

'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 framework to understand behavior 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

Timings for the day:-

8.30 til 9.30 Trainer to set up

9.30 til 11am Session 1

11 til 11.30am Break

11.30 til 1pm Session 2

1pm til 1.45pm Lunch

1.45pm til 3.30pm Session 3

3.30 til 4pm Optional Q&A time (including host)