

Whole Staff Training for Trauma and Mental Health Informed Schools & Organisations

Part One: Half or Full Day Training (3hr or 6hr sessions)



This training is designed to support whole school/setting implementation of trauma informed and mentally healthy practices into schools and organisations. TISUK recognises the importance of the commitment and determination of the whole staff team to fully embed any approach or cultural change.

The session will ensure that staff have the knowledge, skills and understanding to optimise the well being of both adults and pupils in their school/setting and support this crucial cultural change. This training is supported by over 1000 evidence-based research studies, is designed to empower school staff to understand the needs of all children and teenagers, including those who have suffered a trauma or have a mental health issue. Delegates will also learn what happens in Trauma and Mental Health Informed schools/ settings in terms of key relational approaches and interventions to positively impact the whole school/setting culture. The full day option offers more opportunity to explore practical skills and experiential learning.

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The content of this training includes:

- The neuroscience and psychology of child and adolescent mental health and mental ill-health: what all staff need to know
- Model One: ACE (Adverse Childhood Experience) study and Protective Factors in schools that change children's lives.
- Model Two: Professor Jaak Panksepp's model of mental health, mental ill-health and theory of change
- Model Three: PROTECT/RELATE/REGULATE/REFLECT and how this informs school policy, procedures and school culture and ethos
- The role of emotionally available adults in schools:
- Benefit to staff and students
- 'I wish my teacher knew' They want to tell us. Are we ready to hear?
- Key skills in responding to and understanding challenging and/or trauma triggered behaviour.

This course is officially CPD accredited by the CPD Standards Office, with 3 or 6 hours of CPD awarded upon completion.

For more information email:
info@traumainformedschools.co.uk
www.traumainformedschools.co.uk



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Part Two: PACE and Relational Skills 3hr training



PACE and relational skills training for schools and organisations

This three hour session builds on the previous learning of the initial TISUK whole school training. Staff will gain a deeper insight into key skills and practical strategies in order to develop positive relationships with children and young people. The full day option offers more opportunity to explore practical skills and experiential learning.

The content of this training includes:

- The neuroscience and psychology of child and adolescent mental health and mental ill-health: what every teacher needs to know

- Recap of the underpinning models of TISUK, including ACE's, Panksepp's model of mental health and PROTECT, RELATE, REGULATE, REFLECT
- Key skills in responding to and understanding challenging and/or trauma triggered behaviour.
- Key relational skills in practice
- Practical application on Dan Hughes' relational model – PACE
- Developing self awareness for staff – Looking at hooks and triggers and understanding the impact on our interactions
- Ways of being in relationship with others to support emotional health and wellbeing



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