

What is EBM?

- A method of supporting young people who exhibit complex behaviours
- Particularly suited to children who have been exposed to traumatic experiences or have had difficulties in their early weeks/months or years
- An approach to caring for children based on emotion and relationships
- Supports parents and carers with developing better connections with children
- Provides practical ways to support children with challenging behaviour
- Encourages caring adults to find ways to be gentle with themselves and exercise self-compassion and self-care

What will the training involve?

- 4 full days of training delivered by one or two members of The Child Psychology Service
- A mixture of delivering new information, large and small group discussion and practical exercises
- Breaks! And hopefully biscuits.
- Day 4 will be focused on specific challenges that you would like to spend more time thinking about (e.g. control, rage outbursts, sexualised behaviour, lying).

How might it help me in my day-to-day work?

- Improving your general understanding of the impact of trauma and loss on children in residential settings and the relationship to complex behaviour
- Providing you with ideas that are directly applicable to your interactions with traumatised children
- Offering you support with responding to and managing complex behaviours that are likely to be more successful than traditional reward/consequence-based methods of behaviour management
- Offering you methods of practicing self-care and self-compassion to support you in what can be an extremely demanding working environment

Testimonials

'The training was really informative. I will certainly take back to work what I have learnt'
(Residential Staff Member)

'I have never had the chance to receive something so inspirational and motivational... seeing a side to my team mates that I have never seen before, it has been lovely to listen and watch and learn'
(Residential Staff Member)

How would you describe the training in 3 words? (Feedback from a residential staff team)

