



BUILDING EMOTIONAL REGULATION SKILLS IN CHILDREN & YOUNG PEOPLE (6 HOURS)

AN ONLINE TOOLKIT FOR PROFESSIONALS | £125

Children and adolescents who survive multiple experiences of loss, trauma and attachment disruption very often face complex and profound difficulties, which can be understood as 'Developmental Trauma'. As professionals working to enable traumatised children and families to heal and repair, we can become paralysed and stuck alongside them because their mind and body aren't yet 'ready' to take in the therapeutic support and relationships we can offer them.

This online training course explores how professionals can overcome this barrier - by developing robust, creative and trauma-informed strategies which help to stabilize children and build their capacity to regulate their emotions. Informed by cutting edge neuroscience, interpersonal neurobiology and our wealth of clinical experience here at Beacon House, participants will be offered a practical, inspirational training enabling them to support children and teens to expand their window of tolerance, and be less triggered into hyper-arousal (fight, flight, freeze) and hypo-arousal (dissociation, collapse).

What's included

THREE PART
WORKSHOP DELIVERED
BY DR SHOSHANAH LYONS,
CLINICAL PSYCHOLOGIST
AND ROY FEARS,
DRAMATHERAPIST

EMOTIONAL
REGULATION
RESOURCE PACK

New and exclusive only to
the participants of
this workshop

EXPERIENTIAL
ACTIVITIES

Activities designed to
scaffold and enhance
your learning

Buy online at www.beaconhouse.org.uk/training

LEARNING AIMS

- To **identify and understand** how survival modes (fight/flight/freeze/collapse) help traumatised children and teens organise themselves around threat and danger
- To **develop practical skills** to help **build** emotional regulation and emotional stabilization in children and teens
- To **develop interventions** which support the parent/carer to better co-regulate their child
- **Receive** a resource package **exclusive to online learners**

WHO IS THIS TRAINING FOR?

This training is for any professional working with children and young people who have experienced trauma, loss and adversity. Colleagues in Mental Health, Social Care, Education and Youth Justice will find the training particularly relevant. Participants do not need to be qualified therapists to benefit from this training as emotional regulation is everyone's business!

TRAINING FEES

This training package is available for individual participants. A team licence is also available, please contact our Training Administrator, Rebecca Robertson, on training@beaconhouse.org.uk or 01444 413 939 for more details.

	SIZE OF TEAM	FEE
Single Participant	Not applicable	£125
Team License	Up to 6	£425 (£70.83 per person)
	Up to 12	£600 (£50 per person)
	Up to 18	£775 (£43.06 per person)
	Up to 24	£900 (£37.50 per person)
	Up to 30	£1125 (£37.50 per person)

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PAYMENT FOR THIS COURSE IS MADE UNDER THE FOLLOWING TERMS & CONDITIONS:

Due to our training package being available upon payment, online courses are non-refundable. Our online training must not be reproduced or shared with another party without prior permission from Beacon House Therapeutic Services & Trauma Team.

TESTIMONIALS

"It's not often that training makes you feel the learning, thank you."

"I feel completely energised and inspired to incorporate these activities into my work."

"The training has been pivotal and transformational. Not only for me as a professional, but for me personally too."

ABOUT THE TRAINERS

Dr Shoshanah Lyons is the clinical director and founder of Beacon House.



As a clinical psychologist she feels huge passion for understanding mental health and relationships through a developmental trauma lens. She is a promoter and advocate for trauma-informed health, education, social care and criminal justice.

Roy Fears is a Drama and Movement Therapist at Beacon House.



For 15 years in private and NHS settings he has developed his creative approach to work with clients across the life-span who have experienced trauma. He remains passionate regarding the understanding and repair of trauma in all its forms, while striving to evolve his practice in an ever-shifting social landscape where trauma is often overlooked, mistaken or misdiagnosed.

RECOMMENDED PRIOR LEARNING

This training follows on beautifully from our 12-hour online training on Developmental Trauma, which provides an excellent grounding in understanding the impact of early trauma on children and young people. You can find out more about this training on our website www.beaconhouse.org.uk/training. Please note, it is not a pre-requisite to have completed this training. We also recommend reading:

- Bessel Van der Kolk, The Body Keeps the Score
- Bruce Perry, The Boy who was Raised as Dog.

CERTIFICATES

Upon completion of our training feedback questionnaire, you will be provided with an individualised certificate.

HOW TO BOOK

For individual places, please visit our website on www.beaconhouse.org.uk/training where you can book your place online (invoices may be requested by contacting us on training@beaconhouse.org.uk). For team licences, please contact us on training@beaconhouse.org.uk. We will issue an invoice or take payment over the telephone, and upon receipt of payment your training package will be released.

COPYRIGHT

We work very hard to keep our training and resources free or as low cost as possible. We ask that for single participants, you respect this by keeping the training package for your sole use **only**. For team licences, the training it to be used by the paying team only and must not be sub-licensed or used outside of the team. Sharing the training package to those who have not purchased a place is **not permitted** under any circumstances.

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