

£60
(TEAM LICENSES AVAILABLE)

PSYCHO-EDUCATION TOOLKIT: HOW TO HELP CHILDREN UNDERSTAND AND REGULATE THEIR SURVIVAL RESPONSES



This psycho-education toolkit for children & young people is a beautiful, creative resource for any adult wanting to support children and young people to understand their survival behaviours. The animation, together with the child-friendly worksheets provided as part of this resource, offers a way to both understand and explore how children have learnt to manage stress, and how those 'old' coping strategies might be helped to calm.

The two-part animation uses beautiful imagery and children's voices to tell the story of the Survival Animals inside all of us. In this story, you will meet:

- Tiger (our fight survival mode)
- Cheetah (our flight survival mode)
- Rabbit (our freeze survival mode)
- Sloth (our collapse survival mode)

Part One introduces each of these four relatable animal characters. The story helps children and families to understand how and why we each have survival behaviours, and how each of the survival animals work hard to keep us safe from danger.

Part Two introduces a new animal filled with wisdom and calmness - Orangutan. Orangutan has many ideas for how to tame the Survival Animals and she talks us through lots of techniques and strategies which help to calm the nervous system.



Buy online for **£60** at www.beaconhouse.org.uk/training

WHAT ARE THE LEARNING AIMS?

This tool kit helps children and families to understand that:

- We have an **internal alarm system** which alerts us to real or perceived danger
- Children who have experienced trauma and loss have an **'extra-sensitive' alarm system**
- Our alarm system **'wakes up'** survival behaviours in all of us, which are designed to **protect us from hurt**
- Our survival behaviours were **helpful at one point** in our lives, but over time, they can **cause us many problems**
- We can learn how to **tame our survival behaviours** so that we can feel more in control of how we are and how we feel
- Children need the **help of adults around them** to do this tough work

HOW DOES IT WORK?

On receipt of payment you will be emailed:

- A welcome video by Dr Shoshanah Lyons, Clinical Psychologist, introducing the animation and the toolkit.
- A private link and password giving you access to the two-part animation, which lasts 20 minutes in total.
- A 'children's pack' which includes a range of beautiful worksheets to accompany the animation, and can be printed as many times as needed. The worksheets provide a creative, child-friendly framework for exploring with children and teens their survival behaviours.
- An adult resource pack, which provides you with explorative questions to inform your conversations with the child or young person.
- A display kit, providing you with ready to print and use images perfect for making a wonderful visual display about the Survival Animals inside all of us.

Once you have purchased this resource you will be able to access it for an unlimited amount of time.

WHO IS THIS TRAINING FOR?

This psycho-education kit can be purchased by any adult who is supporting a child or teen affected by trauma, stress, loss or adversity.

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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.



Dr Kathryn Whyte is a Clinical Psychologist and our Chichester Team Lead.

She works with children who are adopted and their families. Kathryn loves thinking with the adults in children's lives about what their experiences have been, how they have influenced their lives and what their behaviour might be letting them know about what is going on in their 'minds and hearts'.

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.