



Attachment Lead in Schools Training

Course Structure

- **Day 1: Identification of those needing attachment support programs:**

The impact of developmental trauma and loss, the trauma tree, insecure attachment, intersubjectivity, the brain and vagal tone, developmental vulnerability, relational sensitivity, behaviour as communication, the attachment support pyramid for schools, preventative work, adaption & recovery.

- **Day 2: Assessments of those needing attachment support programs:**

Reflective practice, Fact files, observations, checklists, different attachment styles, emotional & social age, the attachment framework for assessment, working together with home and outside agencies, reflecting upon the current systems in place in school, honouring difference and diversity.

- **Day 3: Formulation of attachment support programs:**

Creating an individual development plan, facilitating a secure base, setting up protected space and time, sensory breaks, differentiating emotional & social tasks & expectations, the allocation of an appropriate key adult, identifying the team around the child, secondary stress management and support, engaging in preventative work.

- **Day 4: The power of relationship and the development of permanency and constancy plus work discussion group:**

Relational interventions using PACE, practicing relative dependency, reflective function, emotional regulation, holding a pupil in mind, complimentary intention, holding onto success, co-modelling, co-regulation, commentaries, wondering aloud, advocacy.

- **Day 5: Transitions and Home/School Partnership plus work discussion group:**

Meet and greet, preparation, overwhelm, disappointment rituals, holding on, being sensory detectives, tight team work, constancy, creating pauses, memory building.

- **Day 6: Lowering the effects of toxic shame plus work discussion group:**

The difference between guilt and shame, the build-up of shame, the presentation of toxic shame, enabling clear thinking, use of parts language, safe spaces, exit plans, the mismatch of motives/intentions, the respect plan, identifying the difference between discipline and attachment needs.

- **Day 7: Evaluation and support day:**

Course participants are encouraged to enter into a lively, thorough discussion and debate exploring attachment principles and practice, refining their knowledge and understanding, consolidating their learning into action within their individual school contexts. Case studies will be examined. Increasing care giving capacity for the long term. Whole school policies will be considered. Looking to the future..... Keeping the momentum going!