



# **‘Inside I’m Hurting’**

## **Supporting the pupil who has experienced significant relational trauma and loss**

**Presented by Alison Lumley**

This day of training is suitable for a wide range of professionals and parents/carers who are interested in understanding how to settle a troubled pupil to learn within the education context. It is intended to inspire those who attend, enabling them to realize that they can all contribute and make a difference whatever their role or responsibility. The day will also encourage alternative practices in schools by using an attachment framework to understand behaviour as communication.

### **Themes covered:**

- Identifying those who are at risk within education
- Understanding the need for translation due to insecure attachment
- Understanding why investing into relationships is vital for adaption and recovery
- Differentiating emotional and social tasks and expectations
- The nervous system and the optimum state for learning
- Stress regulators vs behavior managers
- Behaviour as communication
- Connection first
- The reality of secondary stress
- Staff care
- The Attachment framework
- The impact of developmental trauma
- The Attachment Aware School
- Facilitating over compensatory safety
- Co-regulation
- Being kept in mind
- Developing a robust sense of self

### **Suitable for:**

This training is suitable for all education staff as well as adoptive and foster parents. Other professionals who are interested in understanding how to settle a troubled pupil to learn.

**About the Trainer:**

Alison Lumley is a Strategic Attachment Lead Teacher across the UK. Following her degree in Psychology and qualifying as a Primary Teacher she has worked in education for 20 years. Specialising in Inclusion and SEND in a range of mainstream, special and enhanced resource school settings.

Over the last 5 years she has worked as an Assistant Head Teacher in a large, vibrant and diverse mainstream primary school with an enhanced resource provision in Derby. She established an attachment aware framework within the primary school to meet the needs of the many children who had experienced some form of relational trauma and loss. Reforming policy and practice has created positive outcomes not just for the most vulnerable children but the wellbeing of all children in the school.

Alison now divides her time between TouchBase™ and direct work in school. She has completed Theraplay® training and is developing the use of Group Theraplay® based on Theraplay principles in the school setting. This includes using MIMs to work with key adults and individual pupils.

As part of the TouchBase™ team, she heads up and provides a range of local support services for the children and young people in Derby and surrounding areas. This work includes using the Seguridad developmental trauma model of support to consider the children's developmental vulnerabilities and create long term, individual development plans for all those involved in the care and support of the child, including the parents/carers and Team Pupil. Alison's practice is informed by Sensory Attachment Intervention and Dyadic Developmental Practice.

Alison uses her experience, knowledge and skills to make a difference for children who are often misunderstood out in community. She works in partnership with families and others and strives to achieve positive outcomes for those impacted by adverse childhood experiences.

**Date: Friday 16<sup>th</sup> October 2020**

**Time: 9.30am to 3.30pm**

**Venue: Adoptionplus, Moulsoe Business Centre, Cranfield Road, Moulsoe, Nr. Milton Keynes, MK16 0FJ**

**Price: £150 + VAT (£180 inc VAT)  
Lunch and refreshments are included**

**Booking: For further information or to book please visit [www.adoptionplus.co.uk](http://www.adoptionplus.co.uk) or contact Alice Hollingdale on 01908 218251 or [alice.hollingdale@adoptionplus.co.uk](mailto:alice.hollingdale@adoptionplus.co.uk)**

