



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Trawsnewid Addysg, Trawsnewid Bywydau
Transforming Education, Transforming Lives

**Thema 10 –Trawma, Adfyd a gwytnwch ar
draws hyd oes**

**Theme 10 – Trauma, Adversity and
Resilience Across the Lifespan**

Deilliannau Dysgu

Learning Outcomes

- Gwerthuso'n feirniadol sut y gall profiadau bywyd andwyol ddylanwadu ar lwybrau lles ar draws y cyfnod oes.
- Cymhwyso damcaniaethau datblygiadol ac ecolegol i ddadansoddi gwytnwch, trawma, colli ac ymyriadau amddiffynnol sy'n cefnogi lles.#
- Critically evaluate how adverse life experiences can influence wellbeing trajectories across the lifespan.
- Apply developmental and ecological theories to analyse resilience, trauma, loss and protective interventions that support wellbeing.

Cwestiwn Allweddol

Key Question

- Sut mae profiadau yn siapio llwybrau lles?
- How do experiences shape wellbeing trajectories?

Byddwn yn archwilio

We will explore

- Adfyd a lles
- Amarfer sy'n seiliedig ar drawma
- Profiadau Niweidiol yn ystod Plentyndod (ACEs)
- Tlodi a lles
- Colled a phrofedigaeth
- Gwytnwch
- Damcaniaeth Ymlyniad Bowlby
- Damcaniaeth Systemau Ecolegol Bronfenbrenner
- Ymyriadau sy'n seiliedig ar drawma
- Rhaglenni gwytnwch cymunedol
- Adversity and wellbeing
- Trauma-informed practice
- Adverse Childhood Experiences (ACEs)
- Poverty and wellbeing
- Loss and bereavement
- Resilience
- Bowlby's Attachment Theory
- Bronfenbrenner's Ecological Systems Theory
- Trauma-informed interventions
- Community resilience programmes

Adlewyrchiad

Reflection

Meddyliwch am her rydych chi wedi'i goresgyn.

Heb rannu manylion personol:

- Beth wnaeth eich helpu chi i ymdopi?
- Pwy wnaeth eich cefnogi?
- Pa gryfderau wnaethoch chi dynnu arnynt?

Think about a challenge you have overcome.

Without sharing personal details:

- What helped you cope?
- Who supported you?
- What strengths did you draw upon?

Beth sy'n siapio lles?

What Shapes Wellbeing?

Trajectories Lles

Mae llwybr lles yn cyfeirio at y llwybr y mae lles person yn ei ddilyn trwy gydol bywyd.

Gall llawer o ffactorau effeithio ar llwybr lles rhywun

Wellbeing Trajectories

A wellbeing trajectory refers to the pathway a person's wellbeing follows throughout life.

Somebody's wellbeing trajectory can be impacted by many factors

Beth sy'n dylanwadu ar lwybr lles?

What influences a wellbeing trajectory?

- Perthnasoedd
- Iechyd
- Digwyddiadau bywyd
- Amgylchiadau economaidd
- Cymorth cymdeithasol
- Cyfleoedd
- Relationships
- Health
- Life events
- Economic circumstances
- Social support
- Opportunities

Gall profiadau gael effeithiau parhaol, ond nid yw canlyniadau wedi'u penderfynu ymlaen llaw

Experiences can have lasting impacts, but outcomes are not predetermined

Beth yw Adfyd?

What is Adversity?

Adfyd yn cyfeirio at brofiadau bywyd anodd neu heriol

- Cam-drin
- Esgeulustod
- Tlodi
- Chwalfa teuluol
- Profedigaeth
- Gwahaniaethu
- Salwch

Nid yw pawb yn profi adfyd yn yr un ffordd

Adversity refers to difficult or challenging life experiences

- Abuse
- Neglect
- Poverty
- Family breakdown
- Bereavement
- Discrimination
- Illness

Not everyone experiences adversity in the same way

Ffactorau Risg

Risk Factors

Mae ffactorau risg yn cynyddu bregusrwydd:

- Tlodi
- Ynysu cymdeithasol
- Gwrthdaro teuluol
- Tai gwael

Risk factors increase vulnerability:

- Poverty
- Social isolation
- Family conflict
- Poor housing

Ffactorau Amddiffynnol

Protective Factors

Hyrwyddo canlyniadau cadarnhaol:

- Perthnasoedd diogel
- Cymunedau cefnogol
- Addysg
- Modelau rôl cadarnhaol

Promote positive outcomes:

- Secure relationships
- Supportive communities
- Education
- Positive role models

Beth yw trawma?

What is trauma?

Gall trawma ddigwydd pan fydd unigolyn yn profi digwyddiadau sy'n llethu eu gallu i ymdopi

- Cam-drin
- Trais
- Damweiniau difrifol
- Colled
- Esgeulustod

Trauma can occur when an individual experiences events that overwhelm their ability to cope

- Abuse
- Violence
- Serious accidents
- Loss
- Neglect

Gall trawma effeithio

Trauma can affect

- Meddyliau
- Teimladau
- Ymddygiad
- Perthnasoedd

- Thoughts
- Feelings
- Behaviour
- Relationships

Mathau o drawma

Types of Trauma

- **Trawma aciwt** - Digwyddiad trallodus sengl
- **Trawma Cronig** - Amlygiad dro ar ôl tro dros amser
- **Trawma Cymhleth** - Profiadau niweidiol lluosog, yn aml yn ystod plentyndod
- **Acute Trauma** - Single distressing event
- **Chronic Trauma** - Repeated exposure over time
- **Complex Trauma** - Multiple adverse experiences, often during childhood

Ymarfer sy'n Ystyriol o Drawma

Trauma Informed Practice

Mae ymarfer sy'n seiliedig ar drawma yn cydnabod: **Trauma-informed practice recognises:**

- Mae trawma yn gyffredin
- Gall ymddygiad adlewyrchu profiadau
- Dylai cymorth flaenoriaethu diogelwch
- Mae perthnasoedd yn bwysig

- Trauma is common
- Behaviour may reflect experiences
- Support should prioritise safety
- Relationships matter

Nid yw'r cwestiwn

✗ "Beth sydd o'i le gyda chi?" ond

✓ "Beth sydd wedi digwydd i chi?"

The question is not

✗ "What's wrong with you?" but

✓ "What has happened to you?"

Egwyddorion Ymarfer sy'n Ystyriol o Drawma

Principles of Trauma-Informed Practice

- Diogelwch
- Dibynadwyedd
- Dewis
- Cydweithio
- Grymuso
- Safety
- Trustworthiness
- Choice
- Collaboration
- Empowerment

Profiadau Niweidiol yn ystod Plentyndod (ACEs)

Adverse Childhood Experiences (ACEs)

Mae ACEs yn brofiadau trawmatig a allai ddigwydd yn ystod plentyndod.

Enghreifftiau:

- Cam-drin
- Esgeulustod
- Trais domestig
- Camddefnyddio sylweddau yn y cartref
- Gwahanu rhieni
- Salwch meddwl o fewn y teulu

ACEs are potentially traumatic experiences occurring during childhood.

Examples:

- Abuse
- Neglect
- Domestic violence
- Substance misuse in the home
- Parental separation
- Mental illness within the family

Diffiniad Definition

“Adverse Childhood Experiences (ACEs) are stressful or traumatic experiences that can greatly impact children and young people throughout their lives”

(Liverpool CAMHS, 2026)

ACEs

ACEs



Pam mae ACE's yn bwysig?

Why are ACE's important?

Mae ymchwil yn awgrymu y gall ACEs gynyddu risgiau sy'n ymwneud â:

- Anawsterau iechyd meddwl
- Iechyd corfforol gwael
- Camddefnyddio sylweddau
- Anawsterau addysgol

Mae ACEs yn cynyddu risg, nid sicrwydd.

Mae llawer o unigolion yn ffynnu er gwaethaf adfyd.

Research suggests ACEs may increase risks relating to:

- Mental health difficulties
- Poor physical health
- Substance misuse
- Educational difficulties

ACEs increase risk, not certainty.

Many individuals thrive despite adversity.

Trafodwch

Discuss

Mae pawb ag ACEs yn profi canlyniadau gwael?

Gall perthnasoedd amddiffynnol leihau effeithiau negyddol?

Mae gwytnwch yn golygu nad yw adfyd yn cael unrhyw effaith?

Everyone with ACEs experience poor outcomes?

Protective relationships can reduce negative effects?

Resilience means adversity has no impact?

John Bowlby (1958)

John Bowlby (1958)

Pwysleisiodd John Bowlby bwysigrwydd ymlyniadau cynnar.

Gall atodiad diogel ddarparu:

- Diogelwch emosiynol
- Hyder
- Ymddiriedaeth
- Perthnasoedd iach

Gall perthnasoedd ymlyniad ddylanwadu ar wydnwch trwy gydol oes.

John Bowlby emphasised the importance of early attachments.

Secure attachment can provide:

- Emotional security
- Confidence
- Trust
- Healthy relationships

Attachment relationships can influence resilience throughout life.

Bowlby ac Adfyd

Bowlby and Adversity

Gall perthynas ddiogel gyda gofalwr helpu plant:

- Rheoli straen
- Datblygu rheoleiddio emosiynol
- Adeiladu hunan-werth

Cwestiwn: Sut y gallai perthnasoedd diogel helpu yn ystod adfyd?

A secure relationship with a caregiver can help children:

- Manage stress
- Develop emotional regulation
- Build self-worth

Question: How might secure relationships help during adversity?

Tlodi fel mater gwrs oes

Poverty as a Lifecourse Issue

Gall tlodi effeithio:

- Iechyd
- Cartref
- Maeth
- Cyfleoedd addysgol
- Cyfranogiad cymdeithasol

Mae lles yn cael ei ddylanwadu gan fwy na dewisiadau unigol.

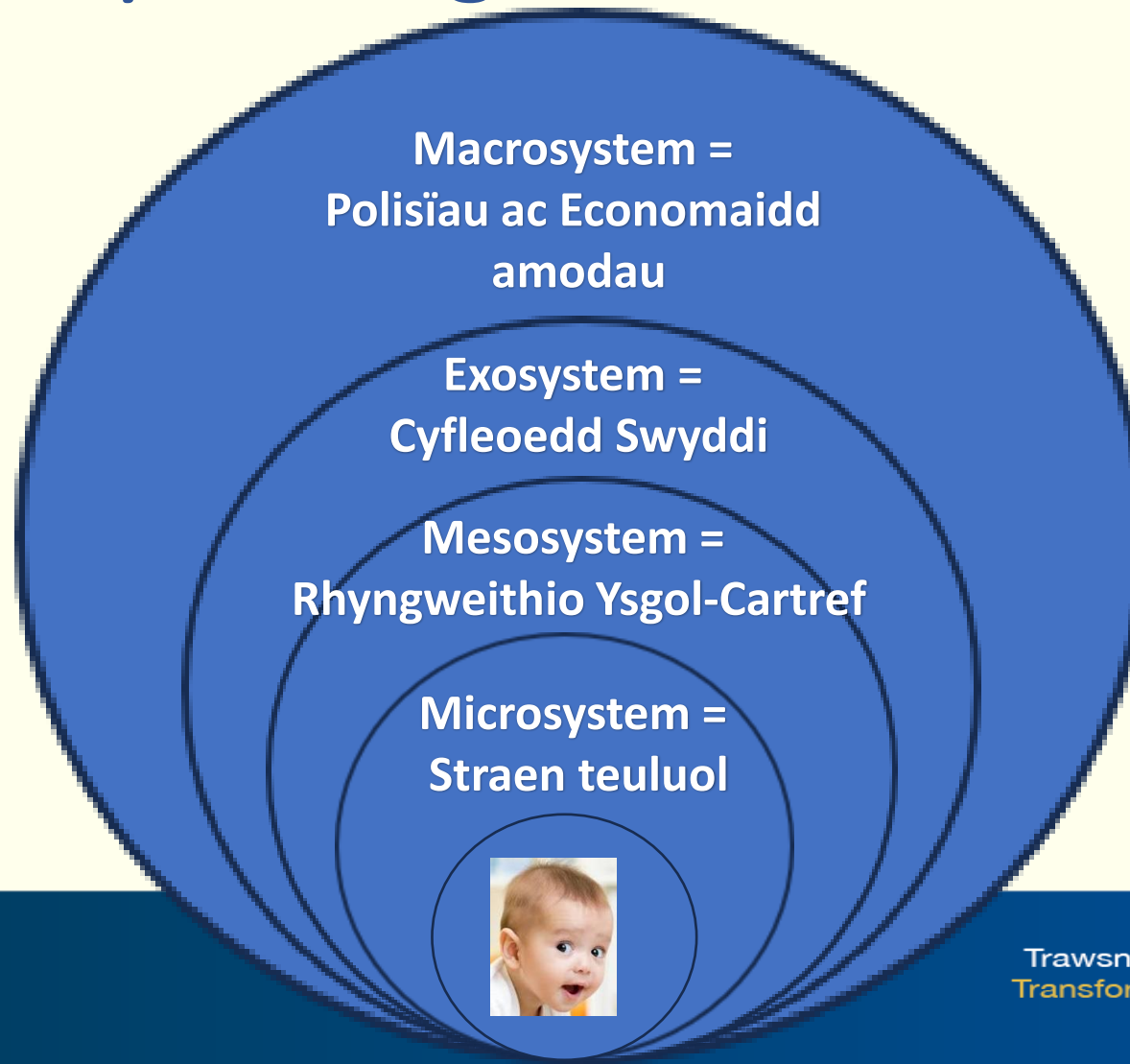
Poverty can affect:

- Health
- Housing
- Nutrition
- Educational opportunities
- Social participation

Wellbeing is influenced by more than individual choices.

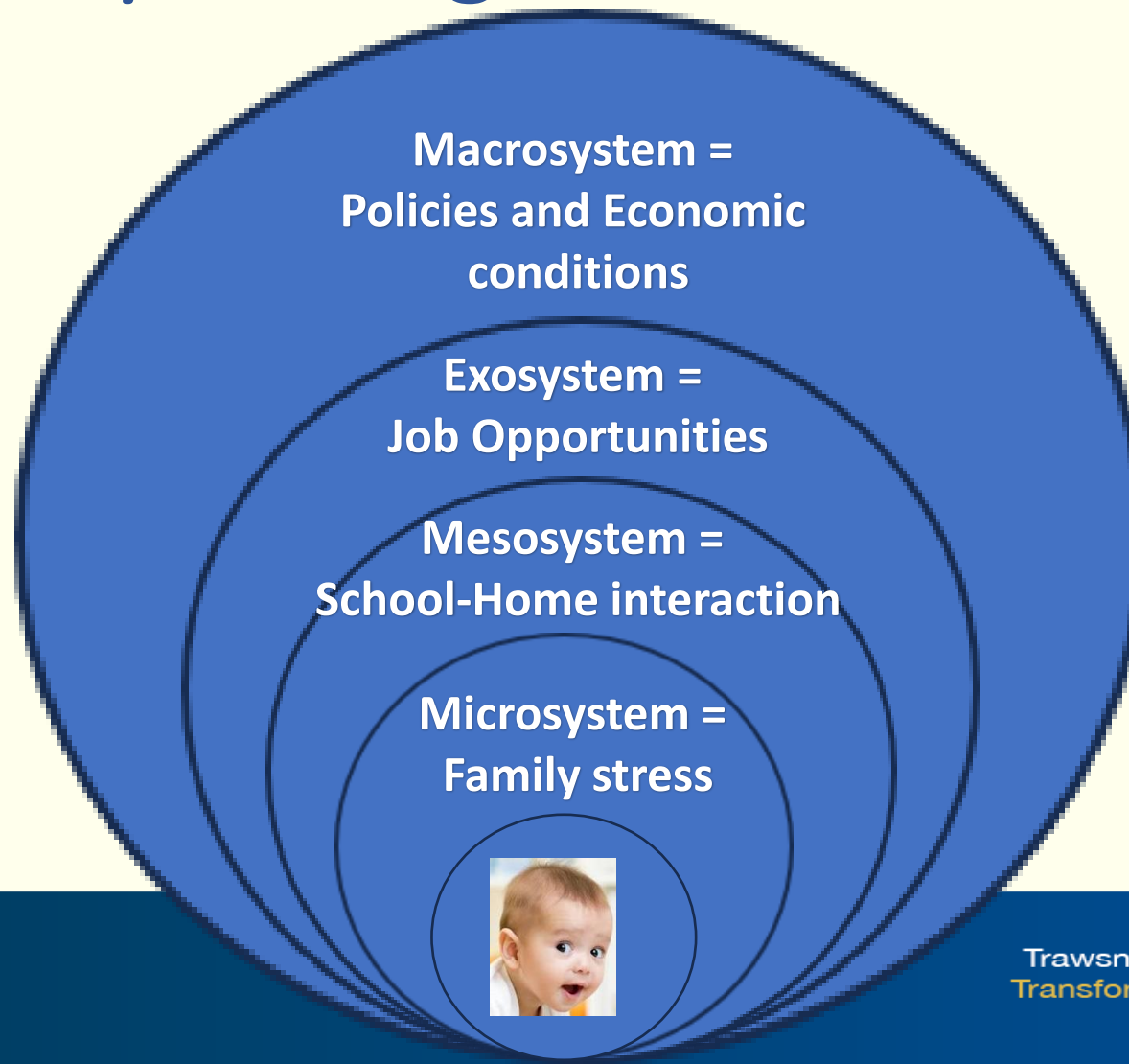
Tlodi trwy Bronfenbrenner

Poverty Through Bronfenbrenner



Tlodi trwy Bronfenbrenner

Poverty Through Bronfenbrenner



Dulliau Cyd-destunol

Contextual Approaches

Mae Bronfenbrenner yn ein hatgoffa:

Nid yw unigolion yn datblygu ar wahân.

Mae lles yn cael ei ddylanwadu gan:

- Perthnasoedd
- Cymunedau
- Sefydliadau
- Cymdeithas

Bronfenbrenner reminds us that:

Individuals do not develop in isolation.

Wellbeing is influenced by:

- Relationships
- Communities
- Institutions
- Society

Trafodwch

Discuss

Sut gall cymunedau leihau effeithiau adfyd?

How can communities reduce the impacts of adversity?

Colled a Phrofedigaeth

Loss and Bereavement

Mae colled yn brofiad cyffredinol.

Mae enghreifftiau'n cynnwys:

- Marwolaeth anwylyd
- Chwalu perthynas
- Salwch
- Colli cyflogaeth
- Adleoli

Gall colli effeithio ar les ar unrhyw oedran.

Loss is a universal experience.

Examples include:

- Death of a loved one
- Relationship breakdown
- Illness
- Loss of employment
- Relocation

Loss can affect wellbeing at any age.

Galar a Phrofedigaeth

Grief and Bereavement

Mae'r ymatebion posibl yn cynnwys:

- Tristwch
- Dicter
- Rhyddhad
- Dryswch
- Derbyn

Nid oes un ffordd "gywir" i alaru, ac ni fydd dau unigolyn yn profi'r un teimladau

Possible responses include:

- Sadness
- Anger
- Relief
- Confusion
- Acceptance

There is no single "correct" way to grieve, and no two individuals will experience the same feelings

Beth yw Gwytnwch?

What is Resilience?

Mae gwytnwch yn cyfeirio at y gallu i addasu, adfer a pharhau er gwaethaf heriau.

Gwytnwch yw:

- ✓ Dynamig
- ✓ Datblygadwy
- ✓ Cefnogir gan berthnasoedd

Nid yw gwytnwch yn unig yn "bod yn anodd."

Resilience refers to the ability to adapt, recover and continue despite challenges.

Resilience is:

- ✓ Dynamic
- ✓ Developable
- ✓ Supported by relationships

Resilience is not simply "being tough."

Adeiladu Gwytnwch - Ffactorau Amddiffynnol

Building Resilience - Protective Factors

Gellir cryfhau gwytnwch drwy:

- Perthnasoedd cadarnhaol
- Cymorth cymunedol
- Addysg
- Sgiliau datrys problemau
- Gobaith ac optimistiaeth
- Mynediad at wasanaethau

Resilience can be strengthened through:

- Positive relationships
- Community support
- Education
- Problem-solving skills
- Hope and optimism
- Access to services

Gweithgaredd Mapio Gwytnwch

Resilience Mapping Activity

Beth sy'n cefnogi gwytnwch?

Creu map gwytnwch a chynnwys;

- Ffactorau unigol
- Ffactorau perthynas
- Ffactorau cymunedol

What Supports Resilience?

Create a resilience map and include;

- Individual factors
- Relationship factors
- Community factors

What Supports Resilience?

Resilience is not just about what's inside us, but also the people, places and opportunities around us.



"Resilience grows when individuals, relationships and communities work together."



Different pathways



Shared responsibility



More opportunities



A fairer, healthier future



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Astudiaeth achos cwrs bywyd

Life course case study

Cwrdd â Daniel

Profiadau Daniel: Tlodi plentyndod, ansefydlogrwydd tai, heriau addysgol. Fodd bynnag, datblygodd rwydweithiau cymdeithasol cryf yn ddiweddarach a chwblhaodd addysg uwch. Beth allai esbonio ei ganlyniadau?

Meet Daniel

Daniel's experiences: Childhood poverty, housing instability, educational challenges. However, he later developed strong social networks and completed higher education. What might explain his outcomes?

Dadansoddiad Astudiaeth Achos

Case Study Analysis

- Trafodaeth Grŵp Bach
 - Gan ddefnyddio Bowlby a Bronfenbrenner, ystyriwch
 - Ffactorau risg
 - Ffactorau amddiffynnol
 - Trobwyntiau
 - Ffynonellau gwytnwch
 - Paratowch adborth ar gyfer y dosbarth
- Small Group Discussion
- Using Bowlby and Bronfenbrenner, consider
- Risk factors
 - Protective factors
 - Turning points
 - Sources of resilience
 - Prepare feedback for the class.

Persbectif Cwrs Oes

Life-Course Perspective

Profiadau ar draws amser

Mae persbectif cwrs oes yn cydnabod:

Profiadau yn cronni

Mae profiadau cynnar yn bwysig

Gall ymyriadau diweddarach wneud gwahaniaeth

Mae lles yn cael ei siapio gan ryngweithio rhwng profiadau dros amser.

Experiences Across Time

A life-course perspective recognises:

Experiences accumulate

Early experiences matter

Later interventions can make a difference

Wellbeing is shaped by interactions between experiences over time.

Ysgolion sy'n hysbysu trawma

Trauma informed schools

Cefnogi Plant ac Ifanc

Nod ysgolion sy'n seiliedig ar
PeopleTrawma yw:

Adeiladu amgylcheddau diogel

Cryfhau perthnasoedd

Rheoleiddio cymorth

Deall ymddygiad yn wahanol

Trafodaeth: Sut gallai hyn wella
canlyniadau addysgol?

Supporting Children and Young

People Trauma-informed schools aim to

Build safe environments

Strengthen relationships

Support regulation

Understand behaviour differently

Discussion: How might this improve
educational outcomes?

Rhaglenni Gwydnwch Cymunedol

Community Resilience Programmes

Adeiladu Cymunedau Cryf

Mae enghreifftiau'n cynnwys:

Rhaglenni ieuenctid

Gwasanaethau cymorth i deuluoedd

Hybiau cymunedol

Rhwydweithiau cymorth cymheiriaid

Mentrau lles

Gall y rhain gryfhau ffactorau amddiffynnol

Building Strong Communities

Examples include:

Youth programmes

Family support services

Community hubs

Peer support networks

Wellbeing initiatives

These can strengthen protective factors

Gwerthuso ymyriadau yn feirniadol

Critically Evaluating Interventions

Wrth werthuso rhaglenni cymorth ystyriwch:

Pwy sy'n elwa ohonynt?

Pa mor effeithiol yw'r ymyrraeth?

A oes tystiolaeth ar gael?

A yw pob grŵp yn gallu cael mynediad at gymorth?

Pa gyfyngiadau sy'n bodoli?

When evaluating support programmes consider:

Who benefits?

How effective is the intervention?

Is evidence available?

Are all groups able to access support?

What limitations exist?

Cysylltiad i'r Aseiad

Link to assessment

Gwerthuso Cymorth ac Ymyriadau

Ar gyfer eich aseiad:

- **Disgrifio** - Beth yw'r ymyrraeth?
- **Dadansoddi** - Sut mae'n cefnogi lles?
- **Gwerthuso** – Cryfderau / Gwendidau
- Tystiolaeth o effeithiolrwydd
- Cymhwyso Theori

Evaluating Support and Interventions

For your assessment:

- **Describe** - What is the intervention?
- **Analyse** - How does it support wellbeing?
- **Evaluate** – Strengths/ Weaknesses
- Evidence of effectiveness
- Apply Theory

Crynodeb o'r sesiwn

Session summary

- ✓ Mae profiadau bywyd yn dylanwadu ar lwybrau lles
- ✓ Gall trawma gael effeithiau sylweddol trwy gydol y cyfnod oes
- ✓ Mae ACEs yn cynyddu'r risg ond nid ydynt yn pennu canlyniadau
- ✓ Mae tlodi yn effeithio ar les trwy systemau lluosog
- ✓ Gall perthnasoedd diogel weithredu fel ffactorau amddiffynnol
- ✓ Gellir datblygu a chefnogi gwytnwch
- ✓ Dulliau sy'n seiliedig ar drawma yn hyrwyddo lles a chynhwysiant

Crynodeb o'r sesiwn

Session summary

- ✓ Life experiences influence wellbeing trajectories
- ✓ Trauma can have significant impacts across the lifespan
- ✓ ACEs increase risk but do not determine outcomes
- ✓ Poverty affects wellbeing through multiple systems
- ✓ Secure relationships can act as protective factors
- ✓ Resilience can be developed and supported
- ✓ Trauma-informed approaches promote wellbeing and inclusion.

Myfyrio Ymadael – ‘Papur 1 funud’

Exit Reflection – ‘1 minute paper’

Cyn gadael, ysgrifennwch:

- Pa ffactor ydych chi'n meddwl sy'n dylanwadu fwyaf ar wydnwch?
- Pa theori a helpodd orau i esbonio trajectories llesiant?
- Beth yw un peth y gall ymarferwyr ei wneud i gefnogi unigolion sy'n profi adfyd?

Before leaving, write:

- What factor do you think most strongly influences resilience?
- Which theory best helped explain wellbeing trajectories?
- What is one thing practitioners can do to support individuals experiencing adversity?

Cyfeiriadau References

Liverpool CAMHS (2026) *What are Adverse Childhood Experiences ACEs?* Available at: <https://liverpoolcamhs.com/aces/what-are-adverse-childhood-experiences/> (Accessed: 10 September 2026).