

# During this Pandemic Education



[www.touchbase.org.uk](http://www.touchbase.org.uk)



[info@touchbase.org.uk](mailto:info@touchbase.org.uk)



We have each lived through, and continue to live through an extraordinary and unprecedented time. As a society, we have experienced what may be referred to as a collective trauma, the ripples of which are being felt far and wide.

In our children and young people, many of whom have already experienced Adverse Childhood Experiences (ACEs), we may be witnessing the effects of this in many ways, such as, regressive behaviours, a re-emergence and reliance on past coping strategies, disruptions to their attachment seeking and stress response systems.

Now, more than ever, it is essential that we see behaviour as communication and a window into our children's experiences, thoughts, and feelings, and as such, a key to healing. We must focus on connection and regulation, through attachment informed and trauma responsive interventions, to restore a sense of felt safety and security.

As always, this starts with us as the adults attending to our own regulation - 'putting on our own oxygen masks' first, in order to be a calming and soothing presence for our children and young people.

**TouchBase specialist, therapeutic Education Team are offering the following interventions to support children, young people, and their families at this time and ongoing...**

## CONSULTATION

One of TouchBase's education and trauma specialists will give home and/or school teams the chance to explore a particular issue, or the difficulties faced by an individual child or young person. Drawing on our specialist Attachment Aware and Trauma Responsive approach, we will consider how to best support pupils who may struggle with re-entry and re-orientation in school.

## REFLECTIVE SPACE

To support school staff at a time of increased pressure. Reflective space offers chance for staff to check-in and reflect on their feelings, as well as the opportunity to think about behaviour through a trauma-informed lens, with one of our specialist therapists.

## SUPPORT GROUPS

For Key Adults and Attachment Leads in school. These support groups, each half-term, provide Key Adults and Senior Managers with key theories, approaches and ways of thinking about collective trauma recovery in school, as well as the chance to connect in with others who are facing the same challenges as we return.

## SEGURIDAD AND SEGURIDAD PLUS

The Seguridad intervention is a developmental trauma intervention, which supports children and young people who have experienced adverse childhood experiences, to settle and learn in their different contexts.