

# Understanding the Impact of Trauma on Child Development & Attachment

## Overview

The aim of this training is to introduce participants to the concepts of Child Development and Childhood Trauma. Participants will explore how trauma impacts a child's developing brain and their overall development. It will offer an introduction to how individuals respond to trauma.

This training will support participants to become trauma sensitive to the children and families they encounter in their work practices and explore simple strategies that can support children who experience different types of situational trauma.

## Method & Materials

### **Duration:**

Delivered as a Full Day

### **Format:**

Webinar or Workshop

### **Group size:**

16 participants per training

The course will involve presentation, video, case studies and group exercises. Participants receive a Certificate of Attendance.

## Outcomes

Following the training, participants will be able to:

- Identify the dimensions and stages of child development, and how the importance of attachment in a child's early life can affect their future outcomes.
- Explain how an individual's biology and environment can impact their development.
- Explore why healthy child development and attachment matters
- Describe the different categories of Trauma.
- Reflect on the link between trauma and behaviour in children.
- List ways to support a trauma informed environment for children and families

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