

Virtual School Training Programme 2023/2024 - Descriptors

Please note, where the audience is 'all', it is suitable for colleagues supporting children in any Key Stage.

Where a Key Stage is specified, the training would be most suitable for colleagues supporting children and young people in that Key Stage.

An Introduction to Executive Function skills – a brain-based approach: Part 1

Audience: **All**

Duration: **1hr30**

Delivery: **Online**

Delivered by our Educational Psychologist colleagues, this webinar will introduce you to the psychological theories and neuroscience of executive functioning, providing you with the knowledge and skills to recognise and understand the impact of executive functioning on children and young people's learning and emotional regulation.

An Introduction to Executive Function skills – a brain-based approach: Part 2

Audience: **All**

Duration: **1hr30**

Delivery: **Online**

Please only book this course if you have completed part 1

This session builds on part 1 and considers strategies and resources that help to support young people who struggle with executive functioning.

An Introduction to Motivational Interviewing

Audience: **KS2,3,4,5**

Duration: **1hr30**

Delivery: **Online**

Motivational Interviewing is described as a “collaborative conversational style for strengthening a person’s own motivation and commitment to change”. Delivered by our Educational Psychologist colleagues, this session will provide you with an overview of motivational interviewing theory and introduce relevant techniques to empower adults to have motivational conversations with young people to support them to explore and resolve barriers to change. This approach is most suited to secondary and college aged pupils, however, can be extended down to many Junior age pupils.

Applied Trauma Responsive Classroom (ATRC): increasing feelings of safety and security at a whole class level

Audience: **All**

Duration: **1hr**

Delivery: **Online**

Delivered by our Educational Psychologist colleagues, this is an interactive workshop, in which you will be introduced to the Applied Trauma Responsive Classroom (ATRC) framework and observation schedule. ATRC adopts an environmental approach to supporting the needs of children who have experienced developmental trauma, with emphasis placed on the need to increase feelings of safety and security at a whole class level through application of a trauma sensitive classroom approach. This workshop assumes prior knowledge of attachment and developmental trauma; therefore, participants will need to have attended the whole day ‘Understanding and Supporting Attachment Needs’ and/or the online webinar, ‘Understanding the Impact of Trauma’.

Developing Empathy Skills

Audience: **All**

Duration: **1hr**

Delivery: **Online**

Delivered by our Educational Psychologist colleagues, this webinar explains why behaving empathically can be a challenge for some children who have encountered a multitude of adverse childhood experiences. We will also consider teaching practices that may accidentally reduce opportunities to feel empathy, before exploring alternative approaches that can develop young people's ability to empathise with others.

EYFS Bitesize Training

Audience: **EYFS (age 2 - end of YrR)**

Duration: **1hr**

Delivery: **Online**

Delivered by our Early Years Colleagues in the Virtual School Team, these bitesize sessions are for Early Years colleagues in settings and schools. These workshops address a variety of topics that are specific to Early Years. Each session will be delivered through a trauma-informed lens and will discuss therapeutic strategies and interventions to support children in the early years. You are welcome to book on to one or all these bitesize training sessions.

"Ahh there's a bear!" - In this session, we will consider the impact of early trauma, Dr Bruce Perry's 5 states, and Toxic Shame and its impact.

"The same but different" - In this session, we will consider changes, quality transitions and the importance of a secure base.

"You've got a friend in me" - In this session, we will consider the impact of relationship disruption, the attuned adult and PACE.

"999 – what's your emergency?" - In this session, we will consider how to support a dysregulated child, Dr Bruce Perry and Louise Bomber's 4 R's (Regulate, Relate, Reason, Repair), and the Window of Tolerance.

Lying or ‘Alternative Truths’? - A Trauma-Informed Perspective

Audience: **All**

Duration: **1hr**

Delivery: **Online**

A commonly reported behaviour among children who have experienced trauma is a tendency to say untruthful things or indeed engage in ‘fantastical lying’, as well as other behaviours that may be viewed as deceptive. Delivered by our Educational Psychologist colleagues, this webinar outlines the likely underlying needs and communicative functions behind lying behaviours in children and young people and suggests supportive ways in which we can respond.

PACE Workshop (Playfulness, Acceptance, Curiosity and Empathy)

Audience: **All**

Duration: **1hr**

Delivery: **Online**

Delivered by our Educational Psychologist colleagues, this workshop will introduce you to the principles of Dan Hughes’ PACE (Playfulness, Acceptance, Curiosity & Empathy). This is a relational approach which helps to build trust and connection with children impacted by developmental trauma. There will be opportunities to think through and practise the PACE approach, with some case study examples.

Supporting Children to Understand their Brain and Survival Responses – interactive bring and share resource session

Audience: **All**

Duration: **1hr**

Delivery: **Online**

Delivered by our Educational Psychologist colleagues, this interactive workshop begins with an introduction to our brain and survival responses, utilising the model of the Five F's: Fight, Flight, Freeze, Fawn and Flop, followed by an opportunity to share and explore emotional literacy and regulation resources. As this is an interactive session, there is an expectation that school staff have in mind an emotional literacy resource that they would like to share with the group or signpost to. The aim of the session is for participants to feel inspired by each other's practice and to develop a shared list of resources to support children and young people.

Supporting Transitions for Children who have Experienced Adversity and Trauma

Audience: **All**

Duration: **1hr**

Delivery: **Online**

Delivered by our Educational Psychologist colleagues, this webinar outlines why children who have experienced trauma might struggle to manage transitions between all kinds of activities and settings, particularly the end of year transitions. Strategies to help children manage change through lowering anxiety and maintaining connection will be proposed. Discussion and sharing from participants around examples of good transition support for young people will be encouraged.

The Adolescent Brain: nurturing minds during turbulent times

Audience: **KS3,4,5**

Duration: **½ Day**

Delivery: **In Person**

Delivered by our Educational Psychologist colleagues, this training begins with an exploration of the rapidly growing neuroscience of adolescent brain development, to help school staff to better understand patterns in teenage behaviour and how their developing brain impacts their thinking, learning and emotions. This interactive training session will discuss some of the challenges that our young people currently face, particularly in relation to social vulnerability in children who have experienced trauma, and consider how we can nourish our teenagers' brains during this time of great change. The training will also consider the implications of the neuroscience for teaching and learning and how we can maximise this second window of opportunity in adolescent brain development.

The Impact of Trauma -online Virtual Reality demonstration session

Audience: **All**

Duration: **1hr**

Delivery: **Online**

This online demonstration will enable senior leaders to view films used during the full day training and understand the potential impact of the content on attendees. We will explain the main theories and concepts covered and the structure of the session.

Attendance at this session will enable you to make an informed decision about the suitability of the full day training before agreeing to the attendance of individual staff members in your setting.

In order to safeguard the health and wellbeing of individual staff, they will not be able to attend the full day training without the consent of the nominated person who has attended this demonstration.

The Impact of Trauma – Through the eyes of a child

Audience: **All**

Duration: **Whole Day**

Delivery: **In Person**

Using immersive **Virtual Reality** technology, this full day session will enable attendees to explore and understand the impact of adversity and trauma on a young person's development, their presentation and ability to engage in learning. Using a combination of neuroscience and VR footage, this revised training provides a powerful insight into the lived experiences of children and young people, and practical advice and strategies to support attendees in meeting their needs in school.

Where possible we suggest that delegates attend with a colleague from their school/setting.

Before booking a place, please ensure that a manager or senior leader from your setting has attended an online demonstration and agrees to your attendance.

Due to the nature and content of the training, and in order to safeguard your own health and wellbeing, you will not be able to attend without the consent and support of the nominated person who has attended a demonstration.

The Role of the Designated Teacher

Audience: **All**

Duration: **1hr**

Delivery: **Online**

Delivered by the Virtual School Team, this interactive session is for new and existing Designated Teachers. Attendees will understand the role of the Virtual School, the statutory duties of a Designated Teacher, your role and responsibilities, and how the Virtual School will support you.

Theraplay-Informed Workshops

Audience: **All***

Duration: **2hrs**

Delivery: **In Person**

Delivered by the Virtual School team, these hands-on workshops will introduce you to Theraplay principles and activities.

The goal of Theraplay is to enhance attachment, self-esteem, and trust in others through joyful engagement.

The aim of this workshop is to give you the confidence to use Theraplay informed activities with children and young people in your setting. These activities will help children develop relationships with trusted key adults, build self-worth and develop skills to be able to interact with peers. Please be prepared to join in and play!

** Please book the session relevant to the education phase of the children/young people you are supporting*

Trauma-Informed Relational Practice: PACE, Tree of Life, Therapeutic Stories and Theraplay

Audience: **All**

Duration: **Whole Day**

Delivery: **In Person**

Delivered by our Educational Psychologist colleagues and the Virtual School team, this training begins with an overview of trauma informed relational practice, in which emphasis is placed on the vital and invaluable role of school staff as the secondary attachment network that enables children to re-build their relational blueprints and flourish. Through interactive workshops school staff will be introduced to key relational approaches, such as Dan Hughes' PACE (Playfulness, Acceptance, Curiosity and Empathy) and intervention techniques, such as Tree of Life, Therapeutic Stories, and Theraplay, to help school staff to build connections with children and to move forward with greater relational attunement and hope for the future.

Understanding and Supporting Attachment Needs

Audience: **All**

Duration: **Whole Day**

Delivery: **In Person**

Delivered by our Educational Psychologist colleagues, in this full day training we will explore the meaning of attachment and the importance of significant relationships throughout the child's life and educational journey. This training provides education colleagues with an in-depth overview of attachment theory and opportunities to consider more deeply the needs of children who have experienced adversity and trauma. Through a developmental trauma lens, attendees are supported to reframe distressed, disruptive, and challenging behaviours and understand these behaviours in the context of self-protective attachment strategies that have developed as a consequence of experiences of adversity, neglect and abuse. Attendees are encouraged to 'hold a child in mind' whilst they progress through the training, with plentiful opportunity for case discussions and time think about relational practice and attachment aware strategies to support the children and young people in school.

Understanding the Impact that Trauma has on Young People: Part 1

Audience: **All**

Duration: **1hr15**

Delivery: **Online**

Delivered by our Educational Psychologist colleagues, this webinar will introduce you to Bessel Van der Kolk's seven areas of developmental trauma: (1) Sensory Development, (2) Dissociation, (3) Attachment, (4) Emotional Regulation, (5) Behavioural Regulation, (6) Cognition, (7) Self-Concept and Identity Development and how these areas can be mapped onto the order in which the brain also develops. We will consider the latest neuroscience and how the child's brain development can be impacted and shaped by early adversity and traumatic events. A case study will be used throughout to consider the needs of children impacted by developmental trauma across the seven areas.

Understanding the Impact that Trauma has on Young People: Part 2

Audience: **All**

Duration: **1hr15**

Delivery: **Online**

Please only book this course if you have completed part 1

Following on from part 1, we will re-visit the case study and consider strategies that can be used to support young people utilising a trauma informed and brain-based approach (i.e., supporting recovery through sensitive attunement to brain development and utilising a bottom-up approach)

Understanding the Impact of Caring

Audience: **All***

Duration: **1hr**

Delivery: **Online**

Delivered by our Educational Psychologist colleagues, this webinar considers the impact that working with children who have experienced trauma has on those who care for them, and how to recognise the signs of burnout or vicarious trauma within yourself and/or your wider staff team. This is a self-reflective session, in which participants will be invited to spend time privately reflect on their own wellbeing as we progress through the activities, including completing a self-care assessment and encouragement to develop a wellbeing toolkit.

**This training is appropriate for those currently working with children who have experienced developmental trauma, such as those in a 1:1 or key adult roles, as well as members of senior leadership who are supporting school staff within these roles.*

What Makes a Good PEP

Audience: **All***

Duration: **1hr15**

Delivery: **Online**

Delivered by our Virtual School Team, this session will give Designated Teachers and Social Workers the knowledge and information needed to create a high-quality PEP. Led by the Advisory Teacher and PEP champion for each phase, we will look at the different elements needed to complete a PEP, how best to prepare and plan for the meeting and your role in the process.

This session will be recorded for you to refer to later, it can be viewed on the Virtual School website.

** Please book the session relevant to the education phase of the child/young person you are completing a PEP for*

To view dates available, and to book, please see the calendar on our website or via the button below:

www.westsussex.gov.uk/virtualschool

Search training and events

Please note, the above link may open on 'August', so please use the arrows in the top-left corner to change the month.