

# Post Lockdown Training Team



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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 Training Team are offering the following events (currently ONLINE) to support education, health and social care staff at this time and ongoing...

## ADVANCED - 7-DAY ATTACHMENT LEAD COURSE

This modular course enables staff to become Attachment Leads in their schools, and other settings. For those determined to provide alternative practices to enable all children and young people to be fully included in school, college and their communities. All our work is influenced by attachment theory, intersubjectivity theory, object-relations theory and polyvagal theory.

## INTERMEDIATE - 1-DAY COURSES

### KNOW ME TO TEACH ME

Exploring differentiated discipline. Challenging you to review your practice within school, in line with the latest neuroscience.

### NEURODEVELOPMENTAL APPROACH

An experiential course exploring the Polyvagal Theory and how significant it is for understanding how children will function best in school.

## FOUNDATIONAL - 1-DAY COURSES

### INSIDE I'M HURTING

Provides an attachment aware and trauma responsive framework to understand behaviour as communication.

### WHAT ABOUT ME?

Reflect upon how to extend attachment aware and trauma informed approaches in everyday practices within school.

## WEBINARS AND CONFERENCES

- A series of 3 recorded **Collective Recovery** webinars available for a Local Authority or service.
- Live webinars hosted by Louise Michelle Bomber relevant to the stage of the pandemic we are in.
- Live conferences coming soon - Education focused and Therapeutic Parenting.