



Our events in this series will help you understand why we're talking about adverse childhood experiences (ACEs) and how negative experiences during childhood can have a huge impact on a child's health and wellbeing. This training will support you to be trauma-informed and help you gain the necessary skills and knowledge to promote healing and support recovery.

Supporting children and young people who internalise their distress

Date: Tuesday, 20 November 2018 (Glasgow)
Friday, 15 March 2019 (Dundee)

Trainer: Jan Montgomery

Cost: from £79



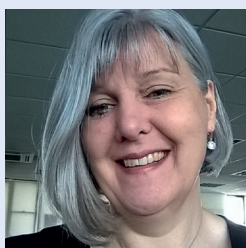
There are many reasons why children internalise their distress. Often assumed to be quiet, shy or well-behaved when actually they are in pain, they can become invisible to those working with them.

This training workshop will explore how to recognise, support and communicate effectively with children who are unable to show their feelings when they need you most.

Key learning:

- Trauma, attachment, childhood maltreatment, and how children internalise their distress
- Relationship-building and communication skills
- Using creative tools and techniques to engage children and young people.

Meet the trainer



Jan Montgomery is a qualified Play and Creative Arts Therapist, an Accredited Adult Psychotherapist, and has a Certificate in Traumatic Stress from the Trauma Centre at Bessel van der Kolk's Justice Resource Institute in Massachusetts.

She worked with disadvantaged young people in the voluntary sector for almost a decade, moving from this to focus on foster care to support children and carers of traumatised children.

Today, she works with adults with mental health challenges which prevent them from moving into employment.

Jan believes understanding how theories apply in practice is vital if we are to offer best practice to those who use our services.

Working with children and young people who have experienced traumatic stress

Date: Tuesday, 11 September 2018 (Edinburgh)
Thursday, 16 May 2019 (Edinburgh)

Trainer: Jan Montgomery

Cost: from £79



This training workshop explores the developmental impact of trauma and introduces you to working with traumatic stress using the Attachment, Self-Regulation and Competency (ARC) framework.

Key learning:

- Using the ARC framework to recognise danger signals and understand past and present dangers
- Managing responses and laying the foundations for the development of competencies
- Working with trauma in different contexts
- Providing a safe environment for children.

Life story work with children: with Richard Rose

Date: Friday, 1 February 2019 (Glasgow)

Trainer: Richard Rose

Cost: from £89



Life story work is a therapeutic intervention to help children recover from abuse, trauma or neglect and make sense of a disrupted upbringing in multiple homes or families.

This seminar builds on concepts including attachment, loss, 'magical thinking', identity and meaning. It shows you how Life Story Work can be used to undertake deep reflective work with a child.

Key learning:

- Life story work as a valuable model of information collation
- Communicating with children, helping them to confront painful issues and turn these into acceptance
- Creating life story books which are useful, valuable and represent the child.

Understanding conflict, anger and aggression in teenagers

Date: Thursday, 29 November 2018 (Edinburgh)
Trainer: Andy Robinson
Cost: from £89



This workshop is designed for those working with young people who can display concerning levels of anger and aggression. You will learn why some young people behave as they do, how they experience emotions, why they act out through aggressive behaviour, and how you can respond effectively.

Key learning:

- Negative perceptions of authority and areas of conflict
- Problematic levels of stress as a factor in aggressive behaviour
- Attachment in adolescence
- The Arousal Cycle and de-escalation strategies.

Communicating with traumatised children and young people: with Richard Rose

Date: Thursday, 13 June 2019 (Edinburgh)
Trainer: Richard Rose
Cost: from £89



This seminar provides an opportunity to learn about theories and techniques for communicating with traumatised children aged 3+. Through a practical approach it will focus on practice-rich examples and invites contribution and group engagement. You will have the opportunity to try out these techniques and consider how they might benefit the children and young people you currently work with.

Key learning:

- Listening, interpreting and recording information
- The significance of feelings and 'magical thinking'
- Trauma and recovery
- Issues of confidentiality
- Addressing sensitive issues and providing appropriate responses.



Trauma-informed practice: bereavement, trauma and loss

Date: Monday, 26 November 2018 (Glasgow)
 Friday, 7 June 2019 (Edinburgh)
Trainer: Steve Sweeney, Barnardo's
Cost: from £79



This workshop begins with the theories of attachment, trauma and grief that underpin your work with children and young people and provides an introduction to practical techniques that can help provide effective support, from formulating an action plan and making best use of resources, to using a range of support techniques.

Key learning:

- Applying attachment, trauma and grief theories to improve safety, mental health and wellbeing outcomes
- Approaches to support children and young people dealing with adversity including solution-focused brief therapy; working with the body; and psycho-education.



NEW Solution-focused approaches to bereavement

Date: Friday, 8 March 2019 (Edinburgh)
Trainer: Steve Sweeney, Barnardo's
Cost: from £79



This training workshop will look at how to support children, young people and their families experiencing bereavement using a solution-focused approach. It is suitable for those who work directly with children, young people and families, and who are willing to have supportive conversations around bereavement needs.

Key learning:

- Understanding the solution-focused principles and techniques involved in providing support
- Applying the principles and techniques within a framework of healthy grieving
- Describing a variety of models of grief
- Understanding the physical, emotional and cognitive impact of grief
- Beginning to practice the techniques with other participants drawing upon their own personal or professional experiences.

NEW An introduction to trauma

Date: Friday, 7 February 2019 (Glasgow)

Trainer: Jan Montgomery

Cost: from £79



This training workshop is aimed at anyone who works directly with children and young people who have experienced trauma. It is a basic introduction to trauma, helping you to understand what trauma is, how it's caused and what its impact can be on children's health and wellbeing. You will also learn how best to support the children and young people who are affected.

Key learning:

- Understanding what trauma is and how we react to it
- How trauma is experienced in the body and mind
- How behaviour that stems from trauma is understood
- Approaches to help children and young people who have experienced trauma
- Communicating with children and young people about trauma.

"I will leave here feeling inspired, enlightened and changed in my opinions"

Delegate, May 2017

NEW Bouncebackability: helping children cope with stress and adversity

Date: Friday, 7 December 2018 (Edinburgh)

Trainer: Jon Peach, Art of Brilliance

Cost: from £89



While a lucky few seem hard-wired to grow in the face of setbacks and change, it doesn't come automatically to most of us and the children we work with. But 'bouncebackability' is a learned behaviour and increases over time – so the more we put the tools and techniques into practice, the more we build their inner resilience.

This seminar will enable you to help children and young people cope better with adversity and use challenges as opportunities to grow.

Key learning:

- Latest thinking on positive psychology and post-traumatic growth
- Growth mindsets, learned optimism and explanatory styles
- Cultivating personal skills and resources.

Trauma, complex trauma, symptoms and recovery: with Betsy de Thierry

Date: Wednesday, 10 October 2018 (Glasgow)

Trainer: Betsy de Thierry

Cost: from £89



Unprocessed trauma can negatively impact the mental and physical wellbeing and social development of a child – even during adulthood.

When trauma is processed in the context of a warm and genuine relationship, it can be minimised or transformed into greater resilience, thus changing the impact on the child and their future.

This seminar will help you understand trauma and its short and long-term impact on a child's development.

Key learning:

- Considering the role of resilience and attachment in the impact of trauma and bereavement
- Identifying complex trauma responses which can often be misdiagnosed.



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