

'Inside I'm Hurting'

Supporting the pupil who has experienced significant relational traumas and losses

Day 1:

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 aware and trauma informed 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 behaviour managers
- Behaviour as communication
- Connection first
- The attitude of PACE
- Theraplay as a way of being
- The reality of secondary stress
- Staff care
- The Attachment framework
- The impact of developmental trauma
- Attachment Aware practices
- Facilitating over compensatory safety
- Co- regulation
- Being kept in mind
- Developing a robust sense of self