



## ONLINE PARENT/CARER SEMINAR: HOW TO SUPPORT YOUR DYSREGULATED CHILD

**Children and teenagers who have experienced high levels of stress, loss or trauma early in life are extremely vulnerable to becoming overwhelmed by their thoughts, emotions and body sensations, especially when they are faced with new challenges and transitions.**

**Covid-19 has brought with it sudden, unexpected and unprecedented changes to all our lives, and we need to give special thought and attention to how we, as adults, support our children who are already prone to big stress reactions.**

Children who learnt early on in life that the world can be a frightening place are likely to fall back to their old 'coping strategies', which might lead to all sorts of challenging behaviours and needs. For parents and carers, this can be incredibly tough, and it can leave us feeling unsure about how best to support our dysregulated and distressed child. It can also leave us as parents/carers feeling overwhelmed with our own emotions, making family life all the more challenging and exhausting for everyone.

What's included

3-HOUR SEMINAR  
DELIVERED BY  
DR SHOSHANAH  
LYONS, CLINICAL  
PSYCHOLOGIST

EXCLUSIVE  
MULTI-MEDIA  
RESOURCE  
PACK

SHARE FREELY  
WITH YOUR  
EXTENDED FAMILY  
FOR FURTHER  
SUPPORT

WATCH  
ANYWHERE,  
ANYTIME

## WHAT IS THIS SEMINAR ABOUT?

The seminar has been jointly created by a Clinical Psychologist and an Adoptive Parent. We have brought theory and practice together to create a hands on, practical seminar. The seminar will cover:

- **How and why** Covid-19 might have **affected your child**
- How to **understand** the **challenging behaviours and needs** that you see, drawing on **up to date neuroscience**
- **Hands-on strategies** and **top tips** for how to **calm** or **lower the arousal level** of your distressed child
- **Practical ideas** about how to **support** them across the first term of school as they return following lockdown
- The importance of **noticing** your own **resilience and resources** and **practical ideas** about how to remain **regulated yourself**
- Access to **further resources** and sources of **information**

## HOW DOES IT WORK?

The seminar is online, and you will be provided with a link and a password. This means you can watch it anywhere and anytime, and you can also watch it as many times as you like across the next 12 months. You are welcome to share it with your extended family, as bringing them into the learning can be so helpful.

Helen Townsend, one of the creators, is an artist who is inspired by her own experience of being an adoptive parent. The seminar is therefore filled with beautiful art work, practical demonstrations and realistic ideas. We also raise the volume of the voices of children and adults with lived experience of trauma and loss.



## TRAINING FEES

For one parent/carer the cost is £30. Don't forget the seminar can be shared with your family too. We also invite Local Authorities or other professional teams working with families to purchase a group licence, which means you can distribute the seminar to multiple families you are supporting. Email [training@beaconhouse.org.uk](mailto:training@beaconhouse.org.uk) to book. Fees for group licences:

	GROUP SIZE	FEE	COST PER PERSON
<b>Single Participant</b>	Not applicable	£30	£30
<b>Team License</b>	Up to 6	£165	£27.50
	Up to 12	£300	£25
	Up to 18	£405	£22.50
	Up to 24	£480	£20
	Up to 30	£525	£17.50

**Buy your £30 place online at [www.beaconhouse.org.uk/training](http://www.beaconhouse.org.uk/training)**

## OUR WEBSITE

You can discover a world of freely available resources, posters and articles about how to support traumatised children on our website: [www.beaconhouse.org.uk](http://www.beaconhouse.org.uk). You will also find lots of creative ideas by following us on social media.



## ABOUT THE TRAINERS



**Dr Shoshanah Lyons** is the Clinical Director and founder of Beacon House, a therapeutic service for children and families based in West Sussex.

As a Clinical Psychologist specialising in trauma and loss, she is passionate about helping parents/carers and professionals to understand the needs of troubled children. She loves to work creatively so that complex ideas are translated into really accessible and meaningful information for all those working with, and caring for distressed children.



**Helen Townsend** is an artist and works at Beacon House as our Creative Advisor and Therapeutic Life Story Worker.

Combining inspiration from lived experience with academic training, she is passionate about translating complicated theories into accessible information that can be used by everyone in day to day life. As an adoptive parent Helen always aims to ensure ideas are realistic and practical for families.

### **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.