Trauma and Mental Health-Informed Schools

Senior Leads Training South East Region March 2022

This course is designed to support Senior Leads to implement trauma-informed and mentally-healthy practices into their schools and organisations. TISUK recognises the importance of the commitment and determination of Senior Leads to fully embed any approach or cultural change. The course will ensure that Senior Leads have the knowledge, skills and understanding to optimise the well-being of both adults and pupils in their school and drive this crucial cultural change.

Delegates will gain a wealth of effective, time and money-saving ways of working with a child's challenging behaviour and the mental health issues that block learning.

This course provides a comprehensive overview of the 10-day course Diploma in Trauma and Mental Health Informed Schools and Communities (Practitioner Status) enabling Senior Leads to fully support the TMHi practitioners they send on the Diploma course, many of whom could then become the school's Mental Health Lead.

The course aims to positively impact on pupils, staff and the whole school community, moving towards developing a mentally-healthy culture for all. The highly innovative relational, regulatory and reflective skills are backed by over 1000 evidence-based studies in neuroscience and psychology. Each course is informed by the work of senior psychologists and educators.

What Senior Leads will gain from attending

- Learn what trauma and mental health-informed schools do and how they can save time, money, improve behaviour and learning, lower exclusions and reduce staff absence.
- Learn a wealth of interventions to support staff to ensure that they feel valued and nurtured thereby supporting positive mental health and improving staff retention.
- Learn practical ways of supporting children/teenagers whose learning is interrupted by trauma or mental health problems and whose troubled behaviour may have become a barrier to learning for other pupils.
- Learn key conversational skills to support children and teenagers with specific mental health issues.
- Take away a wealth of ways of enabling children/ teenagers to make the shift from expressing their painful life experience through challenging behaviour, to thinking about their trauma in conversation with trusted adults.
- Gain a deeper understanding of the models which underpin the Trauma-Informed Schools UK approach in order to embed key principles and skill sets within your setting.
- Develop an understanding of the science of safety, social engagement and creating a psychologically safe environment to promote learning.
- Learn how to support yourself, improve your own well being and become an effective stress regulator for others.
- Understand a child's ACE scores (adverse childhood experiences), the significance of these and ways to address unmet relational needs.
- Learn about the common trajectory from unprocessed traumatic grief to violence and often exclusion. Gain ways to support staff to interrupt this trajectory
- Develop a better understanding of the skills adults need when children 'need to tell'. Ensure that key school staff are 'ready to listen' effectively and with confidence.

Date: 15th & 17th March 2022
Online Platform: Zoom
Cost: £195 max (no VAT)
To book your place please contact:
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