

TISUK Summary of Training for Intervention Schools



About TISUK

Trauma Informed Schools (TISUK) is an international provider of training to schools and communities, working to date with over 5000 organisations. We are committed to supporting the most vulnerable young people by empowering key adults to respond effectively to mental health problems and behaviours that challenge. We support school leadership to create a mentally healthy culture for the whole school community, through policy and practice, improving outcomes for all.

TISUK delivers staff training underpinned by evidence based research from psychology, medicine, neuroscience, sociology and forensics. This shows that, if not helped, children and young people who've suffered traumatic life experiences are at major risk of suffering from mental and physical ill-health and/or engaging in violence and crime.

All training and consultancy will take place virtually.

Diploma in Trauma and Mental Health Informed Schools and Communities (Practitioner Status)

(Spring 2024-Autumn 2024)

11-day, Level 5 course validated by The Institute for Arts in Therapy & Education delivered over 5-6 months

This practical, skills based training, underpinned by over 1000 evidence-based psychological, medical and neuroscientific research studies is designed to inform and empower school staff to respond effectively to children and young people.

The training provides delegates with key insights into the psychology and neuroscience of mental ill-health and challenging behaviour alongside vital tools and techniques in knowing how to respond to a child's narrative of painful life events. So often this is enough to prevent years of suffering and the medicalising of their distress with psychiatric labels and medication.

Content focuses on both whole setting implementation and individual/group interventions and covers -

- In-depth understanding of psychology/neuroscience of trauma/trauma recovery.
- How to increase protective factors and 'safety cues' in the school culture to alleviate stress and prevent behaviours that challenge.
- Supporting targeted interventions with individual students focusing on unmet emotional needs and mental suffering, through evidence based relational interventions including active listening, narrative competence, restorative interventions, collaborative sense making, mentalization based interventions and use of the creative arts to support reflection.
- Changing whole school cultures to be mentally healthy for all.
- Interventions to nurture school staff to reduce staff absence/increase staff retention.
- How to communicate their learning to others, develop and challenge practice of others, providing a forum for safe, reflective dialogue for staff.

Teachers or support staff attending this training will be chosen by the school, it is recommended that at least one member of staff working directly with Year 8 & 9 and a member of the management team attend. More Information - <https://www.traumainformedschools.co.uk/diploma-in-trauma-and-mental-health>

Whole Staff Training in Trauma and Mental Health Informed Schools

(Part 1 Spring 2024, Part 2 Autumn 2024)

2 x 3hr Whole Staff Training

TISUK's whole staff training empowers staff by delivering evidence-based information drawn from neuroscience, psychology and medicine regarding the main causes of mental ill-health, challenging behaviour and emotional blocks to learning. Delegates will then learn about recovery through our model, Protect, Relate, Regulate, Reflect and evidence based theories of change will be explored, practically applied through a wealth of tools, techniques and interventions which can be easily implemented in your school. Understand how to positively impact your whole school culture to become mentally healthy for all.

Senior Leads Training

1 x 2 Day Senior Leads Training (Spring 2024)

This course is designed to support Senior Leads to implement trauma-informed and mentally-healthy practices into their schools and organisations. TISUK recognises that commitment and determination from Senior Leads is crucial for fully embedding a trauma informed approach. The training 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.

The sessions will focus on the key elements of creating a trauma informed and mentally healthy culture, through ethos, policy and practice. Content includes indepth knowledge of the impact of trauma on the health of self and society

- 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.
- Relational interventions that heal psychological pain with strategies for implementation.
- How to interrupt the trajectory from ACES to youth crime, violence and other societal ills.
- How to create an environment of psychological safety, inclusion, respect for difference/diversity in the school culture.
- Assessment of need and how to monitor/evaluate trauma-informed practice throughout their organisation.
- Example policies and assessment tools to guide and support strategic implementation of a whole school approach.

The number of SLT attending per school will be dependent on school size.
More information - <https://www.traumainformedschools.co.uk/diploma/senior-leads-training>

Network Consultancy Meetings

(Summer 2024, Autumn 2024, Spring 2025)

- These termly 2.5hr meetings aim to support schools to develop whole school approaches to ensure emotional wellbeing for students and staff.
- Key staff, identified by the school, who have attended the SLT training and/or Diploma will work with experienced educational consultants to support implementation.
- Schools will be supported to create strategic plans and reflect on priorities for improvement to ensure all children and young people are supported to enjoy good mental health and quality of life.
- At the end of each meeting schools will be provided with a short, school specific report highlighting strengths, areas for development and any other agreed actions.

Reflective Supervision Workshops

(Autumn 2024-Spring 2025)

The aim of Reflective Supervision is for staff to feel supported enough to reflect with another, to gain further professional insight into work related interactions and patterns of behaviour or underlying emotional need. It is fundamentally concerned with how to best support practitioners, to best support the children with whom they work. Reflective Supervision is a supportive, respectful and purposeful process which is a vital component of a Trauma Informed School community.

- The 4 Day Reflective Supervision workshop will be for Practitioners who have attended the 11 Day Diploma to support the development of a sustainable model of Reflective Supervision for key staff within their school.
- Two practitioners from each school will attend, following completion of the Diploma.

Webinars

(Autumn 2024)

This part of the training offer includes evidence-informed webinars for staff and students, with guides for follow-up discussions led by TISUK Practitioners in the school. These aim to empower students to understand the neuroscience and psychology of relationships that harm and relationships that heal, the neurochemistry of emotion and emotional pain, the causes of mental health problems and how to recover. The aim is to support the whole school community to be more psychologically aware and more able to reflect on painful relational interactions rather than reacting to them. As a result, far more situations of interpersonal conflict can be reflected on rather than 'behaved'.

- 3 x webinars for staff and students: The Neuroscience and Psychology of Relationships. The Neuroscience and Psychology of Emotions. The Psychology of Gangs, Violence and County Lines from People Who Know.
- 1 x webinar for staff - Conversations that matter: from racial trauma and discrimination to respecting and celebrating difference and diversity.

Each school within the intervention arm of the trial will access all training, consultancy and webinars.

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