

What the Training Covers

Module 1 – Understanding Trauma

This module provides the foundations for understanding why young people behave the way they do.

Topics include:

- What trauma is
- Generational trauma
- Attachment styles and how they influence behaviour

By the end of this module, delegates will have a deeper understanding of the experiences that shape behaviour and why connection is essential.

Module 2 – The Stress Response Cycle

Understanding behaviour starts with understanding the brain.

This module explores:

- Triggers
- The role of the amygdala and prefrontal cortex
- Fight, Flight, Freeze, Fawn, Flop and Flood responses
- Recognising stress response behaviours in children and young people
- Why dysregulated young people cannot access learning effectively

Delegates leave with a clearer understanding of what happens during moments of distress and how to respond more effectively.

Module 3 – Communication That Undermines Connection

Often, well-intentioned language can unintentionally increase defensiveness, shame or escalation.

This module explores:

- Common phrases that damage connection
- Why certain words trigger defensive responses
- The impact of banter, assumptions and judgement
- Recognising communication habits that increase conflict
- How language influences emotional regulation

Delegates begin to recognise small communication changes that can have a significant impact.

Module 4 – Building Connection Through Communication

The final module focuses on practical strategies that can be implemented immediately.

Topics include:

- Trauma-informed language
- Connection-building communication techniques
- Practical phrases that reduce escalation
- Creating psychological safety
- Supporting regulation through everyday interactions
- Building trust through consistent communication

Staff leave with practical tools they can confidently use from their very next interaction.

Cost:

£360 flat rate for up to 12 delegates (minimum of 6). Additional delegates are charged at £60 per person

Delivery: To suit your setting

Four 45 minute sessions * Two 90 minute sessions * One whole morning



