

What is this training about?

Children and teenagers who have experienced high levels of stress, loss or trauma early in life are extremely vulnerable to becoming overwhelmed by their thoughts, emotions and body sensations, especially when they are faced with new challenges and transitions.

Children who learnt early on in life that the world can be a frightening place are likely to fall back to their old 'coping strategies', which might lead to all sorts of challenging behaviours and needs. For parents and carers, this can be incredibly tough, and it can leave us feeling unsure about how best to support our dysregulated and distressed child. It can also leave us as parents/carers feeling overwhelmed with our own emotions, making family life all the more challenging and exhausting for everyone.

The seminar has been jointly created by a Clinical Psychologist and an Adoptive Parent. We have brought theory and practice together to create a hands on, practical seminar. The seminar will cover:

- How to understand the challenging behaviours and needs that you see, drawing on up to date neuroscience
- Hands-on strategies and top tips for how to calm or lower the arousal level of your distressed child
- Practical ideas about how to support them across the first term of school as they return following lockdown
- The importance of noticing your own resilience and resources and practical ideas about how to remain regulated yourself
- Access to further resources and sources of information

What's included:

- 4-hour seminar delivered by Dr Shoshanah Lyons, Clinical Psychologist
- Exclusive multi-media resource pack
- Share freely with your extended family for further support

How is the training presented?

We bring together an inspiring and innovative combination of theory, stunning original art-work, lived experience examples and practical demonstrations.

[Watch a brief sample here to see how we present different aspects of learning in our training](#)

For further information about the training please visit the [Beacon House website](#).

How to access the training?

[Click here](#) to fill in an online form and the course details and links will be emailed to you.

If you have any questions about the training please email Kerry Scripps:

dspl3manager@sele.herts.sch.uk

