Diploma in Trauma and Mental Health Informed Schools and Communities (Practitioner Status)

Online 21

Days 1 & 2: 21/22 January 2025
Days 3 & 4: 3/4 March 2025
Days 5 & 6: 31 March/1 April 2025
Days 7 & 8: 28/29 April 2025
Days 9 & 10: 2/3 June 2025
Assessment Day: 4th July 2025

A practical skills-based course, underpinned by evidence-based research studies. Designed to inform and empower staff to respond effectively to vulnerable children/ young people who have experienced trauma and/or have mental health issues by delivering interventions addressing mild to moderate mental health problems, with a focus on recovery.

"I can honestly say that it was, by far, the best, most insightful, profoundly moving, expertly evidenced, endlessly interesting and fascinating, relevant and (as I'm sure will be testified to before long) most useful training I have received in my teaching career."

2020 Delegate

Who is it for:

Professionals working with children and young people.

Duration/format:

11-day training, Online via Zoom

Admission Requirements:

No previous training required, delegates will need to be working in a setting with children and young people.

Cost: £1495

To book a place, please email:
lindsay@traumainformedschools.co.uk
wales@traumainformedschools.co.uk

VISION AND AIMS

The government Green Paper, 'Transforming Children and Young People's Mental Health Provision' (December 2017), states:

There is evidence that appropriately trained and supported staff such as teachers, teaching assistants can achieve results comparable to those achieved by trained therapists in delivering a number of interventions addressing mild to moderate mental health problems (anxiety, conduct disorder, substance use disorders and post-traumatic stress disorder."

This training provides the core skills to make this possible, informed by cutting edge research on what brings about trauma recovery.

The training also includes the knowledge and skills for cultural change resulting in mentally healthy schools and communities (for both adults and children). The curriculum covers interventions designed specifically to address teacher stress, teacher absence and poor staff retention. So if you want to change vulnerable children's lives, reduce exclusions, improve pupil attendance and staff retention, while positively impacting on the mental health of the school culture as a whole, then this certificated training is a must.

WHAT YOU WILL GAIN FROM ATTENDING

Working with young people...

- Learn to relate to children and young people in ways that alleviate their suffering, support their learning, and make them feel cared for and appreciated.
- Know how to respond to children who are in distress/stress states in ways that help them to emotionally regulate, feel psychologically safe and develop the capacity to handle stress well over time.
- Learn how to relate with children in ways that enhance their self-esteem, confidence, and feelings of psychological safety.
- Know how to listen and empathise when children want to talk about painful issues and help them reflect and resolve.
- Develop an in-depth understanding of what it's like for a child or teenager to suffer from specific mental health problem (e.g. depression/anxiety) and feel confident in offering them accurate empathy, understanding and key psychoeducation without inferring meaning.
- Develop an in-depth understanding of the long-term impact of specific adverse childhood experiences and how to enable the child or teenager to work through feelings of anger and traumatic loss.
- Employ strategies for early intervention (early indicators of mental health difficulties) know limits of competence and refer on to other agencies when these are available.

Whole School Implementation...

- Work to increase the protective factors and 'safety cues' in the school culture to prevent adverse childhood experiences from becoming long-term mental, physical, and societal health problems.
- Enable other staff to think psychologically about pupils in terms of what has happened to them rather than simply why are they behaving this way.
- Educate staff to understand when challenging behaviour and explosive outbursts are likely to be trauma triggers and how to calm children.
- Support staff to relate to children in ways that enable them to move from blocked trust to trust.
- Using accessible language, educate staff with the brain science and psychological research on child mental health problems and their impact on quality of life and learning.
- Educate staff about what children need in their relationships with adults, so they don't suffer misdiagnosis, distress, or additional trauma in the school environment.
- Support staff in ways that prevent them suffering from high levels of stress, developing secondary trauma, and leaving the profession as a result.

COURSE STRUCTURE

The Diploma course is run over 11 days across two terms. There is an expectation to complete approximately 50 hours of work-based learning to deliver a twenty-minute Power Point presentation on Day 11 demonstrating how you have implemented your learning from the course. There is no written exam.

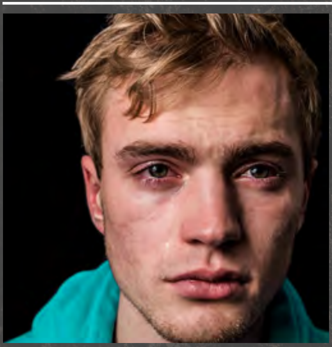
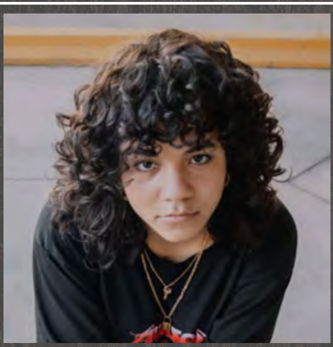
TRAUMA INFORMED SCHOOLS UK™

Diploma mewn Ysgolion a Chymunedau sy'n Wybodus am Drawma

(Statws Ymarferydd)

Ar-lein 21

Diwrnod 1 ac 2: 21/22 Ionawr 2025
Diwrnod 3 a 4: 3/4 Mawrth 2025
Diwrnod 5 a 6: 31 Mawrth/1 Ebrill 2025
Diwrnod 7 ac 8: 28/29 Ebrill 2025
Diwrnod 9 a 10: 2/3 Mehefin 2025
Diwrnod Asesiad: 4 Gorffennaf 2025

Cwrs ymarferol sy'n seiliedig ar sgiliau ac wedi'i ategu gan astudiaethau ymchwil sy'n seiliedig ar dystiolaeth. Mae wedi'i gynllunio i hysbysu a grymuso staff i ymateb yn effeithiol i blant/pobl ifanc bregus sydd wedi profi trawma a/neu sydd â phroblemau iechyd meddwl trwy ddarparu ymyriadau sy'n mynd i'r afael â phroblemau iechyd meddwl ysgafn i gymedrol, gyda ffocws ar adferiad

"Gallaf ddweud yn gwbl onest mai hwn, o bell ffordd, oedd yr hyfforddiant gorau, mwyaf craff, teimladwy, â thystiolaeth arbenigol, hynod o ddiddorol a pherthnasol (fel y tystir cyn hir, rwy'n siŵr) a mwyaf defnyddiol a gefais yn fy ngyrfa fel athro."

Aelod o'r cwrs 2020

Ar gyfer pwy y mae hwn?

Gweithwyr proffesiynol sy'n gweithio gyda phlant a phobl ifanc.

Hyd/fformat: 11 diwrnod o hyfforddiant

Lleoliad: Ar-lein trwy Zoom

Gofynion Derbyn:

Nid oes angen hyfforddiant blaenorol, bydd angen i aelodau'r cwrs fod yn gweithio mewn lleoliad gyda phlant a phobl ifanc.

Cost: £1495

I archebu lle, e-bostiwch:

lindsay@traumainformedschools.co.uk
wales@traumainformedschools.co.uk

GWELEDIGAETH A NODAU

Mae Papur Gwyrdd y llywodraeth, 'Trawsnewid Darpariaeth Iechyd Meddwl Plant a Phobl Ifanc' (Rhagfyr 2017), yn nodi:

"Mae tystiolaeth y gall staff sydd wedi'u hyfforddi a'u cefnogi'n briodol fel athrawon a chynorthwywyr addysgu gyflawni canlyniadau tebyg i'r rhai a gyflawnir gan therapyddion hyfforddedig wrth gyflwyno nifer o ymyriadau sy'n mynd i'r afael â phroblemau iechyd meddwl ysgafn i gymedrol (gorbryder, anhwylder ymddygiad, anhwylderau defnyddio sylweddau ac anhwylder straen ôl drawmatig)."

Mae'r hyfforddiant hwn yn darparu'r sgiliau craidd i wneud hyn yn bosibl ac mae wedi'i lywio gan ymchwil arloesol ar yr hyn sy'n arwain at adferiad trawma.

Mae'r hyfforddiant hefyd yn cynnwys yr wybodaeth a'r sgiliau ar gyfer newid diwylliannol sy'n arwain at ysgolion a chymunedau sy'n iach yn feddyliol (i oedolion a phlant). Mae'r cwricwlwm yn ymdrin ag ymyriadau sydd wedi'u cynllunio'n benodol i fynd i'r afael â straen athrawon, absenoldeb athrawon a chyfraddau cadw staff gwael. Felly, os ydych am newid bywydau plant bregus, lleihau gwaharddiadau, gwella presenoldeb disgyblion a chadw staff, tra'n cael effaith gadarnhaol ar iechyd meddwl diwylliant yr ysgol yn ei gyfanrwydd, yna mae'r hyfforddiant tystysgrifedig hwn yn hanfodol.

YR HYN A GEWCH O FYNYCHU

Gweithio gyda phobl ifanc...

- Dysgu uniaethu â phlant a phobl ifanc mewn ffyrdd sy'n lleddfu eu dioddefaint, yn cefnogi eu dysgu, ac yn gwneud iddynt deimlo eu bod yn cael gofal a'u bod yn cael eu gwerthfawrogi.
- Gwybod sut i ymateb i blant sydd mewn trallod/ cyflyrau straen mewn ffyrdd sy'n eu helpu i reoleiddio'n emosiynol, teimlo'n ddiogel yn seicolegol a datblygu'r gallu i drin straen yn dda dros amser.
- Dysgu sut i ymwneud â phlant mewn ffyrdd sy'n gwella eu hunan-barch, eu hyder, a'u teimladau o ddiogelwch seicolegol.
- Gwybod sut i wrando a dangos empathi pan fydd plant eisiau siarad am faterion poenus a'u helpu i fyfyrio a datrys.
- Datblygu dealltwriaeth fanwl o sut brofiad yw i blentyn neu berson ifanc yn ei arddegau ddioddef o broblem iechyd meddwl benodol (e.e., iselder/ gorbryder) a theimlo'n hyderus i gynnig empathi, dealltwriaeth a seicoaddysg allweddol gywir iddynt heb awgrymu ystyr.
- Datblygu dealltwriaeth fanwl o effaith tymor hir profiadau niweidiol penodol yn ystod plentyndod a sut i alluogi'r plentyn neu'r person ifanc yn ei arddegau i weithio trwy deimladau o ddicter a cholled drawmatig.
- Defnyddio strategaethau ar gyfer ymyrraeth gynnar (dangosyddion cynnar anawsterau iechyd meddwl), gwybod terfynau cymhwysedd a chyfeirio ymlaen at asiantaethau eraill pan fydd y rhain ar gael.

Gweithredu Ysgol Gyfan...

- Gweithio i gynyddu'r ffactorau amddiffynnol a'r 'ciwiau diogelwch' yn niwylliant yr ysgol er mwyn atal profiadau niweidiol yn ystod plentyndod rhag dod yn broblemau iechyd meddwl, corfforol a chymdeithasol tymor hir.
- Galluogi staff eraill i feddwl yn seicolegol am ddisgyblion o ran yr hyn sydd wedi digwydd iddynt yn hytrach na dim ond pam eu bod yn ymddwyn fel hyn.
- Addysgu staff i ddeall pryd mae ymddygiad heriol a ffrwydradau yn debygol o fod yn sbardunau trawma a sut i dawelu plant.
- Cefnogi staff i uniaethu â phlant mewn ffyrdd sy'n eu galluogi i symud o ymddiriedaeth wedi'i rwystro i ymddiriedaeth.
- Gan ddefnyddio iaith hygyrch, addysgu staff am wyddoniaeth yr ymennydd ac ymchwil seicolegol ar broblemau iechyd meddwl plant a'u heffaith ar ansawdd bywyd a dysgu.
- Addysgu staff am yr hyn sydd ei angen ar blant yn eu perthynas ag oedolion, fel nad ydynt yn dioddef camddiagnosis, trallod, na thrawma ychwanegol yn amgylchedd yr ysgol.
- Cefnogi staff mewn ffyrdd sy'n eu hatal rhag dioddef lefelau uchel o straen, datblygu trawma eilaidd, a gadael y proffesiwn o ganlyniad.

STRWYTHUR Y CWRS

Cynhelir y cwrs Diploma dros 11 diwrnod ar draws dau dymor. Mae disgwyl i chi gwblhau tua 50 awr o ddysgu sy'n seiliedig ar waith er mwyn rhoi cyflwyniad PowerPoint ugain munud o hyd ar Ddiwrnod 11 yn dangos sut rydych chi wedi rhoi eich dysgu o'r cwrs ar waith. Nid oes arholiad ysgrifenedig.