

# Whole staff training in Trauma and Mental Health-Informed Schools and Communities

## Part 2 (3 hour training)



### PACE and Relational Skills Training For Schools and Organisations

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 content of this training includes:

- The neuroscience and psychology of child and adolescent mental health and mental ill-health: what every teacher needs to know
- Recap of the underpinning models of TISUK, including ACE's, Panksepps 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

Contact [info@traumainformedschools.co.uk](mailto:info@traumainformedschools.co.uk) for availability