



## Training day for adoptive parents and other permanent carers



Pre-adoption  
Post-adoption  
Permanency  
Advice &  
Counselling

### Body talk! The impact of hyped up or hard to reach children on our bodies and nervous systems

#### Who should attend

Adoptive parents and other permanent carers.

#### Trainer

**Louis Sydney** is a child and adult psychotherapist and works with Adoptionplus. He also worked with Family Futures for whom he provided family therapy, consultation and training. Louis also works independently and offers training and consultation on attachment, trauma, life story work and facilitating contact.

This one day training course explores the increasing evidence of the impact of early life trauma, attachment difficulties and neglect suffered by some adopted children and its effect on the mind, body and nervous system of an adoptive parent.

The course will enable adoptive parents and all other permanent carers to understand and identify how and when a child is becoming dysregulated and explore strategies to be more able to both self and co-regulate their children. The day will also explore the need for a more sensory friendly environment for babies, toddlers, children and young people.

#### Date

Wednesday  
18 April 2012  
10.00am – 4.30pm  
Lunch will be provided

#### Venue

NCVO  
8 All Saints Street  
London N1 9RL  
(near King's Cross)

#### Fees

**PAC Subscribing Local Authorities:**  
Individuals: £77 (£92.40 incl.VAT);  
Couples: £144 (£172.80 incl.VAT)

#### PAC Non-Subscribing Local Authorities:

Individuals: £88 (£105.60 incl.VAT);  
Couples: £165 (£198 incl.VAT)

#### Benefits of attending:

- How current research on the mind, attachment theory and developmental trauma can inform parents to provide more soothing and engaged parenting
- Identify signs and signals of dysregulation in oneself, children and young people
- Strategies for parents to become more regulated and calm under pressure
- How sensory awareness can enable children to become more regulated
- How relational play can instil a greater sense of connection and being grounded in children
- A simple approach to mindful parenting

**Enrol** [pac.org.uk/training](http://pac.org.uk/training) **Contact** [training@pac.org.uk](mailto:training@pac.org.uk) **Web** [www.pac.org.uk](http://www.pac.org.uk) **Tel** 020 7284 5872

PAC, 5 Torriano Mews, Torriano Avenue, London NW5 2RZ