

# Child in Mind Academy Ltd

Providers of Quality Training for Childrens Services



## Attachment & Developmental Trauma

Child in Mind is working with organisations throughout the UK and Ireland to provide quality Attachment Training to all front line children's services. Our training will equip you with a basic understanding of Attachment Theory together with a sound knowledge of how best to help children who are struggling in life because of their attachment difficulties.

Attachment is the deep and enduring connection established between a child and caregiver during the first years of life. However sadly, more and more children are failing to develop secure attachments to loving protective care givers. These children are left without the most important foundation for healthy social and emotional development and are at risk of suffering difficulties with:

- Building and maintaining relationships
- Low self-esteem
- Lack of self control
- Antisocial attitudes and behaviours
- Aggression and violence
- Lack of empathy, compassion and remorse
- Peer relationship difficulties
- Physical violence to self and others

When professionals are given the right training, it means that children suffering with attachment difficulties can be identified earlier and a therapeutic approach adopted.

Attachment training is essential for all professionals working with children. At present there is a recognised gap in the knowledge base of professionals. This not only has a huge impact on the outcomes for children, but also on the emotional well being of professionals working with these children.

### Who is this training for:

Teachers; TA's, HLTA's SNAs; foster carers; counsellors; therapists; social workers; family support workers; childcare workers; outreach workers;

If you would like more information on how to book your organisation's attachment training please contact us.

### Day 1: Understanding Attachment Theory and Developmental Trauma

#### The day will provide you with:

- An awareness of attachment theory and attachment styles.
- An understanding of developmental trauma
- An understanding of current brain research.
- An understanding of how early trauma and loss impact children's social and emotional development.
- An insight into your own attachment style

### Day 2: Working with the Impact

#### The day will provide you with:

- An understanding of behaviour as a means of communication.
- A knowledge of the role and significance of key workers.
- A framework for the understanding of arousal states.
- Practical strategies to help regulate arousal states
- The ability to use creative arts to reach even the most hard to reach children
- A structure for self care

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