



Hope Attachment

Training & Therapeutic Services

Welcome to Hope Attachment's Training Newsletter!!

Hope Attachment have been working with schools nationally for the last 5 years providing training and consultation to help support children and young people who are struggling in the classroom due to the effects of adverse childhood experiences eg trauma, abuse, domestic violence etc.

Hope Attachment was started by Fiona Sheikh after her experience as a foster carer for the local authority for 5 years and also working with the TaMHS project for 5 years and seeing the needs of these children and the need for support and training for school staff to support them.

Hope Attachment have been commissioned by the Virtual School for the last 5 years in Sheffield to work with schools supporting looked after children and were the chosen training provider for the NHS Future In Mind Initiative in Sheffield for attachment training.

We can offer a number of different training/support packages to school. Please see below for details and email training@hopeattach.co.uk for booking forms, to book training in or for more information. **Training can be provided anywhere in the UK.**

Bespoke Training

Beyond Attachment Theory: Understanding the Whole Child. An Introduction to the Effects of Adverse Childhood Experiences on Children and Young People's Mental Health. Bespoke packages for whole school, small group training or an in-depth training package, which is interactive, with relevant theory explained using real life case studies, group discussions, videos, assessment tools and strategies for the classroom.

Costs start from £250 for a 2 hour training for up to 25 staff.

Group Theraplay Training

Group Theraplay is a fun and engaging experiential way for children with social and emotional difficulties to learn skills to help them with emotional regulation, social interactions and friendship issues. It can be run as a whole class programme or small group intervention for particular target children.

Our next two day training is 10-11th March 2020, Sheffield. Cost is £275pp.

Consultation

Sometimes schools feel “stuck” in helping a child or young person struggling emotionally in the classroom. We can work with key staff around the young person to pick apart their day and where they are struggling, shed light onto why they may be behaving in a certain way, and problem solve and provide input on attachment based strategies to implement to help the young person become successful in the classroom.

Costs for a two hour consultation is £200.

Other Training (all in Sheffield)

- **An Introduction For Schools Working with Children Facing Bereavement.**— this training will give attendees understanding of how children understand and deal with grief and practical strategies to work with children in schools. Monday 27th April 2020, 10am-3pm. Cost £150 school staff £175 charities £200 other professionals
- **Sensory Integration and the Impact on Learning in the Classroom**—an experiential training, giving participants hands on activities to help children understand their sensory needs and to have strategies to counterbalance them, as well as a sensory programme that can be used in the classroom, in small groups or instead of PE to help children regulate their sensory needs. Wednesday 26th February 2020, 10am-3pm Cost £150 school staff, £175 charities, £200 other professionals
- **An Introduction to Pathological Demand Avoidance in the Classroom**—This training will give attendees knowledge on the manifestation of PDA in the classroom and key strategies to help them become successful in the classroom. Tuesday 4th February 2020, 10am-1pm - Cost £75 school staff, £90 charities, £100 other professionals

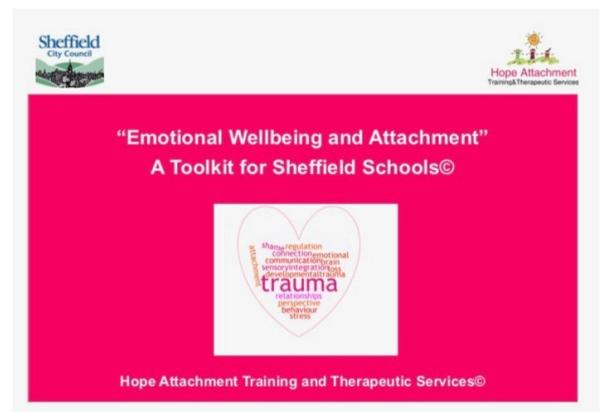
Video Testimonial from Nook Lane Primary, Sheffield on the bespoke support package Hope Attachment provided for them:

<https://www.youtube.com/watch?v=KWUpsBxsu7o&feature=youtu.be>

Some Feedback from previous attendees:

- *A brilliant course that all staff should have the training on.*
- *Applies to such a wide range of students and it can be utilised across a diverse number of students across environments.*
- *Understanding the reasons behind students behaviour and what I can do.*
- *Has given me much more to think about when it comes to supporting challenging behaviour in the class.*
- *Very good delivery - thought provoking.*
- *Wide range of areas covered that impact on a huge number of children in school - very useful for planning, teaching and managing students.*

For all training booked, an offer of 25% discount on our Emotional Wellbeing and Attachment Toolkit is available. This is a comprehensive guide for schools with short easy chapters, assessment tools, planning pathways and goal setting as well as lots of strategies to use.



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