***The training I provide***

Educational, Psychological and Therapeutic Training and Services, specialising in training for educators of children and young people who have complex trauma histories, including those who are adopted, in care or at risk. Training is also available for NHS, Social Services, Parent Organisations and anyone who works with children and young people.

***In-school/ LA attachment and trauma training***

* Meeting the Needs of the Four in Ten: Introductory bespoke training covering the formation of attachment, attachment styles and school as a safe base, tailored to meet the specific training needs of educators within a school or cluster of schools.
* Attachment demystified: Introductory bespoke training covering the formation of attachment, the developmental impact of trauma and loss on children, including developmental vulnerabilities: executive functioning, physiological and emotional regulation and psychological development, and key areas for developing practice in schools, practical strategies in trauma-sensitive educational environments, tailored to meet the specific training needs of educators within a school or cluster of schools.
* Next steps training looking at further developing knowledge and expertise in all staff (e.g. school-related triggers; developing emotional regulation; behaviour as communication; trauma-informed behaviour management; trauma, the body and the brain; building authentic attachment relationships; developing play; play, empathy and inclusion; body issues; PACE; changing core beliefs; the relevance of Polyvagal Theory for traumatised children and young people; attachment, language and communication; the issue of misdiagnosis; the effects of sensory memories; issues around food and eating, self-harm and much more).
* Specific causes of developmental trauma: Fetal Alcohol Spectrum Disorders; Domestic Violence; Separation from the Birth Family; Use of Drugs during Pregnancy.
* Non-clinical therapeutic techniques and activities: Meaningful conversations with children and young people who have experienced developmental trauma and adversity; Sand tray work with children and young people who have experienced developmental trauma and adversity; Creative techniques and activities with children and young people who have experienced developmental trauma and adversity.
* Bespoke training for SL/MT focused on strategic planning for embedding attachment- friendly, trauma-informed practice into school policies and documentation, including the SDP
* Direct work with staff who are key workers: training, developing action plans and monitoring progress
* Observation and consultation for individual pupils who are giving cause for concern
* Training for Governors: NICE Guidelines on attachment in children who are adopted, in care or at risk; overview of attachment; implications for schools
* Training for parents, carers and foster carers: Therapeutic parenting - interventions, techniques and strategies which will promote trust and security, enabling parents and foster carers to build authentic attachment relationships with the child or young person in their care (for more information on this please contact me)