

6 MODULE CPD TRAINING

The Therapeutic Teaching Course

Shahana Knight



"This course
upskills and
empowers
everyone to
work from a
trauma-
informed
perspective"

A bit about the course

The Therapeutic Teaching course is a 6 part accredited course that is designed to embed a therapeutic approach across your school. The modules teach you about how childhood trauma and adverse childhood experiences can impact children's mental health and wellbeing, and the effects this has on their school experience. We also look at how childhood has changed given the arrival of technology and social media. and explore the need to begin to re-frame the role of schools, putting wellbeing at its core in order to meet the needs of children today. This course upskills and empowers everyone to work from a trauma-informed perspective and teaches you to become therapeutic teachers. It will give you the strategies and resources to begin to feel confident about supporting children, whatever their background or behaviour and actually make a difference in their lives. Every child deserves the chance to flourish. This course helps you to teach the children that they are not their trauma and it does not have to define them. Creating an ethos in school which communicates that you are there to help guide, support and teach children, even if what they need to be taught is nothing to do with the curriculum but everything to do with who they will become!

Cost:

£1,800 per school

This is for everyone in the school to be enrolled, TA's, Lunchtime Organisers, Admin and Teachers and Senior Leaders! There is no maximum number!

The Course Modules



Childhood Trauma and the Brain

The Therapeutic Teaching Course
Module 1



Learn about childhood trauma and how it impacts a developing brain. Find out what happens when children are stressed or overwhelmed. Why they have 'meltdowns' and what the impact is on their behaviour and internal processing at school. Most importantly, learn what can you do to help. Underpinned by therapeutic approaches and full of advice and free resources. This session is vital for anyone working with vulnerable children or young people in an educational setting.

Attachment Disorder In the Context of the Classroom

The Therapeutic Teaching Course
Module 2



Learn about attachment disorder and how it impacts a child or young person. Find out how to identify attachment disorder and how to support the children you work with by ensuring you are not triggering attachment style behaviours. Full of practical strategies and advice to help you figure out what is effective and what is not effective at school. You will have lots to take away and implement.

The Course Modules



Therapeutic Teaching Skills

The Therapeutic Teaching Course
Module 3



Learn about how to develop therapeutic teaching skills with the children in your school. Find out how to adapt your responses to behavioural incidents and emotional outbursts to focus on connection and care. The lessons in this module will begin to create a therapeutic ethos amongst your staff and help guide everyone working with the children toward an approach that puts mental health and well-being first. A very popular session which will change perceptions and offer a lot of 'ah-ha' moments.

Creating A Therapeutic Environment

The Therapeutic Teaching Course
Module 4



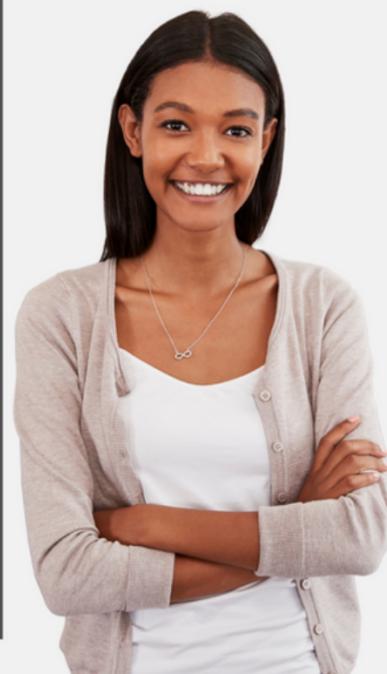
This module underpins the learning in other modules and extends it to the classroom environment. How can you help children feel engaged and ready to learn? How can you reduce stress levels in the body? In this session, you will learn how to create a therapeutic environment throughout your school which puts well-being and mental health at its core. Find out how changing your classrooms, hallways and outdoor areas can increase feelings of safety and promote self-belief which in turn positively impact learning. Ensuring your school is meeting the needs of each child through its design.

The Course Modules



Creating an Emotionally Intelligent Class

The Therapeutic Teaching Course
Module 5



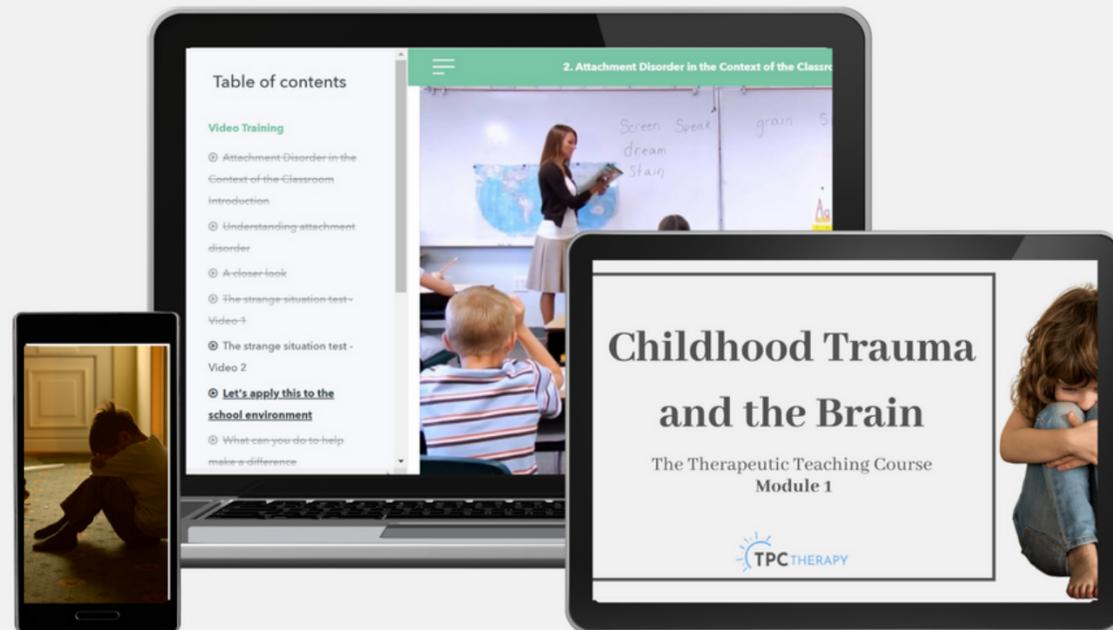
Learn about emotional intelligence and how focusing on developing EI in your children can predict better outcomes and life skills than academic achievements. This module links to the government guidelines on health, relationships and sex education and will inspire you to put wellbeing at the heart of your classroom. Find out how you can increase emotional intelligence in the children you work with and help them become more self-aware and empathetic by following the advice, resources, and support in this module.

Connection Vs Disconnection when Approaching Behaviour

Childhood Trauma and Attachment Course
Module 4



Learn about the importance of boundaries and consistency when working with vulnerable children. Find out how to approach behavioural incidents whilst still maintaining a therapeutic approach based on connection. With specific approaches and advice for you to begin to implement in your school. This session guides you toward alternative methods to time out and detention whilst still maintaining the boundaries many vulnerable children desperately need.



Learn Online

Every member of staff will be signed up to our online learning platform, TPC Teach. Here you will have access to all of the course modules. Each course is engaging, interesting, and inspiring and delivered by Shahana Knight. Shahana has a history of childhood trauma herself and years of experience in working with vulnerable children. She uses this to share real-life experiences and scenarios throughout the training to bring the course to life.

The online platform allows you to learn whenever suits you best, it might be together during a staff meeting, individually, or at home. Stop the modules at any time and come back to them later on- they will pick up where you left off. Share your comments about the course content below each module in the comments box and read what other people think. You can also communicate with us directly using our online chatbox.

Each course includes additional resources and a downloadable PDF which includes all of the important 'takeaways' from the course. Teachers can print these off to keep in their diary/ hang on their walls or share with others and refer back to at any time. You will also have the opportunity to complete a short assessment following each module and feedback form. On completion of these, a certificate will be sent out to you.

You can also revisit and rewatch course modules at any time.

"We loved tonight's workshop—the staff got so much out of it! Thank you!"

Additional Workshops

As you are working through the modules you can book Shahana in the diary to do some group workshops with you all. These run for an hour and a half and give you the opportunity to recap the modules together, ask questions, discuss and share practice.

Workshops include:

- A course module recap using questions fill in the blanks and polls
- Breakout discussions about specific scenarios and real children
- Question and Answers with Shahana Knight

Cost:

- Three 1.5 hour workshops with Shahana Knight spread across your chosen time frame
- Zoom sessions - £600 total cost
- Face to face- £750 total cost (depending on availability and location)



Tips

We know online learning can be un-inspiring and it can be difficult to get staff to engage enthusiastically. When we set about creating our online courses our goal was to ensure everyone's experience was a positive one. We wanted them to feel as inspired and excited about our modules as they did when Shahana delivered them face to face. After hundreds of feedback forms, we guarantee your staff will love our course modules and the experience of learning online with us!

Here are some tips to get the best out of it:

- Set dates for staff to complete sessions and ask for their certificates to evidence their participation - you might also want to discuss the content in your staff meetings
- Book the workshops with Shahana to embed learning and give everyone the opportunity to discuss thoughts and real-life scenarios
- Begin to implement the advice, strategies, and ethos taught in the course to create a sense of purpose and intention. Create a school ethos around therapeutic teaching
- Encourage the conversation and ownership by using staff meetings to re-visit parts of the training videos as a team and discussing how you will implement them across the school.

If you want to do the course modules together as a whole team- just log in on someone's account and watch the videos together!

What schools think...



All my TA's have completed the first 3 modules of the online Therapeutic Teacher Training and have absolutely loved it! CPD in our locality has been pretty poor for ages but TPC has everyone hooked."

-Head Teacher

After only three weeks I could give you hundreds of examples on the amazing, wonderful effect this is having on our children

-Head Teacher



We went on to the therapeutic programme – this was mind-blowing and a real game-changer for us.

-Head Teacher



What schools think...

It's presented in such a way that you never sit there thinking, "What the heck does that mean?!"



It was brave and fresh and applied to creating a naturally welcoming learning environment



I really enjoyed the professional but personal teaching style, how each points were unpicked with real life scenarios given. What was really useful was specific advice for alternative responses. It's great to also be provided with resources that can be used in the classroom.



I'm thoroughly enjoying these courses and can see the impact they are having on the children



What schools think...

I not only use what I have learnt about in my work setting but with my grandchildren too.



If you are in any doubt – believe me it's fantastic!

-Head Teacher



It has research behind it, it is relevant and gives lots of methods and tips to support children's emotional well being and ours as adults too.



It made me think about how I speak to children and whilst I may not shout I could still hear myself saying some of the teacher/ TA responses. It was good to have the example of the child response/ teacher response and therapeutic response.



What schools think...

I'm currently training to become a teacher and took part in this with my previous school. It will heavily influence my teaching practice. I promise never to adopt the standard "teacher phrases" and will always try to make my classrooms calm spaces



Clear information delivered well by someone who had experienced childhood trauma.



I really found this course very helpful. I could relate to different children that I have dealt with over the years....Words I have used could have used and dealt with better. I have learnt a lot from this. Thank you



What schools think...

Very easy to understand, good (sometimes real) examples brought the learning to life. New suggestions for books for children was appreciated. Made me think of my own life experiences. Thank you



it is engaging, informative and realistic, the length is suitable for home cpd, therefore manageable, a couple of well spent and worthwhile hours



I really liked the fact it gave strategies for real-life scenarios, eg hiding under the table, running around the school. I love the idea of the lanyard as a reminder



I really liked the way it explained how the brain works and how it is affected by trauma. I liked the brain diagrams and examples explaining what could trigger a child.



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