



# **‘Inside I’m Hurting’**

## **Supporting the pupil who has experienced significant relational trauma and loss**

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 behaviour 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

### **Suitable for:**

This training is suitable for all education staff as well as adoptive and foster parents. Other professionals who are interested in understanding how to settle a troubled pupil to learn.

**Date: Friday 9<sup>th</sup> July 2021**

**Time: 9.30am to 3.30pm**

**Venue: Online**

**Price: £150 + VAT (£180 inc VAT)  
Lunch and refreshments are included**

**Booking: For further information or to book please visit [www.adoptionplus.co.uk](http://www.adoptionplus.co.uk) or contact Alice Hollingdale on 01908 218251 or [alice.hollingdale@adoptionplus.co.uk](mailto:alice.hollingdale@adoptionplus.co.uk)**



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