

Certificate in Therapeutic Skills and Trauma Informed Care for Foster Carers

Dates:

Day 1: 23rd October 2025

Day 2: 24th October 2025

Day 3: 12th December 2025

Day 4: 8th January 2026

Day 5: 5th February 2026

Day 6: 20th March 2026

Time: 9.30am to 2.30pm, Day 6 9.30am- 3.30pm

About the training

This training is designed to support foster carers with effective therapeutic parenting skills. Backed by cutting edge research on the neuroscience and psychology of parent-child interactions (over 800 research studies), it aims to enhance both parent and child mental health, through both stress-reducing and rewarding ways of relating. Delegates will learn how to address blocked trust, behaviours that challenge, re-enactments of the original trauma, and interventions that heal troubled minds.

Fees: £750 (no VAT) for individuals, £995 (no VAT) for couples.

Note: couples deliver a joint presentation for their assessment and receive joint certification.

Benefits from attending include:

- Understand how trauma impacts on the developing brain leading to behaviours that challenge.
- Become expert in the use of PACE (play acceptance, curiosity and empathy) and other relevant DDP interventions.
- Develop the art of mental state talk, attachment play and relational repair.
- Help children find words for feelings so they can speak about their pain rather than 'behave' it.
- Make the shift from stress-inducing to stress-reducing interactions with your child.
- Know how to engage effectively in therapeutic conversations.
- Learn how to establish boundaries in a respectful non-shaming way.
- Recognise when you've got triggered and what to do about it.
- Learn how to be and 'the words to say it' in the difficult times.

More information and how to apply:

www.traumainformedschools.wales | wales@traumainformedschools.co.uk



Tystysgrif mewn Sgiliau Therapiwtig a Gofal sy'n Wybodus am Drawma ar gyfer Gofalwyr Maeth

Dyddidau:

Diwrnod 1: 23 Hydref 2025

Diwrnod 2: 24 Hydref 2025

Diwrnod 3: 12 Rhagfyr 2025

Diwrnod 4: 8 Ionawr 2026

Diwrnod 5: 5 Chwefror 2026

Diwrnod 6: 20 Mawrth 2026

Amser: 9.30am - 2.30pm, Diwrnod 6: 9.30am - 3.30pm

Gwybodaeth am yr Hyfforddiant

Mae'r hyfforddiant hwn wedi'i gynllunio i gefnogi gofalwyr maeth gyda sgiliau rhianta therapiwtig effeithiol. Gyda chefnogaeth ymchwil arloesol ar niwrowyddoniaeth a seicoleg rhyngweithiadau rhiant-plentyn (dros 800 o astudiaethau ymchwil), ei nod yw gwella iechyd meddwl rhieni a phlant, trwy ddulliau creu perthynas sy'n lleihau straen a rhoi boddhad. Bydd yr aelodau yn dysgu sut i fynd i'r afael â diffyg ymddiriedaeth, ymddygiadau sy'n herio, ail-greu'r trawma gwreiddiol, ac ymyriadau sy'n gwella meddyliau cythryblus.

Ffioedd: £750 (dim TAW) i unigolion, £995 (dim TAW) i gyplau.

Sylwer: bydd cyplau yn rhoi cyflwyniad ar y cyd ar gyfer eu hasesiad ac yn derbyn ardystiad ar y cyd.

Mae manteision mynychu yn cynnwys:

- Deall sut mae trawma yn effeithio ar yr ymennydd sy'n datblygu gan arwain at ymddygiadau heriol.
- Dod yn arbenigwr yn y defnydd o PACE (chwarae, derbyn, chwilfrydedd ac empathi) ac ymyriadau perthnasol DDP eraill.
- Datblygu'r grefft o siarad am gyflwr meddwl, chwarae ymlyniad ac atgyweirio perthynol.
- Helpu plant i ddod o hyd i eiriau ar gyfer teimladau fel y gallant siarad am eu poen yn hytrach na'i 'ymddwyn'.
- Symud o ryngweithio sy'n achosi straen i ryngweithiadau sy'n lleihau straen gyda'ch plentyn.
- Gwybod sut i ymgysylltu'n effeithiol mewn sgysiau therapiwtig.
- Dysgu sut i sefydlu ffiniau mewn ffordd barchus heb gywilyddio.
- Cydnabod pan fyddwch wedi cael eich sbarduno a beth i'w wneud yn ei gylch.
- Dysgu sut i fod a'r 'geiriau i'w dweud' yn y cyfnodau anodd.

I gael mwy o wybodaeth a gwneud cais:

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