



## Public seminar

**PAC-UK**



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**THE AGENCY FOR  
ADOPTION &  
PERMANENCY  
SUPPORT**

# Neglect and abuse – its impact on a child’s brain, body and development: effective interventions and ways forward

## Who should attend

Adoptive parents and other permanent carers  
Social workers and other professionals working in permanency

## Trainer

**Dr Margot Sunderland** is Director of Education and Training at The Centre for Child Mental Health London and a child psychotherapist with over thirty years’ experience of working with children, teenagers and families. Margot is the author of over twenty books in the field of child mental health which collectively have been translated into eighteen languages and published in twenty-four countries. Her internationally acclaimed book *What Every Parent Needs to Know* won first prize in the Popular Medicine category of the 2007 BMA Medical Book Awards and *The Science of Parenting* has been voted a ‘Great Brain Book’ by The Dana Foundation. Dr Sunderland has been studying the neuroscience of adult-child relationships for 17 years.

Dr Sunderland is Founding Director of The Institute for Arts in Therapy and Education, which runs masters degree courses and diplomas in child psychotherapy, child counselling, parent-child therapy and therapeutic play, and is Academic Partner of the University

of East London. She was a member of the Centre for Social Justice’s Early Years Commission and co-author of the cross party advisory report *The Next Generation (early years intervention)*.

“When children are traumatized, abused, or neglected, they are being given the message that they are not among the chosen. As they grow they have thoughts, states of mind, emotions, and immunological functioning that are inconsistent with well-being, and long-term survival (Cozolino 2006:14).

Delegates will learn why it is vital to know what is happening to the child’s brain, mind and body when they have suffered from neglect or abuse. Dr Sunderland will explore the common behaviour and mental health issues resulting from this, particularly focusing on how a child/teenager can move from neglect or abuse to violence. She will discuss the resulting pull to punish (a reaction which contributes markedly to the ill-health of societies), rather than to understand what the child is communicating through challenging behaviour. Dr Sunderland will also explore how the body is one of the theatres in which the memory of neglect and abuse is often re-enacted in all manner of stress related symptoms, sleep

disorders, illnesses and hyperaroused states.

Most importantly, Dr Sunderland will enable delegates to learn to recognise signs and symptoms of neglect and abuse in children and teenagers. She will present a variety of effective interventions that overcome the pull towards traumatic repetition. She will consider implications for treatment, right down to the specifics of how to be, what to say, and how to become ‘talkable to’. The latter is essential in order for children and teenagers to feel safe enough to want to share and work through their painful life experiences and to put down their emotional baggage once and for all.

## Date

Monday  
27 April 2015  
10.00am – 4.00pm  
Lunch will be provided

## Venue

The Max Rayne Auditorium,  
Royal Society of Medicine,  
1 Wimpole Street,  
London W1G 0AE

## Fees

**PAC and AAY Subscribing**

**Local Authorities:**

Individuals: £78 (£93.60 incl.VAT);  
Couples: £146 (£175.20 incl.VAT);  
Professionals: £135 (£162 incl.VAT)

**PAC and AAY Non-Subscribing**

**Local Authorities:**

Individuals: £89 (£106.80 incl.VAT);  
Couples: £167 (£200.40 incl.VAT);  
Professionals: £159 (£190.80 incl.VAT)

## Benefits of attending:

- Understand the impact on the brain of neglect, abuse, relational stress and relational poverty
- Learn mind and brain changing ways of relating to children and teenagers who have suffered neglect or abuse
- Take away key interventions to support troubled children into emotional health
- Take away tools and techniques for working effectively with depression, anxiety and aggression in children and teenagers who have suffered neglect or abuse

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

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