



Course information

Session I

Increasing awareness and understanding of attachment and trauma

This training can be accessed in one of two ways:

**Option A: A pre-recorded webinar (2.5 hours)
+ accompanying workbook**

- can be accessed for up to 1 month.
- Super-flexible option as individuals can access this training content at different times.



Option B: An interactive, 'live' session (3 hours)

– on site or online



Session I covers:

- Understanding a child's journey through the care system.
- Definitions of trauma and risk factors for stressful disruptions
- The impact of trauma on brain development.
- The attachment cycle - healthy vs disturbed cycles.
- How attachment difficulties may present themselves in education settings.
- High level key principles to keep in mind when working with vulnerable children.
- Some recommendations for useful relevant resources.



Contact me to discuss your training requirements & enquire about fees: emma@emmaspillane.co.uk; 07917 355955

www.emmaspillane.co.uk

Session II

Planning and delivery of trauma-focused support in education settings

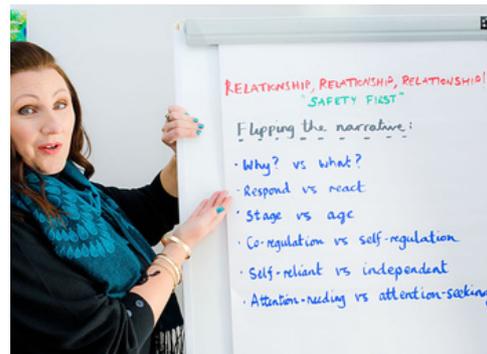
This training can be accessed via:

An interactive, 'live' session (3 hours)

– on site or online

A series of Twilight sessions (1-1.5 hours each)

– on site or online (coming soon)



Session II covers:

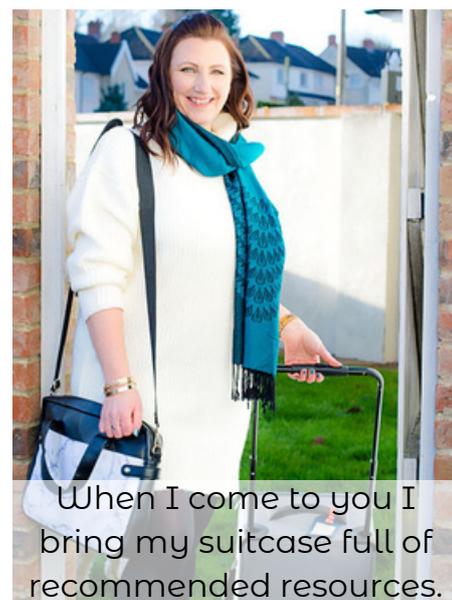
- A brief recap of Session I (key points).
- Trauma-informed principles for use across a setting.
- Strategies for use both across a setting and within class/small groups/1:1 work with vulnerable children.
- An opportunity to discuss specific case studies and apply learning.

*Individuals must have undertaken Session I training (or equivalent with another provider) before undertaking Session II.

INSET days

Session I & Session II can be delivered to education settings together over a full day (e.g. INSET), either in person (subject to Covid restrictions and guidelines) or online.

If you are looking for something more bespoke for your setting, e.g. a particular focus on theraplay or sensory work within attachment and trauma training, please do get in touch to explore options as I have a network of Associates that I can work with to develop additional tailored training packages.



When I come to you I bring my suitcase full of recommended resources.



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