

# TNT - Trauma Needs Talking about

**Date:** Please enquire for next dates

**Time:** 9am - 4pm

**Cost:** £75 per person

**Venue:** TBC

## Exploding the myth of talking about trauma

**This one-day training course is designed to empower school staff to understand the needs of children and teenagers who have suffered trauma or have a mental health issue and feel confident about how to impact positive change in their own school environment.**

Most children between the age of 4-16 spend a significant period of their lives in school. Unknown to their teachers, a significant number of these children will have experienced at least one Adverse Childhood Experience (ACE's). These traumatic experiences are likely to have impacted on their neurological development which in turn impacts on their learning and behaviour.

This training is delivered by bestselling Author, Mark Escott and Child Mental Health Expert, Fred Ehresmann.

Mark whose "School for Inspiring Talents" was the first school in the UK to be awarded the Trauma and Mental Health Informed Schools Award from TISUK. A self-confessed "Poacher turned gamekeeper", Mark has personal experience of childhood trauma and has years of experience of working with students at the sharp end and how the right approach can transform lives of children impacted by ACE's.

Fred, originally a Mental Health Nurse, has over 27 years of experience of working closely with children and young people directly impacted by Trauma.

He is a Mental Health Senior lecturer at the University of West England, and Senior Trainer for "Parents Plus Charity" in the UK and Internationally.

On this course, delegates will learn what happens daily in our multi-award winning and Ofsted Good rated schools, of which we have 4 in Devon and how our key therapeutic, educational and relational approaches and interventions positively impact the whole school culture as well as individual students.

### Overview of course content

- Psychology of child and adolescent mental health and mental ill-health: what every teacher needs to know.
- Recognising the brain as a social organ and thinking about the neuroscience and importance of social relationships in healing trauma.
- ACE (Adverse Childhood Experience) study and protective factors in schools that change children's lives.
- Case Studies – examples of therapeutic interventions and outcomes from our students.
- The role of emotionally available adults in schools: Benefit to staff and students.
- Key skills in responding to and understanding challenging and/or trauma triggered behaviour.
- Evaluate how this knowledge impacts your practice as an Educator and how it can be applied in your school.

**To book:** Telephone: 01752 706361 or Email: [info@discoverymat.co.uk](mailto:info@discoverymat.co.uk)

“Inspired! I Would recommend to everyone who works with children to attend.”

## About the trainers



### Mark Escott

Mark Escott is the Co-Founder and CEO of Life Chance Education and School for Inspiring Talents, a therapeutic education provider that specialises in working with young people and families who have experienced Trauma. Mark's own troubled childhood has given him a unique understanding of the world he now works in, and he has recently become a best-selling author with the launch of his book “One More Life Chance”.

Mark has over 27 years experience as a Behaviour Specialist and a track record of delivering impactful training and interventions both within CAMHS and at Babcock. In 2014, Mark decided it was time to follow his true vocation and set up the first of his innovative therapeutic schools, which were grounded in an ethos that would transform the life chances of children and young people impacted by ACE's. Five years on, School for Inspiring Talents is a multi-award-winning independent school and was the first school in the UK to be awarded the Trauma and Mental Health Informed Schools Award from TISUK. Life Chance Education recieved the 373 Business Award for greatest Social Impact across Devon and Somerset in 2019.



### Fred Ehresmann

Fred's background is originally in the creative arts having played the piano from an early age and studied music as an undergraduate. He became interested in music therapy, which eventually took him into training as a Mental Health Nurse specialising in children, young people and family mental health, often using music as a helpful tool in his practice.

Over a period of 27 years in clinical practice, Fred has worked in a wide range of Health, Social Care, Education and Third Sector settings as a practitioner and a manager. Fred is now particularly interested in supporting parents as being agents of change in their children's lives and has specialised in working with groups of parents and training practitioners in parent group work. He currently works as a Senior Lecturer in Mental Health at the University of the West of England and is a Senior Trainer for Parents Plus Charity's UK and International Parenting Programmes and a variety of other projects designing and offering training, consultation and supervision.

“I felt so much more informed and left this course with a clear set of actions I could implement within my school to support students who on reflection are struggling.”

[www.lifechance.org.uk](http://www.lifechance.org.uk)