**A Creative Tool Box**

**Non-Clinical Techniques and Activities for**

**Working Effectively with Children and Young People who have Experienced Trauma and Adversity**

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**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.**

**Session 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.

**Session 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.

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

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 children and young people 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 one-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.

**Resources**

* Comprehensive handouts
* Practical activities to reduce stress and anxiety and facilitate regulation
* Additional reading, including links to web-based resources.

**On-going support**

* Attachment and Trauma Sensitive Schools Award criteria to use as a framework for development, regardless of whether your school has registered for the Award.
* Telephone and/or email conversations for troubleshooting glitches and obstacles.
* Further training for whole-school and/or SL/MT and governors if required.

**About the Trainer:**

**Dr 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.

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For additional information, and testimonials from our clients please visit our website: <http://www.jennifernocktrainingandconsultancy.com/>

**We anticipate high levels of interest. Please book early to secure your place**

**Date: Tuesday 22nd October 2019** 9.30 to 3.00 (registration from 9am).

**Venue**: **Holiday Inn Express Liverpool, Ribblers Lane,  Liverpool, Knowsley, Prescot L34 9HA**

**Fee:** £150 +VAT for first delegate; £130 +VAT for each additional delegate.

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

Please note that this workshop can be tailored to meet the specific needs of your staff and can be delivered as a full- or part-day INSET session in your setting. Contact us for more information.

**Application form, PDA and SChool Tuesday 22nd october 2019**

**Please complete in block capitals**

**CANCELLATION POLICY:**

**IF YOU CANCEL YOUR PLACE ON THE WORKSHOP WITH LESS THAN 48 HOURS PRIOR NOTICE BEING GIVEN, THE FULL COURSE FEE WILL BE CHARGED**

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| **Name of delegate:** | **School/organisation name and address:** |
| **Role:** | **Email:** |
| **Date: tuesday 22nd october 2019, 9.30AM to 3.00pm (lunch included)**  **Venue: Holiday Inn Express Liverpool, Ribblers Lane,  Liverpool, Knowsley, Prescot L34 9HA**  **Fee: £140+VAT for first delegate, £120+VAT for Each additional delegatE** | |
| **Do you have any dietary or access requirements? If yes, please give brief details.** | |

**I enclose a cheque for £……………………… made payable to Jennifer Nock**

**TRAINING AND CONSULTANCY**

**Please invoice the school or other organisation**

**Authorised signature (+ Name in Block Caps.): …………………**