

# Certificate in Therapeutic Skills and Trauma Informed Care for Foster Carers

## Dates:

Day 1: Thursday 9th May 2024

Day 2: Friday 10th May 2024

Day 3: Friday 14th June 2024

Day 4: Friday 19th July 2024

Day 5: Friday 13th Sept 2024

Day 6: Friday 4th oct 2024

**Time: 9.30am to 2.30pm**

## About the training

This training is designed to support foster carers with effective therapeutic parenting skills. Backed by cutting edge research on the neuroscience and psychology of parent-child interactions (over 800 research studies), it aims to enhance both parent and child mental health, through both stress-reducing and rewarding ways of relating. Delegates will learn how to address blocked trust, behaviours that challenge, re-enactments of the original trauma, and interventions that heal troubled minds.

**Fees: £749 (no VAT) for individuals, £995 (no VAT) for couples.**

**Note: couples deliver a joint presentation for their assessment and receive joint certification.**

## Benefits from attending include:

- Understand how trauma impacts on the developing brain leading to behaviours that challenge.
- Become expert in the use of PACE (play acceptance, curiosity and empathy) and other relevant DDP interventions.
- Develop the art of mental state talk, attachment play and relational repair.
- Help children find words for feelings so they can speak about their pain rather than 'behave' it.
- Make the shift from stress-inducing to stress-reducing interactions with your child.
- Know how to engage effectively in therapeutic conversations.
- Learn how to establish boundaries in a respectful non-shaming way.
- Recognise when you've got triggered and what to do about it.
- Learn how to be and 'the words to say it' in the difficult times.



## More information and how to apply:

[www.traumainformedschools.co.uk](http://www.traumainformedschools.co.uk) [info@traumainformedschools.co.uk](mailto:info@traumainformedschools.co.uk)