



## Level 1 Trauma Informed Practice:

*'Nurturing our children in everyday life or during a crisis'*

Join us for this National Lottery funded online course delivered by Sue Bell and Dimitra Theodoropoulou experienced Psychotherapists, Qualified Attachment and Trauma Resolution Specialists.

Reduce trauma symptoms in young people to improve their capacity for learning, joy, resilience, self-regulation, and social relationships. Learn how to recognise behaviours triggered by traumatic experiences, understand how our brains keep us safe, how we respond to trauma and learn some tools for stabilisation.

To enquire or to register your interest for the next available course, please contact [mkirby@kidsinspire.org.uk](mailto:mkirby@kidsinspire.org.uk)

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