

SUZI MOORE TRAINING

Trauma and Sexual Abuse Recovery

Suzimooretraining.co.uk



1 day course - Introduction to understanding ACES, Trauma and Brain Development and how to build resilience in children, families and ourselves.

Who is this course for?

Anyone who works alongside children and families and would like to know more about the impact of traumatic, adverse experiences on our brain development, and how we can build resilience around children, families and ourselves.

Course methods

This course is a mixture of practical and theoretical learning. A mixed method of learning will be applied, such as the use of case study, self-reflection, videos, and small and large group work. There will also be a small amount of self-regulation teaching which we can also teach to children and parents and our own families.

For the virtual learning option there will also be the use of pre-recorded videos. Participants will watch and listen to 4 videos periodically throughout the day, which are accompanied by live seminars where the learning is discussed and applied through group work.

Course Learning objectives

Introduction to understanding ACES, Trauma and Brain Development and how to build resilience in children, families and ourselves.

- Understand the role of aces and the impact of these experiences on children and young people and families
- Consider evidence on brain development and the impact of trauma on the brain and nervous system
- Understand the principles of trauma informed practice and how they might be applied
- Reflect on the stress response system and how we might recognise these signs in children and adult.
- Consider the PACES model and how to build resilience and support regulation in children, families and ourselves
- Understand the role of secondary /vicarious trauma on staff and how to build support to address this

This course can be delivered face to face or virtually and can be tailored to the specific needs of the organisation

Course costs £600 if delivered virtually, for face to face training there will be the addition of expenses for travel.

Maximum number of participants per course: 25

About the trainer

Suzi Moore is a Yoga teacher and Breath-Body-Mind teacher who has over 20 years experience of working in Social Care and Health in the sexual abuse and substance misuse field. She started her career as a youth drugs and alcohol worker and moved into the sexual abuse field working with adolescents and women in the sex industry. Suzi has been an independent trainer for over 8 years now and has an academic background in Psychology, Addiction, Counselling skills and Teaching. Suzi has personal experience of childhood trauma as well as vicarious trauma through her work. Suzi came to yoga and Breath-Body-Mind practices as a way to self-regulate and has found them to be invaluable in keeping her feeling grounded and happy.

For further information go to:

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<https://suzimooretraining.co.uk/>

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