



# Course information

## Session I

### Increasing awareness and understanding of attachment and trauma

This training can be accessed in one of two ways:

#### **Option A: A pre-recorded webinar (2 hours)**

- can be accessed for up to 3 months.



#### **Option B: An interactive, 'live' session (3 hours)**

– on site or online



### Session I covers:

- Understanding a child's journey through the care system.
- Definitions of trauma and risk factors for stressful disruptions (including impact of Covid).
- The impact of trauma on brain development.
- The attachment cycle - healthy vs disturbed cycles.
- How attachment difficulties may present themselves in education settings.
- High level key principles to keep in mind when working with vulnerable children.
- Some recommendations for useful relevant resources.

\*Note that all timings for 'live' sessions include breaks



Contact me to discuss your training requirements:  
[emma@emmaspillane.co.uk](mailto:emma@emmaspillane.co.uk); 07917 355955

[www.emmaspillane.co.uk](http://www.emmaspillane.co.uk)

## Session II

# Planning and delivery of trauma-focused support in education settings

This training can be accessed via:

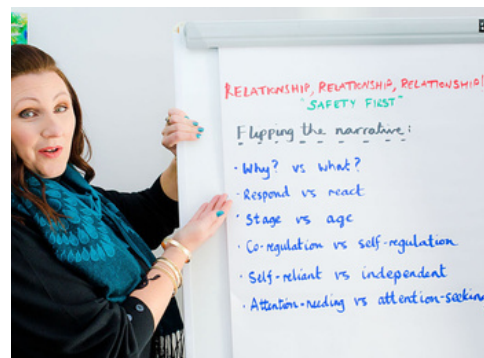
### An interactive, 'live' session (3 hours)

– on site or online

#### Session II covers:

- A brief recap of Session I (key points).
- Trauma-informed principles for use across a setting.
- Strategies for use both across a setting and within class/small groups/1:1 work with vulnerable children.
- An opportunity to discuss specific case studies and apply learning.

\*Individuals must have undertaken Session I training (or equivalent with another provider) before undertaking Session II.



## INSET days

**Session I & Session II can be delivered to education settings together over a full day (e.g. INSET), either in person (subject to Covid restrictions and guidelines) or online.**

If you are looking for something more bespoke for your setting, e.g. a particular focus on theraplay or sensory work within attachment and trauma training, or a 'trauma-informed back to school after lockdown' workshop, please do get in touch to explore options as we have a network of Associates that we can work with to develop additional tailored training packages.



When I come to you I bring my suitcase full of recommended resources.



Contact me to discuss your training requirements:  
[emma@emmaspillane.co.uk](mailto:emma@emmaspillane.co.uk); 07917 355955

[www.emmaspillane.co.uk](http://www.emmaspillane.co.uk)