



Pre-adoption
Post-adoption
Permanency
Advice &
Counselling

Public seminar

Secondary trauma

Who should attend

Adoptive parents and other permanent carers

Social workers and other professionals working in adoption and permanency

Trainer

Kate Cairns has been a long-term foster carer and social worker, and is now an international trainer and consultant. She specialises in applying current understanding of trauma and brain development and function to the needs of vulnerable children and young people and those who work with them in any setting.

This seminar will combine whole group teaching with small-group sharing of ideas and consideration of implications for work with children and young people.

Drawing on recent neurobiological research applied to everyday life, the day will include sessions on:

- Understanding trauma: the impact of unregulated stress on brain development and function;
- Secondary trauma: maintaining resilience in working and living with vulnerable and traumatised children and young people; and
- Stress and self-regulation: understanding how stress management promotes positive behaviour.

Date

Wednesday
13 February 2013
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);
Professionals: £129 (£154.80 incl.VAT)

PAC Non-Subscribing Local Authorities:

Individuals: £88 (£105.60 incl.VAT);
Couples: £165 (£198 incl.VAT);
Professionals: £153 (£183.60 incl.VAT)

Benefits of attending:

Participants will:

- Develop an understanding of the impact of trauma on vulnerable children and young people and their ability to regulate stress
- Develop skills in helping traumatised children to self-regulate in relation to stress, and to manage their own behaviour
- Develop an understanding of the nature, causes and impact on carers of secondary trauma
- Learn how to recognise, prevent, and recover from the effects of secondary trauma

Enrol pac.org.uk/training **Contact** training@pac.org.uk **Web** www.pac.org.uk **Tel** 020 7284 5872

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