

# Senior Leads Training *Trauma and Mental Health-Informed Schools and Communities*

**2 Day Training online via ZOOM 23rd & 24th November 2026 (9am - 3pm)**



This course is designed to support Senior Leads to implement trauma-informed and mentally-healthy practices into their schools and organisations. TISUK recognises the importance of the commitment and determination of Senior Leads to fully embed any approach or cultural change. The course will ensure that Senior Leads have the knowledge, skills and understanding to optimise the well-being of both adults and pupils in their school and drive this crucial cultural change.

Delegates will gain a wealth of effective, time and money-saving ways of working with a child's challenging behaviour and the mental health issues that block learning.

This course provides a comprehensive overview of the 11-day course Diploma in Trauma and Mental Health Informed Schools and Communities (Practitioner Status) enabling Senior Leads to fully support the TMHi practitioners they send on the Diploma course, many of whom could then become the school's Mental Health Lead.

The course aims to positively impact on pupils, staff and the whole school community, moving towards developing a mentally-healthy culture for all. The highly innovative relational, regulatory and reflective skills are backed by over 1000 evidence-based studies in neuroscience and psychology. Each course is informed by the work of senior **psychologists and educators**.

## The content of this training includes:

- Learn what trauma- and mental health-informed schools do, and how they can save time and money, improve behaviour and learning, lower exclusions, and reduce staff absence.
- Learn a wealth of interventions to support staff, ensuring they feel valued and nurtured, thereby supporting positive mental health and improving staff retention.
- Learn practical ways of supporting children and teenagers whose learning is interrupted by trauma or mental health problems, and whose troubled behaviour may have become a barrier to learning for others.
- Learn key conversational skills to support children and teenagers with specific mental health issues.
- Take away a wealth of ways of enabling children and teenagers to make the shift from expressing painful life experiences through challenging behaviour, to thinking about their trauma in conversation with trusted adults.
- Gain a deeper understanding of the models which underpin the Trauma-Informed Schools UK approach, in order to embed key principles and skill sets within your setting.
- Develop an understanding of the science of safety, social engagement, and creating a psychologically safe environment to promote learning.
- Learn how to support yourself, improve your own wellbeing, and become an effective stress regulator for others.
- Understand a child's ACE scores (Adverse Childhood Experiences), their significance, and ways to address unmet relational needs.

This course is officially CPD accredited by the CPD Standards Office, with 12 hours of CPD awarded upon completion.

For more information email:  
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# Hyfforddiant Arweinwyr Uwch Ysgolion a Chymunedau sy'n Ystyriol o Drawma ac Iechyd Meddwl

Hyfforddiant 2 Ddiwrnod ar-lein drwy ZOOM 23 a 24 Tachwedd 2026 (9yb – 3yp)



Mae'r cwrs hwn wedi'i gynllunio i gefnogi Arweinwyr Uwch i weithredu arferion sy'n ystyriol o drawma ac yn hyrwyddo iechyd meddwl cadarnhaol yn eu hysgolion a'u sefydliadau. Mae TISUK yn cydnabod pwysigrwydd ymrwymiad a phenderfyniad Arweinwyr Uwch i ymgorffori'n llawn unrhyw ddull neu newid diwylliannol. Bydd y cwrs yn sicrhau bod Arweinwyr Uwch yn meddu ar y wybodaeth, y sgiliau a'r ddealltwriaeth angenrheidiol i wneud y gorau o lesiant oedolion a disgyblion yn eu hysgolion ac i yrru'r newid diwylliannol hanfodol hwn.

Bydd y cyfranogwyr yn ennill cyfoeth o ddulliau effeithiol, sy'n arbed amser ac arian, ar gyfer gweithio gyda ymddygiad heriol plentyn a'r problemau iechyd meddwl sy'n rhwystro dysgu.

Mae'r cwrs hwn yn darparu trosolwg cynhwysfawr o'r Diploma 11 diwrnod mewn Ysgolion a Chymunedau sy'n Ystyriol o Drawma ac Iechyd Meddwl (Statws Ymarferdd). Bydd hyn yn galluogi Arweinwyr Uwch i gefnogi'n llawn yr ymarferwyr TMHi y maent yn eu hanfon ar y cwrs Diploma, gyda llawer ohonynt yn gallu dod yn Arweinydd Iechyd Meddwl yr ysgol yn y pen draw.

Nod y cwrs yw cael effaith gadarnhaol ar ddisgyblion, staff a chymuned gyfan yr ysgol, gan symud tuag at ddatblygu diwylliant sy'n cefnogi iechyd meddwl i bawb. Mae'r sgiliau perthynol, rheoleiddiol ac adfyfyrion arloesol iawn hyn wedi'u cefnogi gan dros 1,000 o astudiaethau seiliedig ar dystiolaeth mewn niwrowyddoniaeth a seicoleg. Mae pob cwrs wedi'i lywio gan waith uwch seicolegwyr ac addysgwyr.

Mae cynnwys yr hyfforddiant hwn yn cynnwys:

- Dysgu beth mae ysgolion sy'n ystyriol o drawma ac iechyd meddwl yn ei wneud, a sut y gallant arbed amser ac arian, gwella ymddygiad a dysgu, lleihau gwaharddiadau a chwtogi ar absenoldeb staff.
- Dysgu ystod eang o ymriadau i gefnogi staff er mwyn sicrhau eu bod yn teimlo'n cael eu gwerthfawrogi a'u meithrin, gan gefnogi iechyd meddwl cadarnhaol a gwella cadw staff.
- Dysgu ffyrdd ymarferol o gefnogi plant a phobl ifanc y mae eu dysgu wedi'i amharu gan drawma neu problemau iechyd meddwl, ac y gall eu hymddygiad heriol fod wedi dod yn rhwystr i'w dysgu eu hunain ac i ddysgu eraill.
- Dysgu sgiliau sgwrsio allweddol i gefnogi plant a phobl ifanc sydd â materion iechyd meddwl penodol.
- Cymryd gyda chi gyfoeth o ffyrdd o alluogi plant a phobl ifanc i symud o fynegi eu profiadau bywyd poenus drwy ymddygiad heriol, at allu meddwl a siarad am eu trawma mewn sgwrs gydag oedolion dibynadwy.
- Ennill dealltwriaeth ddyfnach o'r modelau sy'n sail i ddull Trauma-Informed Schools UK, er mwyn ymgorffori egwyddorion a setiau sgiliau allweddol o fewn eich lleoliad.
- Datblygu dealltwriaeth o wyddoniaeth diogelwch, ymgysylltu cymdeithasol a chreu amgylchedd seicolegol ddiogel i hyrwyddo dysgu.
- Dysgu sut i gefnogi eich hun, gwella eich llesiant eich hun, a dod yn rheoleiddiwr straen effeithiol i eraill.
- Deall sgoriau ACE (Profiadau Niweidiol yn ystod Plentyndod) plentyn, arwyddocâd y rhain, a ffyrdd o fynd i'r afael ag anghenion perthynol heb eu diwallu.

Mae'r cwrs hwn wedi'i achredu'n swyddogol fel CPD gan Swyddfa Safonau CPD, gyda 12 awr o CPD yn cael eu dyfarnu ar ôl ei gwblhau.

Am ragor o wybodaeth, e-bostiwch:  
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Gwefan:

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