



# **‘Inside I’m Hurting’**

## **Supporting the pupil who has experienced significant relational trauma and loss**

**Presented by Anne Henderson**

This day of training is suitable for a wide range of professionals and parents/carers who are interested in understanding how to settle a troubled pupil to learn within the education context. It is intended to inspire those who attend, enabling them to realize that they can all contribute and make a difference whatever their role or responsibility. The day will also encourage alternative practices in schools by using an attachment framework to understand behaviour as communication.

### **Themes covered:**

- Identifying those who are at risk within education
- Understanding the need for translation due to insecure attachment
- Understanding why investing into relationships is vital for adaption and recovery
- Differentiating emotional and social tasks and expectations
- The nervous system and the optimum state for learning
- Stress regulators vs behavior managers
- Behaviour as communication
- Connection first
- The reality of secondary stress
- Staff care
- The Attachment framework
- The impact of developmental trauma
- The Attachment Aware School
- Facilitating over compensatory safety
- Co-regulation
- Being kept in mind
- Developing a robust sense of self

## About the Trainer

**Anne Henderson** is both a lead teacher and an adoptive parent. She has extensive experience within the education sector, as a class teacher, Assistant Head and now as a Specialist Teacher, working with schools, small groups, classes, and specialist units providing assessments, consultations, support and training for all those involved with pupils from reception right through to Year 11. Anne has been involved in facilitating support groups for teachers who are interested in becoming more inclusive for vulnerable pupils, giving them an attachment framework in which to understand behaviour. During her career Anne has worked alongside Educational Psychologists on the Attachment Project in Surrey providing support to adopters, parents and pupils. Working closely alongside **Louise Michelle Bomber** she is very aware of behaviour being communication and strongly encourages staff to be reflective before using any interventions.

Due to her personal and professional experience Anne is well placed to advocate on behalf of vulnerable pupils who have experienced significant relational traumas and losses. Armed with a wealth of strategies and tools to narrow the gap, Anne presents clearly and well. Anne continues to work in schools and is therefore able to contribute current, real life cases, thinking and solutions to those concerned about education, integrating the latest research into trauma and interpersonal neurobiology.

**Friday 6 May 2016**

**9.30am – 3.30pm**

**Adoptionplus, Moulsoe Business Centre, Moulsoe, Milton Keynes MK16 0FJ**

**£130 + vat**

**Lunch and refreshments are included**

For further information or to book, please contact Alice Hollingdale on 01908 218251 or email [alice.hollingdale@adoptionplus.co.uk](mailto:alice.hollingdale@adoptionplus.co.uk) or visit [www.adoptionplus.co.uk](http://www.adoptionplus.co.uk)

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