and to challenge harmful norms and stereotypes. The training supports youth workers in creating inclusive and respectful environments, helping young people navigate complex social and digital influences.

Participants will leave with a stronger toolkit, increased confidence, and a renewed commitment to promoting wellbeing, equality, and healthy relationships in their practice.

## How to apply

Please complete the application form here:



## Objectives of the training:

- Create a safe space for dialogue on identity and gender-based violence.
- Understand trauma and Adverse Childhood Experiences (ACEs), and their impact on development, wellbeing, and behaviour.
- Identify indicators of trauma and its long-term effects on individuals, families, and communities
- Apply practical, trauma-informed approaches in youth work practice
- Strengthen resilience and support approaches that prevent re-traumatisation and promote healing
- Explore societal attitudes towards gender, violence, and power imbalances in relationships
- Promote healthy emotional expression, sources of support, and bystander intervention
- Share Irish practices and approaches to consent education and youth participation
- Identify transferable practices, challenges, and ethical considerations across European contexts
- Create space for European exchange on responsibility, boundaries, safeguarding, and empowerment

## Who is this training for?

### Participants working with young people (aged 13–30) in:

- Youth work and youth organisations
- European Solidarity Corps
- Schools and formal education
- Vocational Education and Training (VET)
- Sports and physical activity settings
- Adult education and lifelong learning

## Methodology:

### The training is highly participatory and grounded in non-formal learning approaches, including:

- Youth work methodologies
- Practice-based case studies
- Peer learning and exchange
- Facilitated dialogue and reflection
- Ethical and inclusive approaches to gender and gender-based violence

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## Expected outcomes:

### Participants will:

- *Gain a deeper understanding of gender, consent, and wellbeing*
- *Develop practical tools and approaches adaptable to their context*
- *Build European connections and partnerships*
- *Contribute to shared understanding and responsibility around consent and wellbeing*
- *Strengthen European cooperation in youth work practice*

## This Training Course is

for 30 participants  
from **Erasmus+ Youth Programme**  
**countries**

**Recommended for** Youth workers, Trainers, Youth leaders, Youth project managers, Volunteering mentors, Youth coaches

**Accessibility info:** This activity and venue place are accessible to people with disabilities.

## Working language(s):

English

## Organiser:

Youth Work Ireland

## Contact for questions:

### Tracey McArdle

E-mail: [tmcardle@youthworkireland.ie](mailto:tmcardle@youthworkireland.ie)

### Fernanda Gomes Batista

E-mail: : [fgomesbatista@youthworkireland.ie](mailto:fgomesbatista@youthworkireland.ie)

## Costs

### Participation fee

- This project is financed by the participating National Agencies (NAs) of the Erasmus+ Youth in Action Programme. The participation fee varies from country to country. Please contact your National Agency or SALTO Resource Centre (SALTO) to learn more about the participation fee for participants from your country.

### Accommodation and food

- Unless specified otherwise, the hosting National Agency or SALTO of this activity will organise the accommodation and cover the costs for accommodation and food.

### Travel reimbursement

- Please contact your National Agency or SALTO Resource Centre to confirm whether your travel costs will be supported. If selected, you will receive further information on travel arrangements and reimbursement procedures.

## How to apply

Please complete the application form here:



## HOW TO APPLY

To participate in this training, all applicants must complete the application form via the link below:

[Holding Space: A trauma-Informed Approach to Gender & Gender-Based Violence. – Fill out form](#)

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Approach to Gender & Gender-  
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