

Experience Learning ONLINE and FACE to FACE TRAINING PROGRAMMES



Trauma Awareness

Children and young people who have experienced strong, frequent and prolonged adversity as a result of neglect or abuse are likely to show symptoms of **toxic stress**.

This kind of prolonged activation of the stress response systems can disrupt the development of the brain and increase the risk for long term consequences for learning, behaviour, physical and mental health. By understanding **ACEs (adverse child experiences)** and the impact of trauma on the brain we can understand the behaviours shown by young people and how to support them in our day to day role. We offer face to face and online training in trauma, the impact on brain development and how to manage behaviours that challenge.

Adverse Child Experiences (ACEs)

ACEs are traumatic childhood experiences such as abuse, neglect or witnessing parental conflict, mental health or substance abuse. These events can create dangerous levels of stress and derail healthy brain development resulting in long term effects on learning, behaviour and health.

The original study from CDC-Kaiser Study in the USA was carried out in 1995 to 1997 and asked 17,000 adults to complete a questionnaire regarding their childhood experiences.

If you want you can complete the questionnaire by clicking on the link opposite. If you think this may be upsetting please speak to someone in your support network.

Click on each pink arrow for a description of the graphic.

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION

[US ACE study](#)
(140 page PDF – also in Resources)

Take the [ACE Questionnaire](#) and discover your score (5 minute questionnaire)

Toxic Stress

When a threat is perceived our nervous system instantaneously triggers the fight, flight or freeze response, flooding the whole system with hormones such as cortisol.

This response:

- Speeds up our heart rate
- Releases certain hormones
- Increases sensory awareness
- Increases blood flow around the body to prepare
- Shuts down the thinking brain

Prolonged responses can cause injury to the brain. For the developing brain, with no support from an adult to buffer what is happening, we call this Toxic Stress.

[Toxic Stress Derails Health Development](#)
(1:15 Video)

“ We found the online training fantastic. So convenient for our busy lives. The overall quality of the course was excellent and we highly recommend them! ”

Courses available

01 Core Knowledge & Values

Attachment and Loss
Children's Rights
Communicating with Children and Young People
Equality and Diversity
Family Centred Working
Family & Friends (Connected Persons) Care
Food, Nutrition and Associated Behaviours
Managing Allegations
Managing Challenging Behaviours
Men in Foster Care
Multi-Agency Working
Reflective Practice
Secondary Trauma and Workplace Stress
Sexual Orientation and Gender Identity
Understanding Child Development

02 Safeguarding & Child Protection Skills

Introduction to Safeguarding
Radicalisation and Extremism of Children and Young People
Safeguarding and Child Protection Skills

03 Therapeutic Care

Healing Environments
Life Story Work
Play Therapy
Positive Parenting Techniques for Parents and Carers
Resilience and Recovery
Social Pedagogy
Transitions: Changing Placements
Transitions: The Move to Permanency

04 Supporting Adolescence

Drug and Alcohol Awareness for Parents and Carers
Vulnerable Children having Vulnerable Children
Youth Justice System

05 Working with Looked After Children (Fostering, Residential Care & Adoption)

Caring for a Child of a Different Ethnicity
Children and Young People who run away from Social Care
County Lines
Court Skills for Foster Carers
Fostering Asylum Seeking and Refugee Children
Fostering Skills
Gangs, Guns and Knives
Parent and Child Placements
Permanency
Police Interviews - your role
Promoting Positive Contact
Promoting the Achievement of Looked After Children in Education
Record Keeping in Foster Care
Safer Foster Care
Staying Put
Supporting Young People Leaving Care
Supporting the Mental Health Needs of Looked After Children
The Role of the Foster Carer
Working with Travelling Families

06 Understanding Trauma & Promoting Positive Behaviour

Bereavement
Bullying
Caring for a Child who has been Sexually Abused
Children and Parental Substance Misuse
Child Trafficking
Emotion Coaching
Female Genital Mutilation
Harmful Sexual Behaviours
Impulsive Behaviour
Introduction to Positive Behaviour Support
Self-Harming Behaviours
Sexual Exploitation
The Impact of Domestic Violence and Abuse
The Impact of Trauma on Sensory Processing
The Impact of Parental Mental Health on Parenting
Trauma and the Impact on Brain Development

07 Working in Health & Social Care

Food Hygiene
Health and Safety in Social Care
Human Rights in Social Care
Infection Control
Safe Use of Medication

08 Working with Disabilities & Special Educational Needs

ADHD and Conduct Disorders
Autism
Foetal Alcohol Spectrum Disorder
Understanding Dyslexia and Dyspraxia
Working with Children and Young People with Disabilities

09 Keeping Children Safe Online

Online Safety and Cyberbullying
Pornography and the Potential Impact on Young People
Social Media, Selfies and Sexting

Also available from AC Education

Two Year Accredited Programs:
Level 3 Advanced Skills in Foster Care
Level 4 Expert Practice in Work with Traumatized Children

New courses in development

Suicide Support and Prevention

For more details of our courses please see our full prospectus on the website.


AC Education

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