

## 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)

