

Adversity & healing



CONFERENCE



SEMINAR



TRAINING WORKSHOP

Trauma can present itself in many different ways and can trigger a range of responses, both internally and externally. Our events will help you to develop your understanding of trauma and its impact. They will give you practical tools to support children and young people's recovery and healing.

Life story work with children: with Richard Rose

Date: Friday, 20 September 2019 (Edinburgh)
May 2020 (Perth)
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.

Communicating with traumatised children and young people: with Richard Rose

Date: March 2020 (Inverness)
Trainer: Richard Rose
Cost: from £89



This seminar will provide 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 invite 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.

Working with children and young people who have experienced traumatic stress

Date: Thursday, 10 October 2019 (Glasgow)
Thursday, 23 April 2020 (Edinburgh)
Trainer: Jan Montgomery
Cost: from £89



This training workshop will explore the developmental impact of trauma and introduce 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 through different contexts, including daily, community and cultural
- Providing a safe context for children.

NEW De-escalation techniques and self-protection

Date: Tuesday, 8 October 2019 (Edinburgh)
Trainer: Andy Robinson
Cost: from £89



This practical training workshop will help you recognise, defuse and control aggressive behaviour in children and young people, as well as when working with adults, such as parents or carers. It will help you understand different attitudes, emotions and behaviours and give you practical intervention techniques to de-escalate crisis situations as well as to help you protect yourself and the people you engage with.

Key learning:

- Understanding different behaviours and why some children, young people and adults behave as they do
- Considering the impact of your own behaviour and body language
- Practising de-escalation and emergency relaxation techniques
- Using non-verbal techniques to communicate
- Improving relationships and promoting recovery.

When the adults change, everything changes

Date: Friday, 27 September 2019 (Glasgow)
Thursday, 6 February 2020 (Edinburgh)
Trainer: Pivotal Education
Cost: from £89



When adults focus on their own behaviour, and rewards are replaced by recognition and pride, dramatic positive change can take place in the behaviour of children and young people.

This seminar will focus on the behaviour of adults when supporting children and young people with distressed behaviours. Practitioners are provided with the tools to remove low-level disruption from the classroom and return the focus to learning. This training is based on Paul Dix's *The Five Pillars of Pivotal Practice*, which highlights the importance of children being respected regardless of their behaviour.

Key learning:

- Consistent, calm adult behaviour: human beings and the emotional versus rational brain
- First attention to best conduct: material rewards versus recognition rewards
- Teaching learning behaviours: establishing and enforcing rules
- Scripting difficult interventions: structuring interventions without confrontation
- Restorative follow-up: the benefits of personal follow-up.

Supporting children and young people who internalise their distress

Date: Thursday, 21 November 2019 (Glasgow)
Thursday, 14 May 2020 (Inverness)
Trainer: Jan Montgomery
Cost: from £89



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.

"Great training! Fab for getting lots of ideas to use in direct work supporting children, young people and families."

*Delegate, June 2019
(Communicating with traumatised children and young people)*



"Fabulous seminar. Love the practical activities and interlaced with examples and theory."

*Delegate, February 2019
(Life story work with children)*

"This training has given me a greater understanding of the background to trauma, how it can manifest, why and what to do."

*Delegate, May 2019
(Working with children and young people who have experienced traumatic stress)*

"I found the ideas of activities very beneficial, and they are definitely going to come in very useful in my line of work."

*Delegate, March 2019
(Supporting children and young people who internalise their distress)*

NEW Vicarious trauma and self-care

Date: Friday, 27 March 2020 (Edinburgh, am)
Trainer: Douglas Sharp
Cost: from £55



Vicarious trauma, sometimes known as compassion fatigue, is an emotional reaction which occurs through indirect exposure to someone else's traumatic experience, and its symptoms mimic those of post-traumatic stress disorder. For example, foster carers supporting children in their care through trauma, or social workers working with children in cases of abuse and neglect.

This training will explain the causes and effects of vicarious trauma and offer ways in which to self-protect and care in order to minimise and prevent the risk of being impacted.

Key learning:

- An organismic view of trauma
- Key indicators of vicarious trauma
- Recognising vicarious trauma within yourself and others
- Prevention through self-care.

Trauma-informed practice: bereavement, trauma and loss

Date: Monday, 9 December 2019 (Edinburgh)
Tuesday, 2 June 2020 (Glasgow)
Trainer: Steve Sweeney, Barnardo's
Cost: from £89



This workshop will begin with the theories of attachment, trauma and grief that underpin your work with children and young people. It will introduce practical techniques that can help you to 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.

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

Date: Wednesday, 22 January 2020 (Edinburgh)
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.

"Really good overview of trauma – has made me want to learn more."

"Everyone working with children should undertake this training!"

"An excellent and valuable course with an exceptionally effective and knowledgeable trainer."

"Excellent! Such a high standard of ground-breaking stuff."

"This has to be the best CPD training event I have been to."

*Delegates, October 2018
(Trauma, complex trauma, symptoms and recovery)*



Solution-focused approaches to bereavement

Date: Monday, 28 October 2019 (Glasgow)
Tuesday, 28 April 2020 (Edinburgh)
Trainer: Steve Sweeney, Barnardo's
Cost: from £89



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 practise the techniques with other participants drawing upon their own personal or professional experiences.

NEW Working with the body and mind to facilitate healing

Date: Thursday, 27 February 2020 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89



This training workshop will explore body awareness and how its response can help us lead healthier lives. You will learn how to use your body to regulate emotions, and how to focus and access truths that the body is aware of, but the brain can't yet access.

Key learning:

- Understanding body awareness
- Learning how our gut communicates with our brain
- Exploring different senses and how these can help us make decisions
- Understanding what it means to become embodied and how we can teach others to do the same.