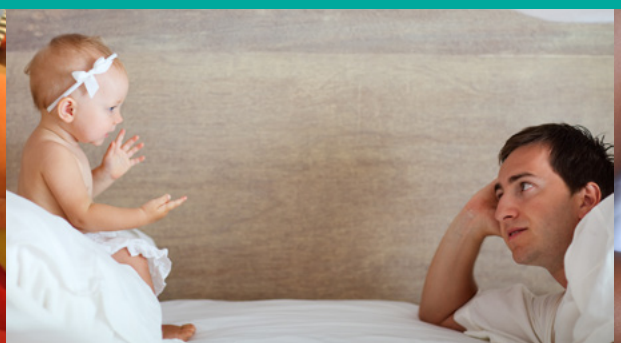
# Trauma Informed Practice Training for Early Years Practitioners



Research evidence shows that the adults who work with young children can have a powerful, positive and long-lasting impact on their emotional and social well-being as well as their cognitive outcomes. To maximise the power of these caring relationships, practitioners need to understand how young children's brains are shaped by their early experiences and how they can respond to and support children who have experienced trauma. This knowledge and understanding is especially important at the moment when we are facing the added stresses and trauma of a global pandemic. This training can run as 2x 2.5hour online sessions, or 3 webinars and provides an overview of the impact of trauma and provides practical ways in which you can respond to help and support the young children in your care.

## The Content of this training Includes

### Traumas of Omission

In the home environment the infant has missed out on sufficient relational experiences in one or more of the following categories. Without intervention, traumas of omission adversely affect the infant's emotional, cognitive and social development and long term physical and mental health. So in this webinar we will address presenting symptoms, prevention and intervention.

- **Conversational turns:** key for language development and learning
- **Caring comforting interactions that optimally activate positive arousal neurochemicals:** key for the capacity to feel contentment, to love in peace and to have felt-sense of all is well in my world
- **Interactions that establish self-esteem:** key for confidence, resilience and self-compassion
- **Affect attunement:** key for social intelligence and capacity to develop fulfilling friendships
- Interactions that establish calm: key for the capacity to feel calm, at ease, and enjoy physical good health, quality of life and longevity
- **Social joy and optimal activation of the brain's PLAY and SEEKING systems:** key for love of life and friendships, passion for learning and energised engagement in the world
- **Mental state talk:** key for long term mental health and self-awareness

### Traumas of Commission

In the home environment the infant has experienced one or more of the following traumas which, without intervention from early years practitioners, can adversely affect their emotional, social and cognitive development and long term physical and mental health. So in this session we will address presenting symptoms, prevention and intervention.

- Separation trauma
- The trauma of the still face
- The trauma of a parent's unprocessed trauma
- The trauma of shaming discipline
- The trauma of witnessing or being a victim of violence
- The trauma of living with a frightening parent

**Costs-**
**Live on-line training**
2x2.5hrs £995 on the dates of your choice

**Webinars**
£349 for whole settings for 2 months access

£60 for single viewers for 1 months access

For more information please contact
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