

Becoming a Trauma-Informed School Summer Training Course

Course Dates: 2nd-6th July 2018

Venue: Dublin West Education Centre
Tallaght Old Blessington Road
Tallaght
Dublin 24

Children who are enduring or have endured emotional trauma, struggle to cope with a range of challenges in their world. This includes forming intimate and healthy relationships with others, regulating their physiological and emotional arousal and behaviour, as well as difficulties in processing emotional and interpersonal information. In turn, environments such as schools struggle to reach and teach such children, in order to support their wellbeing and overall success in education.

Child and Family Psychotherapist and Trauma Specialist Christina Enright, and Primary School Principal, Anne Mc Cluskey have partnered in combining their expertise to run this knowledge building and practical based course. Currently the course is delivered in a brief introductory version, over 2-3 evenings, and a more in-depth five day – 20 hour Summer course (CPD) .

The course is underpinned by the latest neuroscience and attachment-based research, to enable school staff to start on the trajectory to becoming trauma-informed. Through completing the course attendees will learn how to recognise and understand

the signs of toxic stress, trauma and mental health problems in children and adolescents. They will also become more response equipped in order to foster environments where children can flourish and learn, despite experiencing adversities and challenges in their external environments. Unfortunately, on this occasion the course is only open to teachers, primary or post-primary, registered with the teaching council.

As a result of completing this course you can:

- Engage with brain science and trauma theory in an accessible way in order to develop an understanding of what trauma is and how it impacts on early brain development.
- Learn to recognise the signs and symptoms of toxic stress and trauma in children at school.
- Consider psychiatric diagnosis and the potential limiting impact it may have on a child's recovery from trauma.
- Learn why traditional behaviour management techniques are either insufficient or ineffective for traumatised children.
- Enhance your capacity to reflect on a child or young person's functioning and behaviour with greater understanding and empathy.
- Understand and recognise the imperative of safe, supportive and attuned relationships in trauma recovery.
- Sustain your professional and personal well-being as you work with children who've experienced trauma and loss.

Tutors

Anne Mc Cluskey: BEd, BSc Behavioral Sciences, M Equality Studies.

Ann has more than 30 years teaching experience (gulp!) and has been a foster carer of two children for thirteen years. She has written and campaigned extensively on educational disadvantage and equality issues. She is currently Principle of Our Lady of the Wayside National School, Bluebell, Dublin.

Christina Enright: BSc Psychology, Dip Family Therapy, MA Child Psychotherapy.

Christina has worked for over 15 years with vulnerable children and families in a variety of settings. She has a special interest in brain development, complex trauma and attachment; in particular, how the quality of relationships children and adolescents have growing up with the adults around them impacts on their global development, mental health and personality, as well as how this manifests in human behavior across the lifespan. Christina is passionate about imparting research about neuroscience and attachment to significant adults around children and adolescents so that they may support the child to become the most resourceful and resilient person they have the potential to be.

Visiting Tutor: TBA