

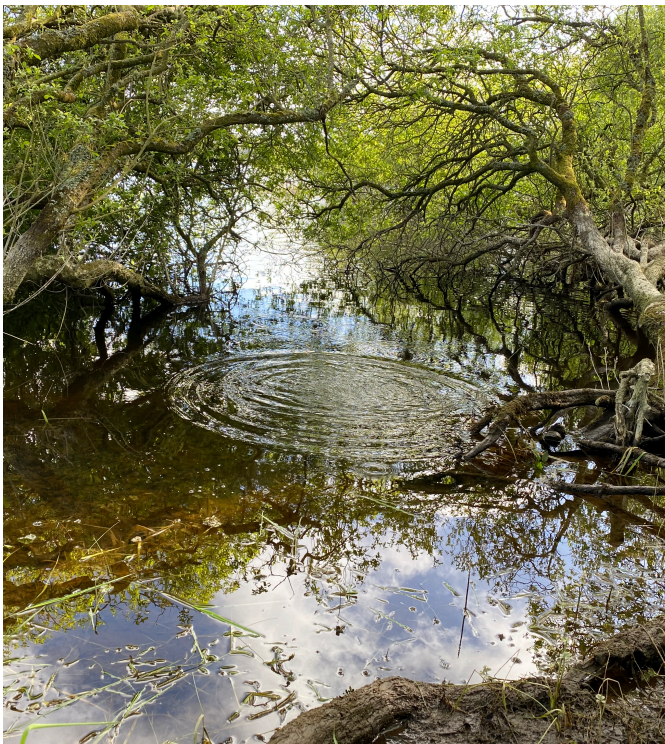
# TRAUMA INFORMED TRAINING

*You could be like the pebble that creates the ripples for change in your school or community environment. The actions of individuals can have far-reaching effects.*

## Nurture and Grow Your Environment For Everyone

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Becoming trauma informed, can empower and inform professionals in how to help troubled children, teenagers and vulnerable adults and importantly how to support and nurture themselves in the process.



Early intervention is the key to enabling young people to reach their full potential and develop independence, social mobility and achieve academic success in a safe and protective environment (school or community setting). This is achieved by enabling all professionals to be trained and informed in neuroscience, psychology of trauma and the common mental health problems that our young people and vulnerable adults have to deal with, when faced with overwhelming stressful situations. Such stress is often caused by a number of factors including, adverse childhood experiences, low self-esteem and confidence, fear of failure, peer group pressure, isolation and loneliness to mention a few.

The training will focus on evidence-based research regarding how children and teenagers and vulnerable adults become mentally unwell and troubled, in terms of challenging behaviour, learning difficulties, and what assists recovery. From this knowledge base, participants will develop relational and conversational skills to help children, teenagers and vulnerable adults move into emotional and relational health, with positive impacts on behaviour and learning.

Participants will gain an understanding of the neuroscience and the psychology of trauma, common mental health problems and the impact of traumatic stress on a child's ability to learn and their social and emotional development which impacts mental, physical and emotional development into early adulthood and beyond.



Participants will develop practical skills for effective evidence-based interventions that will enable children, teenagers and vulnerable adults to feel psychologically safe in schools and community organisations, so that they can move from mistrust to feelings of trust and safety in their life and in how they experience key relational events.

- **For more information on bespoke training programs contact Jean Gascoigne**