

## ACEs, Developmental Trauma, Trauma-Informed Approaches & Resilience

*Delivery by Juliette Ttoffa*

---

### Course Details

This one day course will support school staff in responding to children and young people who present with attachment needs and/or developmental trauma using 'trauma-informed' approaches.

#### It will cover:

1. What are Adverse Childhood Experiences?
2. What is meant by developmental trauma?
3. How developmental trauma affects the developing brain
4. The neuroscience of attachment and attachment difficulties
5. The links between neuroplasticity and resilience
6. Key protective factors for vulnerable children and young people to nurture their resilience
7. Trauma-informed approaches to support a child or young person affected by developmental trauma in school
8. Therapeutic interventions that may help a child or young person to express their emotional distress and begin a healing process

#### By the end of the course, participants will:

- Understand the importance of the ACE Study (Adverse Childhood Experiences) and how the findings can be used when considering the underlying reasons some children are presenting behaviour that is deemed to be challenging.
- Gain an understanding of the neuroscience and psychology linked to developmental trauma based on the work of Bessel Van der Kolk and Bruce Perry.

- Gain an understanding of the neuroscience of attachment and attachment difficulties including the theories of John Bowlby, Mary Ainsworth & Pat Crittendon.
- Explore the impact trauma has on a child's developing brain, including their ability to learn and the effects on social and emotional development.
- Understand the links between neuroplasticity and resilience based on the work of Jack Shonkoff.
- Learn more about the roots of resilience and how to increase key protective factors within the school environment.
- Understand how important it is for schools to address children's unmet attachment needs, including how to support secure attachment relationships in school through the use of Nurture Groups originally founded by Boxall & Bennathan.
- Understand the significant role of the 'Emotionally Available Adult' and stable and supportive relationships for nurturing resilience, including the use of PACE.
- Examine how to attune to different attachment styles or strategies in the classroom, using the ideas of Louise Bomber & Heather Geddes.
- Develop key trauma-informed relational skills in responding to and understanding challenging and/or trauma triggered behaviour such as Emotion Coaching.
- Explore 'age related' therapeutic relational approaches to helping children and young people process trauma, including Dr Margot Sunderland's seven art forms for therapeutic conversation.

## Who is this course for?

Professionals working with children and young people who may have experienced developmental trauma

## Course Cost: £110

(to include lunch)

## When & Where?

(Tea/Coffee @ 9am)

**9.30am to 4pm**

**10 July 2019**

The Pavilion  
Hatherley Lane  
Cheltenham  
Gloucestershire  
GL51 6PN

Venue Tel: 01242 263344

## How to Book

**Contact: Ula Woolley**

Tel: 01452 328910

Email: [ula.woolley@gloucestershire.gov.uk](mailto:ula.woolley@gloucestershire.gov.uk)