



Resparking

Presented by Dr Graham Music

9th February 2027

**3.5 CPD
hours**

*What is this
course about
and what are
the benefits?*

Some children act out. Others shut down, quiet, withdrawn, disconnected. These children are often the hardest to reach, and carrying the deepest impact of neglect and trauma.

This one-day course explores why children enter "shut-down" states, what these presentations are really communicating, and crucially, how to respond. You'll leave with practical, relationship-based approaches you can use immediately.

The day covers two areas:

- Neglect — its impact on brain development and emotional engagement, and how to gently re-engage children who seem passive or emotionally hard to reach.
- Trauma and dissociation — how shut-down differs from depression and learned helplessness, and how to adapt your response accordingly.

Throughout, clinical examples and discussion bring the theory to life.

*What are the
learning
objectives?*

- Understand how neglect and trauma shape the brain, nervous system and behaviour
- Recognise and differentiate between shut-down, dissociation, depression and learned helplessness
- Choose responses based on a child's underlying needs, not just their behaviour
- Apply practical, embodied approaches that help children feel safe enough to reconnect

Who would benefit from this course?

This course is suitable for social workers, residential staff, family support practitioners, youth workers, CAMHS practitioners, therapists — anyone working with children affected by neglect, trauma or disrupted attachment.

Who will be delivering the training?

Dr Graham Music is a psychotherapist, trainer, author and supervisor. He is a Consultant Child and Adolescent Psychotherapist at the Tavistock Centre where he has worked for over 20 years, and he has been adult Psychotherapist for about 35 years.

Formerly Associate Clinical Director of the Tavistock Clinic's Child and Family Department, he has developed many innovative programs, including setting up services in over 40 schools and a range of services working with the aftermath of child maltreatment and neglect.

His clinical specialty for decades has been understanding and working with trauma. He supervises and teaches nationally and internationally and has a particular interest in linking cutting edge developmental findings with therapeutic practice. His publications include Nurturing Natures: (2023, 2016, 2010), Respark: Igniting Hope and Joy after trauma and depression, (2022), Affect and Emotion (2022, 2001), Nurturing Children: From Trauma to Hope (2019), The Good Life: (2014) as well as co editing From Trauma to Harming Others (2021).

What are the course details?

- Date: 9th February 2026
- Time: 9:30am - 1pm
- Venue: Online
- Price: £85
- Booking: To book your place click [here](#) or email us at trainingwithus@adoptionplus.co.uk

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