

Experience Learning

ATTACHMENT and TRAUMA WHOLE SCHOOL TRAINING PROGRAMME



ACEducation



AC Education have been supporting schools across the UK providing our evidenced based, whole school Attachment and Trauma Programme.

Relationships and connection are at the heart of all we do and we work with schools to meet their specific needs and support them to make a difference.

This training:

- helps children to understand and regulate their behaviour
- helps staff be aware of pupils' emotions, the reasons behind the behaviour and provides practical strategies to support
- enables staff to cope with challenging behaviours, allowing relationships within school communities to improve
- promotes well-being for all children, supporting children with unmet attachment needs and those who have experienced trauma and neglect
- leads to better engagement and academic achievement

“ **People will forget what you said,
people will forget what you did
but people will never forget
how you made them feel**

Maya Angelou



Attachment & Trauma
Aware School **AC**Education



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The Attachment Research Community

The programme is delivered via three virtual webinars or two face to face sessions, plus a follow up and planning meeting for the senior leadership team. Each member of staff is also provided with access to online courses written for us by Lisa Cherry. All schools who complete the training receive an AC Education Attachment and Trauma Aware Accreditation.



“ If pupils haven’t got a worthwhile relationship with at least one adult they aren’t really at school ”

Tim Brighouse

Session 1 - Attachment

- **Understanding Attachment – Beyond Bowlby**
- **Promoting Educational Achievement**

Session 2 – Trauma

- **Trauma Sensitive Practices**
- **Healing Centred Approaches**
- **Relationships, Regulation and Resilience**

Session 3 – Emotion Coaching

- **Steps and theory of Emotion Coaching**
- **Knowledge to practical intervention**

Senior Leadership meeting:

- **How can you embed the training into the culture of your school?**
- **What are the next steps in your school’s journey?**
- **What are the barriers to this and how can we help to remove these?**

Online Courses

All members of the school staff will receive access to the following courses to consolidate their learning:

- **Supporting Pupils with Unmet Attachment Needs**
- **Understanding Trauma and the Impact on Young People**
- **Emotion Coaching**

For more details of our courses please see our website.

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