**Telford 19th-21st September 2018**

**a three day masterclass**

**using non-clinical creative & expressive tools & techniques**

**HEALING THROUGH THE BODY & BRAIN**

**For educators in mainstream and special settings, who want to learn more about working towards healing and wellness with pupils impacted by trauma and adversity, including those who are adopted, ‘Looked After’ or living in adverse home situations, where needs are unmet.**

|  |  |  |
| --- | --- | --- |
| **Day 1: Addressing the body** | **Day 2: Addressing the emotions** | **Day 3: Addressing the thoughts** |
| Image result for body therapies with children | http://a.dilcdn.com/bl/wp-content/uploads/sites/11/2014/10/feelings-cookies-003.jpg | Image result for its good to talk child |
| Developing new, pleasurable memories in relations to physical and sensory experiences. | Naming and expressing feelings in the context of a safe, attuned relationship. | Empowering and connecting through meaningful conversations and activities |

**Who is the Masterclass for?** Primarily, the workshops are focused on school and educators, and reference will be made to particular challenges that are encountered in school so it is ideal forTeachers, Support Staff, Welfare Staff, Nurture Staff, Family Workers and Virtual School Staff. However, the Masterclass will also be of interest and benefit to all who work or live with children and young people who are hurting: Parents, Foster Carers, Kinship Carers, Care Home Staff, Social Workers, School Counsellors, YOTs, etc.

**Interested? Please read on …**

In the current climate of deficit in therapeutic services, schools absolutely have to have at least one person who can work relationally, practically and creatively with CYP who have experienced developmental, relational trauma, and realistically, all educators need to have the skills and confidence to engage meaningfully with children who are fearful, depressed, anxious and overwhelmingly sad and/or angry. These children are too often left with unresolved trauma, un-grieved losses and incoherent narratives about their lives and selves as services struggle to meet demand. Connection and empathy can help a child to move beyond ‘communication by impact’; that is, behaving feelings rather than articulating them.

This three day masterclass provides delegates with new lenses through which to view and relate to children and young people. It is based upon attachment theory and the latest neuroscience research. The workshops take a ‘bottom up’ approach: first, address the body in order to regulate the primitive brain (brain stem structures); next, address emotional needs through attachment and relationship (limbic brain); finally, engage in restorative, meaningful conversations (cortical brain) in order to enable children and young people to create coherent narratives about their life experiences. It aims to enable connection through creativity, with or without words.

**Day 1: Addressing the Body**: Regulating the primitive brain (brain stem structures) through creative and sensory activities: recognising survival behaviours; physiological comfort; repetitive activities; movement; body & sensory work.

**Day 2: Addressing the Emotions:** Regulating the amygdala (limbic system) through safe creative and playful activities to facilitate connection and relationship: non-clinical relational activities; building self-esteem and resilience; strengthening trust; developing a sense of belonging.

**Day 3: Addressing the Thoughts:** Regulating the thinking, conscious brain(neocortex) through meaningful conversations: talking about feelings through play and creative techniques and story.

Delegates can attend one, two or three days, as each day is ‘stand-alone’. We would though, recommend that where possible, delegates attend all three days in order to gain maximum understanding about recognising survival behaviours and responding to the child or young person ‘where he or she is’ in order to best support and enable them to process and manage past and present challenges and trauma.

**Venue:**  **Telford Hotel and Golf Spa, Great Hay Drive, Sutton Heights, Telford TF7 4DT** (free parking)

**Dates:** 19th to 21st September 2018, 9.15 to 3.15

**Fee:** One day - £140+VAT, Two days - £240+VAT; Three days - £300+VAT

**BOOKING INFORMATION ON THE NEXT PAGE**

**To reserve your place, call Jennifer Nock on 01384 392599 or 07983 482 804, e-mail** [**jnock@hotmail.co.uk**](mailto:jnock@hotmail.co.uk) **or complete and post the booking form below. Please complete a separate booking form for each delegate.**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Application form Three day mastercass Telford 19 to 21st September 2018**  Please complete in block capitals | | | | | | | | | |
| **Name of delegate:** | **School/organisation name and address:** | | | | | | **Email:** | | |
| **Role:** | **Phone:** | | |
| **Do you have any dietary or access requirements? If yes, please give brief details.** | | | | | | | | | |
| **Please indicate which workshop/s you would like to book** | | | | | | | | | |
| **19/09/2018****Day 1: Addressing the Body** | |  | **20/09/2018** **Day 2: Addressing the Emotions** | | |  | | **21/09/2018**  **Day 3: Addressing the Thoughts** |  |
| **PLEASE INDICATE YOUR PREFERRED PAYMENT METHOD** | | | | | | | | | |
| **I enclose a cheque for £……………………… made payable to Jennifer Nock TRAINING AND CONSULTANCY** | | | |  | **Please invoice the school or other organisation**  **NAME of PERSON DEALING WITH INVOICES:** | | | |  |

Jennifer Nock is an educator and Chartered Psychologist with more than 30 years’ experience of working with children and young people, families, educators and those in the caring professions. She has worked in diverse educational settings, including special secondary and primary schools, mainstream primary and nursery schools, FE colleges, and as an SEN advisor. She works with children with a range of learning difficulties, behaviour, emotional, mental health and social difficulties, including those with Developmental Relational Trauma and attachment difficulties, AD(H)D and autistic spectrum conditions. Jennifer’s career has been focused on finding effective ways to support children and young people who are hurting, and to enable those with whom they are in relationships to better meet their needs. Her work is at the cutting edge of current neuroscience and aims to provide both theoretical understanding and practical strategies for working with children and young people who have experienced adversity.