

TRAUMA AWARE PRACTICE WITH CHILDREN

This training is delivered by **Dr Alison Prowle**, Senior Lecturer at the University of Worcester Department of Children and Families. Alison is a qualified teacher with experience across primary and secondary phases, with subject specialism in RE and PSHE.

Since joining the university in 2012, Alison has enjoyed teaching across a number of programmes, retaining specific interests in parenting, family support, trauma-informed approaches, and childhood adversity. Alison's research interests include researching with vulnerable populations, the impacts of forced migration and human trafficking on children and families, kinship care, multiple adversity and complex trauma.

Delivery and Fee

The CPD offer can be delivered at an agreed date, either at the university or at a venue of your choice.

The fee for our training is determined by the duration of the session, which is **tailored to the content you wish to cover**. We work closely with you to design a session that meets your specific needs, and the total cost will be calculated based on our hourly rate and the time required to effectively cover the chosen topics.

This insightful CPD session will equip practitioners with the knowledge and tools needed to support children impacted by trauma.

This session will delve into the science behind trauma, its effects on children's learning, behaviour and wellbeing, and practical strategies to create safe, nurturing environments.

The course will include:

- Introduction to childhood trauma
- Understanding adverse childhood experiences (ACEs)
- Prevalence and impact of childhood trauma
- Trauma and the brain
- The body's response to trauma
- Trauma and learning
- Identifying trauma
- Key principles for trauma-aware practice
- Practical strategies for supporting children
- Promoting resilience
- The role of the practitioner
- The importance of practitioner self-care.
- The importance of a whole school approach

Who is this training for?

This training is for all practitioners (all key stages) who are interested in finding out more about trauma aware approaches to supporting children's wellbeing. This might include teachers, learning support assistants, family support workers, early years practitioners, health support workers and other roles working with children and families.

Find Out More

For more information and to book a training session for your school / organisation, please contact the CPD Office at cpdeducation@worc.ac.uk.