



## Hope Attachment

Training & Therapeutic Services

### Who Are We:

Hope Attachment Training and Therapeutic Services Ltd has been supporting families in Sheffield for five years. We are a holistic service, so as part of our support to families, we also offer consultation and training to schools and other professionals around the family. We are commissioned by Adoption Support (through the Adoption Support Fund) for therapeutic work with families and commissioned by schools for consultation and training to support staff.

### Meet the Trainer:

Fiona Sheikh, Founder and Director of Hope Attachment was first introduced to children in the case system when she was a teenager and her parents fostered teens.

This knowledge was deepened during the 5 years she and her husband were foster carers for Sheffield City Council.

She also has 10 years' experience of supporting schools and families affected by risks to their emotional wellbeing. This has been both as Therapeutic Attachment Specialist providing attachment based therapeutic support to children and their families and in her role as trainer/consultant in her support to schools nationally, as well as speaking at conferences across the UK.

Fiona has undertaken training in Theraplay Level 1 and 2, Dyadic Developmental Psychotherapy (DDP) Level 1 and 2, Family Futures Neurophysiological Psychotherapy (NPP) Level 1 and 2 as well as a BSc (Honours) in Psychology and is partly completed her Masters in Attachment Studies at Roehampton University. She has also undertaken Éadaoin Bhreathnach's Just Right State Children's Programme and Parents Programme.

The trainings will draw on her experience and relate theory to real life behaviours, seen at home and in school, and share tools and strategies and understanding in an empathetic and interesting way.

### FEEDBACK FROM PAST ATTENDEES

*"The three baskets exercise has taken so much stress away..... it's not in the small basket so I am not going to worry about it" Adoptive Parent*

*"It was useful to meet others. Fiona's relaxed style encourages you to speak up and share". Adoptive Parent*

*"Just a quick email to say thank you for the Attachment, Trauma and Loss training... The way it was delivered was fantastic, very easy to understand and take in. I came to the training knowing nothing; I came away with much more knowledge and understanding alongside some useful tips/strategies. I would like to thank you again and finish off with saying it was one of the best led courses I have attended." School Staff Member*

*"The examples, research/factual background, video clips and real-life references were useful."*



## **Hope Attachment**

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### **Hope Attachment Training and Therapeutic Services Online Training Overview June 2020**

**Special Offer: Parent/Carers' 5 Course Training Package, School Staff 4 Course Training Package and Professionals 5 Course Training Package Available for a 10% Discount – see last page for details (PLEASE DO NOT BOOK VIA EVENTBRITE IF YOU WISH TO MAKE USE OF THE DISCOUNT)**

#### **Training One:**

**Risks to Emotional Wellbeing in Children and Young People and the Effect on Children's Attachment Strategies and Brain Development**

**When:**

01/06/2020 2020 10:00-12:00 GMT

**Cost:**

£32.54 for parent/carers. £51.71 for school staff and £77.27 for other professionals (charges include booking fee and VAT).

**Who should attend:**

Parents, carers, school staff and other professionals

#### **Training Two:**

**An Introduction to Emotional Regulation Difficulties in Children and Young People**

**When:**

11/06/2020 2020 13:00-14:30 GMT

**Cost:**

£19.76 for parent/carers. £38.93 for school staff and £51.71 for other professionals (charges include booking fee and VAT).

**Who should attend:**

Parents, carers, school staff and other professionals

#### **Training Three:**

**An Introduction to Executive Functioning and Sensory Integration Difficulties in Children and Young People at Home**

**When:**

17/06/2020 10:00-11:30 GMT

**Cost:**

£19.76 for parent/carers. £38.93 for school staff and £51.71 for other professionals (charges include booking fee and VAT).

**Who should attend:**

Parents, carers, and other professionals supporting parents/carers

**Training Four:****An Introduction to Executive Functioning and Sensory Integration Difficulties in Children and Young People in the Classroom****When:**

19/06/2020 13:00-14:30 GMT

**Cost:**

£19.76 for parent/carers. £38.93 for school staff and £51.71 for other professionals (charges include booking fee and VAT).

**Who should attend:**

Parents/Carers, School staff and other interested professionals

**Training Five:****Top Tips for Therapeutic Parenting****When:**

25/06/2020 10:30-12:30 GMT

**Cost:**

£26.15 for parent/carers. £38.93 for school staff and £128.39 for other professionals (charges include booking fee and VAT).

**Who should attend:**

Parents, carers, interested school staff and other professionals supporting parents/carers

**Training Six:****The Impact of Brain Development on Teenage Behaviour****When:**

29/06/2020 10:30-11:30 GMT

**Cost:**

£13.37 for parent/carers £19.76 for school staff and £26.15 for other professionals (charges include booking fee and VAT).

**Who should attend:**

Parents, carers, school staff and other professionals



## Hope Attachment

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### Hope Attachment Training and Therapeutic Services Online Training Programme June 2020

#### **TRAINING ONE:**

#### **Exploring the Risks to Emotional Wellbeing in Children and Young People and the effect on Children's Attachment Strategies and Brain Development**

**Part One** of this training will open attendees' minds to the different experiences that impact on children and young people emotional well-being. It will explore latest research on Adverse Childhood Experiences (ACEs) as well as other risks eg parents who are too protective or too interested in their own agendas.

**Part Two** of this training will help attendees gain knowledge on Bowlby and Ainsworth's attachment theory but will also take attendees into a deeper understanding of symptoms of attachment strategies being displayed in children's behaviour through exploration of the Dynamic Maturational Model of Attachment suggested by Crittenden.

**Part Three** of this training will help us understand how early life relationships shape our brain and our understanding of relationships, ourselves, and the world.

The training will call on latest theory, real life examples and case studies from Fiona's experiences and give tools through checklists to help attendees understand the children in their care and key strategies to help with difficulties being shown.

#### **Course Objectives:**

This in-depth training will increase your knowledge of:

- The impact of different risk factors to children's emotional wellbeing.
- Research around Adverse Childhood Experiences (ACEs).
- Up to date research and understanding of attachment theory.
- Up to date research on brain development and it's links to attachment
- Key strategies for working with children who have been or are at risk to their emotional wellbeing

## What Will You Take Away from This Training?

- Skills to be able to identify risks to the emotional wellbeing of children in your care or who you work with
- Attachment strategies of children in your care or who you work with
- How early life experiences will have impacted on the brain development of the children in your care or who you work with
- Key attachment-based strategies to help children in your care or who you work with

This is a 2-hour online training

## Who should attend this training:

Parents, carers, school staff and other professionals who care for or work with children who have faced or may face risks to their emotional wellbeing eg looked after or adopted children, children in domestic abuse situations, children living in less than ideal circumstances or children who have insensitive caregivers.

*This is two-hour online training. Depending on the number of attendees, this training may be run either as an interactive training or as a Webinar with opportunities to share experiences and ask questions via a Chat option.*

**Book Now:** <https://www.eventbrite.co.uk/e/101790078866>

## An Introduction to Emotional Regulation Difficulties in Children and Young People

**Overview:** Many children find emotional regulation difficult and either overreact and dysregulate with big emotions or shut down and freeze. This includes children impacted by ACEs/trauma, ADHD, Autism, or anxiety. This training will explore emotional regulation from a trauma perspective, where children have had insensitive caregivers in the early years and look at the impact on their emotional regulation development. Tried and tested methods to help children learn regulation skills, with the help of an external regulator ie key adult will be shared (which are also helpful for children with ADHD and Autism and anxiety too).

### Course Objectives:

This in-depth training will increase your knowledge of:

- The foundation of emotional regulation skills.
- Why children react the way they do when emotionally dysregulated.
- Different ways to help children become more emotionally regulated.

### What Will You Take Away from This Training?

- An understanding of emotional regulation difficulties to enable you to understand children you work or care for.
- Key strategies and activities to help children start to learn to be more emotionally regulated.

### Who should attend this training:

Parents, carers, school staff and other professionals who care for or work with children who have difficulty in being emotionally regulated.

*This is a one and half hour online training. Depending on the number of attendees, this training may be run either as an interactive training or as a Webinar with opportunities to share experiences and ask questions via a Chat option.*

**Book Now:** <https://www.eventbrite.co.uk/e/101872958762>

## **An Introduction to Executive Functioning and Sensory Integration Difficulties in Children and Young People at Home**

**Overview:** Often parents and carers struggle with children who are too loud, get easily distracted, don't understand how their behaviour affects other, find noises or smells upsetting. Sometimes parent and carers see behaviours they're not sure where they are coming from. The root of these could be underlying executive functioning and sensory integration difficulties which are neurological difficulties that can't be changed but we can help children and young people learn about their own needs and have strategies to help them to function more successfully day to day.

### **Course Objectives:**

This in-depth training will increase your knowledge of:

- What are executive functioning difficulties and how do they manifest at home.
- What are sensory integration difficulties and how do they manifest at home.
- Strategies to help you to support your child/ren to become successful at home.

### **What Will You Take Away from This Training?**

- The ability to understand which are of executive functioning or sensory integration difficulties your child/ren may be struggling with.
- Tools to help spot these difficulties.
- Key strategies to support your child/ren with these difficulties.

### **Who should attend this training:**

Parents and carers of professionals who support families.

*This is a one and half hour online training. Depending on the number of attendees, this training may be run either as an interactive training or as a Webinar with opportunities to share experiences and ask questions via a Chat option.*

**Book Now:** <https://www.eventbrite.co.uk/e/101878748078>

## **An Introduction to Executive Functioning and Sensory Integration Difficulties in Children and Young People in the Classroom**

**Overview:** Over the years of supporting schools with children who struggle in the classroom, we have identified many who have executive functioning and/or sensory integration difficulties. These difficulties often present as “behavioural difficulties” ie procrastinating over work, not getting along with peers, being too rough with others, not understanding cause and effect but in fact stem from executive functioning and sensory integration difficulties which are neurological difficulties that can’t be changed but we can help children and young people learn about their own needs and strategies to help them become more successful in the classroom.

### **Course Objectives:**

This in-depth training will increase your knowledge of:

- What are executive functioning difficulties and how do they manifest in the classroom.
- What are sensory integration difficulties and how do they manifest in the classroom.
- Strategies to help children and young people become successful in the classroom.

### **What Will You Take Away from This Training?**

- The ability to understand which children in the classroom may be struggling with executive functioning or sensory integration difficulties.
- Tools to help spot these difficulties.
- Key strategies to support students in school with these difficulties.

### **Who should attend this training:**

School staff and other professionals who support children in the classroom.

*This is a one and half hour online training. Depending on the number of attendees, this training may be run either as an interactive training or as a Webinar with opportunities to share experiences and ask questions via a Chat option.*

**Book Now:** <https://www.eventbrite.co.uk/e/101874192452>

## Top Tips for Therapeutic Parenting

**NOTE: Parent/Carers must have completed the Risks to Emotional Wellbeing in Children and Young People and the effect on Children's Attachment Strategies and Brain Development Training before doing this one, so that they have the foundations of why children behave they do, and will be able to make best use of the strategies shared here.**

### Overview:

Having been supporting families for 10 years and doing lots of training and research, I have amalgamated the top tips or evidence-based interventions to help you parent/care for a child who has a traumatic start to life.

We have been running in depth therapeutic training for the last 4 years, and this short course will call on the key thoughts, theories, and strategies to help you support your child/ren at home. The training calls on all the latest research from the likes of Dan Hughes, Dan Siegel, Brian Post, Theraplay and Non-Violence Resistance Programme. This training will give you clear strategies around behaviours you are seeing at home.

### Course Objectives:

This training will increase your knowledge of:

- Key behaviours seen at home and why? Eg lying, stealing, eating issues.
- How to take the stress out of parent/caregiving by identifying things that drive us mad!
- How to deescalate before a child reaches meltdown
- Understand ways to emotionally regulate your child when they are starting to have big emotions
- Understanding support networks, we could tap into
- Self-care
- The importance of reconciliation

### What Will You Take Away from This Training?

- Understanding of trigger areas for you and your child
- Understanding when and how to deescalate
- Evidence based approaches to help with key behaviours
- Ideas how to keep the attachment relationship in the midst of difficult behaviours
- A plan to support and look after you

### Who should attend this training:

Parents/carers or School staff and other professionals who support children and families at home.

*This is a two-hour online training. Depending on the number of attendees, this training may be run either as an interactive training or as a Webinar with opportunities to share experiences and ask questions via a Chat option.*

**Book Now:** <https://www.eventbrite.co.uk/e/101884304698>

## **The Impact of Brain Development on Teenage Behaviour**

Previous thinking is that teenagers' moody behaviours are down to hormones! Recent research has shown that rewiring of the brain has much more to do with brain development! This one-hour training will explore teenage behaviour and give an eye-opening viewpoint on why they do what they do due to their developing brains.

### **Course Objectives:**

This training will increase your knowledge of:

- Brain Development in teenagers
- Risks to teenagers' emotional wellbeing
- Understanding teens from a brain development view
- Key strategies for helping teens master their teenager years

### **What Will You Take Away from This Training?**

- Understanding of brain development in teen years
- What risks your teens/teens you work with face?
- Why teens behave the way they do
- How to help the teens at home/you work with become more emotionally resilient

### **Who should attend this training:**

Parents/carers or School staff and other professionals who support children and families at home.

*This is an one-hour online training. Depending on the number of attendees, this training may be run either as an interactive training or as a Webinar with opportunities to share experiences and ask questions via a Chat option.*

**Book Now:** <https://www.eventbrite.co.uk/e/102965384236>

## **MULTIPLE COURSE TRAINING PACKAGE INFO**

If you would like to book one of these, please email [training@hopeattach.co.uk](mailto:training@hopeattach.co.uk) for a booking form, please do not book via Eventbrite.

Packages are available for:

- Parent/Carers
- School Staff
- Professionals

Please see below for details.

## **PARENT/CARER DISCOUNTED TRAINING PACKAGE DETAILS:**

**This package includes the following online courses:**

- 1. Risks to Emotional Wellbeing in Children and Young People and the Effect on Children's Attachment Strategies and Brain Development**

**When:**

01/06/2020 10:00-12:00 GMT

- 2. An Introduction to Emotional Regulation Difficulties in Children and Young People**

**When:**

11/06/2020 13:00-14:30 GMT

- 3. An Introduction to Executive Functioning and Sensory Integration Difficulties in Children and Young People at Home**

**When:**

17/06/2020 10:00-11:30 GMT

- 4. Top Tips for Therapeutic Parenting**

**When:**

25/06/2020 10:00-12:00 GMT

- 5. The Impact of Brain Development on Teenage Behaviour**

**When:**

29/06/2020 10:30-12:30 GMT

**Discounted Cost for 5 courses for PARENT/CARERS is  
£76.50+£15.20 VAT = £91.80**

### **SCHOOL STAFF DISCOUNTED TRAINING PACKAGE DETAILS:**

**This package includes the following online courses:**

- 1. Risks to Emotional Wellbeing in Children and Young People and the Effect on Children's Attachment Strategies and Brain Development**

**When:**

01/06/2020 10:00-12:00 GMT

- 2. An Introduction to Emotional Regulation Difficulties in Children and Young People**

**When:**

11/06/2020 13:00-14:30 GMT

- 3. An Introduction to Executive Functioning and Sensory Integration Difficulties in Children and Young People in the Classroom**

**When:**

19/06/2020 13:00-14:30 GMT

- 4. The Impact of Brain Development on Teenage Behaviour**

**When:**

29/06/2020 10:30-12:30 GMT

**Discounted Cost for 5 courses for SCHOOL STAFF is:**

**£99.00+£19.80 VAT=£118.80**

### **PROFESSIONALS DISCOUNTED TRAINING PACKAGE DETAILS:**

**This package includes the following online courses:**

- 1. Risks to Emotional Wellbeing in Children and Young People and the Effect on Children's Attachment Strategies and Brain Development**

**When:**

01/06/2020 10:00-12:00 GMT

- 2. An Introduction to Emotional Regulation Difficulties in Children and Young People**

**When:**

11/06/2020 13:00-14:30 GMT

**3. An Introduction to Executive Functioning and Sensory Integration Difficulties in Children and Young People at Home**

**When:**

17/06/2020 10:00-11:30 GMT

**4. Top Tips for Therapeutic Parenting**

**When:**

25/06/2020 10:00-12:00 GMT

**5. The Impact of Brain Development on Teenage Behaviour**

**When:**

29/06/2020 10:30-12:30 GMT

**Discounted Cost for 5 courses for PROFESSIONALS is  
£234.00+£46.80 VAT=£280.80**