

Whole Staff Training for Trauma and Mental Health Informed Schools & Organisations

3 Hour Online / 6 Hour In-person



This training is designed to support whole school/setting implementation of trauma informed and mentally healthy practices into schools and organisations. TISUK recognises the importance of the commitment and determination of the whole staff team to fully embed any approach or cultural change.

The session will ensure that staff have the knowledge, skills and understanding to optimise the well being of both adults and pupils in their school/setting and support this crucial cultural change. This training is supported by over 1000 evidence-based research studies, is designed to empower school staff to understand the needs of all children and teenagers, including those who have suffered a trauma or have a mental health issue. Delegates will also learn what happens in Trauma and Mental Health Informed schools/ settings in terms of key relational approaches and interventions to positively impact the whole school/setting culture. The full day option offers more opportunity to explore practical skills and experiential learning.

The content of this training includes:

- The neuroscience and psychology of child and adolescent mental health and mental ill-health: what all staff need to know
- Model One: ACE (Adverse Childhood Experience) study and Protective Factors in schools that change children's lives.
- Model Two: Professor Jaak Panksepp's model of mental health, mental ill-health and theory of change
- Model Three: PROTECT/RELATE/REGULATE/REFLECT and how this informs school policy, procedures and school culture and ethos
- The role of emotionally available adults in schools:
- Benefit to staff and students
- 'I wish my teacher knew' They want to tell us. Are we ready to hear?
- Key skills in responding to and understanding challenging and/or trauma triggered behaviour.

This course is officially CPD accredited by the CPD Standards Office, with 3 or 6 hours of CPD awarded upon completion.



For more information email:
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Hyfforddiant Staff Cyfan mewn Ysgolion sy'n Wybodus am Drawma ac Iechyd Meddwl

3 awr ar-lein / 6 awr yn-bersonol



Ar gyfartaledd mae plant yn aros am 10 mlynedd i gael help ar gyfer problem iechyd meddwl, (Adroddiad y Ganolfan Iechyd Meddwl; Missed Opportunities: Children and Young People's Mental Health 2016). Felly, ysgolion sy'n gorfod ymdopi â'r sefyllfa. Serch hyn, mae ymchwil yn dangos bod llawer o athrawon yn teimlo'n ofnus neu'n ddi-sgil mewn perthynas â gweithio â materion iechyd meddwl. Er enghraifft, mae 2 o bob 3 athro'n poeni os byddant yn siarad â phlant sy'n hunan niweidio y bydd yn gwneud pethau'n waeth (Talking Self Harm Report, 2015). Ymhellach, mae 50 y cant o athrawon yn dweud bod y swydd yn achosi straen sylweddol iddyn nhw (yn bennaf oherwydd problemau iechyd meddwl plant) ac mae llawer yn gadael y proffesiwn o ganlyniad.

Felly, mae'r hyfforddiant hwn, a gefnogir gan dros 1000 astudiaethau ymchwil sy'n seiliedig ar dystiolaeth, wedi'i gynllunio i rymuso staff ysgol i ddeall anghenion plant a phobl ifanc yn eu harddegau sydd wedi dioddef trawma neu sydd â phroblem iechyd meddwl. Bydd aelodau'r cwrs hefyd yn dysgu beth sy'n digwydd mewn ysgolion sy'n Wybodus am Drawma ac Iechyd Meddwl ran dulliau ac ymyriadau perthynol allweddol sy'n cael effaith gadarnhaol ar ddiwylliant yr ysgol gyfan. Mae'r opsiwn diwrnod llawn yn cynnig mwy o gyfle i archwilio sgiliau ymarferol a dysgu trwy brofiad.

Trosolwg o Gynnwys y Cwrs:

- Niwrowyddoniaeth a seicoleg iechyd meddwl ac afiechyd meddwl plant a'r glasoed: yr hyn mae angen i bob athro ei wybod.
- Model Un: Astudiaeth PNP (Profiadau Niweidiol yn ystod Plentynod) (ACEs) a Ffactorau Amddiffynnol mewn ysgolion sy'n newid bywydau plant.
- Model Dau: Model yr Athro Jaak Panksepp's o iechyd meddwl, afiechyd meddwl a theori newid.
- Model Tri: DIOGELU/CYD-DDEALL/RHEOLEIDDIO/MYFYRIO
- Rôl oedolion sydd ar gael yn emosiynol mewn ysgolion
- Budd i staff a myfyrwyr
- 'Hoffwn i fy athro wybod' Maen nhw eisiau dweud wrthym. Ydyn ni'n barod i glywed?
- Sgiliau allweddol wrth ymateb i a deall ymddygiad heriol a/neu drawma.

Mae'r cwrs hwn wedi'i achredu'n swyddogol gan DPP gan y Swyddfa Safonau DPP, gyda 3 neu 6 awr o DPP yn cael eu dyfarnu ar ôl cwblhau.



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