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Trauma Informed Training Proposal

*He who knows others is wise. He who knows himself is enlightened – Lao Tzu*

**Content**

Neuroscience can help us understand many factors about ourselves and those around us. One of the most basic systems in our body is the stress response, developed to help us survive. If this system is developed in a maladaptive way, as often happens when we grow up in environments that activate our stress response repeatedly, it can have an impact on so many aspects of later development, behaviour and cognition.

Through a deep understanding of the stress response system, how it develops, and the ongoing effects, we can get better at working with those who need support. We can absolutely work positively in this space. Much of what we do is positively effecting change, but we may not realise how much positive effect we are having. These changes can be very gradual and subtle, so this understanding helps us become more acutely aware of the difference we are making.

Learning the neuroscience behind all of this will give you the ability to develop respectful and effective interventions, to be implemented in a biologically respectful way. This will assist those you support, and also yourself. Working in this area is so difficult we need all the help we can get. You are working in such a high-stress, high-expectation This training will give you that help!

Working with those who have experienced early trauma is an extremely complex subject, but this training will be delivered in easy to understand language with examples that will ensure attendees will leave with a full understanding of how to move forward with the information.

**The Trainer:** The training will be carried out by Kathryn Berkett of ENGAGE, an internationally recognised presenter. Kathryn has her Masters in Educational Psychology, and has certified as a Neurosequential Model of Therapeutics practitioner with Dr Perry. Kathryn has extensive experience in this area. She has worked and trained in this area for over twenty years, working with, and delivering to a variety of organisations including Teachers; the Police; Oranga Tamariki; RTLB; Parents; Mental Health Professionals; Politicians; and Corporates. Kathryn also has a TEDx talk titled “Neuroscience of Device Zombies”.