

TISUK & HeadStart Kernow

3 Hour Whole staff training in Trauma and Mental Health-Informed Schools and Communities - via Zoom

Open to all staff, fully funded by HeadStart Kernow

Part 1 An introduction to TISUK

Part 2 PACE and Relational Skills Training For Schools and Organisations



Part 1

- The neuroscience and psychology of child and adolescent mental health and mental ill-health: what every teacher needs 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
- 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.

Part 2

This three hour session builds on the previous learning of the initial TISUK whole school training. Staff will gain a deeper insight into key skills and practical strategies in order to develop positive relationships with children and young people.

- The neuroscience and psychology of child and adolescent mental health and mental ill-health: what every teacher needs to know

Part 2 continued....

- Recap of the underpinning models of TISUK, including ACE's, Panksepp's model of mental health and PROTECT, RELATE, REGULATE, REFLECT
- Key skills in responding to and understanding challenging and/or trauma triggered behaviour.
- Key relational skills in practice
- Practical application on Dan Hughes' relational model - PACE
- Developing self awareness for staff - Looking at hooks and triggers and understanding the impact on our interactions
- Ways of being in relationship with others to support emotional health and wellbeing

Part 1

3.30-6.30pm

September 22nd

Part 2

3.30-6.30pm

October 14th

November 3rd

November 18th

December 7th

Book Now!

www.headstartkernow.org.uk/book-training