

## **Understanding and Caring for Children & Young People Who Have Experienced Developmental Trauma**

Developmental trauma can occur when our relationships, in the first years of life, are regularly frightening, abusive or neglectful. Because these experiences happen when a child is first learning about the world, and his or her brain is developing, without the right help and care they can have a significant long-term impact on social, emotional and mental health. Developmental trauma can also affect physical health and a child's ability to learn new information or skills.

The purpose of this workshop is to increase carers', and other professionals', knowledge and awareness of the impact of early years abuse and neglect on later psychological and emotional health. It will also explore ways of working with children and young people to help them recover. On completion of this workshop, participants will have:

- An understanding of what developmental trauma is.
- Knowledge of the affect of trauma on the neurosequential development of the brain.
- An understanding of Self-regulation, co-regulation and fight/flight/freeze responses.
- An explanation of the association between developmental trauma and some mental health diagnoses.
- Discussed how to create feelings of safety for young people.
- Understood the crucial role relationships in helping young people to recover.
- Knowledge of how to build relationships with traumatised children (PACE, neurosequential approaches).
- Reflected on the trauma history of a child they look after and considered what he or she may need.

All of my courses and workshops involve a mixture of slide presentation, video, group discussion and small group activities. I provide comprehensive handouts over and above a simple printout of the slide presentation.

**Course Duration:** 4 hours (with breaks).

# John Radoux

**Integrative Child and Adolescent Counsellor  
& Trainer**



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**Cost:** £250 for up to 20 participants.

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