

Understand Attachment & The Impact of Developmental Trauma, Toxic Stress & Shame

Two Clinical Psychologists from Nurture-Psychology Service deliver training to help others develop an understanding about the importance of early relationships and trauma on the way children and young people develop & subsequently learn & relate to others. The training builds knowledge about the impact of trauma & disruptions in these early relationships. We explore how to help these young people develop emotional regulation, resilience and recover.

Level One – Introduction to Attachment & Neuroscience. We develop participant's knowledge about the neuroscientific structure of the brain, including influence of toxic stress and how this impacts on emotional regulation. We also explore Attachment Theory and look at how disruptions in attachment patterns can help us understand behaviour.

Level Two – The role of shame & related practical strategies. We build on the understanding from level one & consider the crucial role of shame and repair. We consider discuss using an attitude of PACE, and practice Theraplay to help you to develop practical skills to use to promote optimal brain development, resilience & recovery in young people.

Venue: Ziferblat, 23 Edge Street, Manchester M4 1HW

Buffet lunch included! As well as unlimited tea, coffee, snacks & other refreshments provided throughout the day.

Date: 27th February 2019 **Time:** 10:00am – 4:00pm

Cost: £120 per person

To book: Visit www.eventbrite.co.uk – search for 'Nurture Psychology Service' and purchase your ticket to book onto this event.