

Certificate in Therapeutic Skills and Trauma Informed Care for Foster Carers

Dates:

Day 1: Thursday 11th January

Day 2: Friday 12th January

Day 3: Thursday 8th February

Day 4: Thursday 21st March

Day 5: Thursday 25th April

Day 6: Tuesday 21st May

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 info@traumainformedschools.co.uk