



# Unstable World



Suitable for  
class  
teachers,  
therapists,  
learning  
mentors  
and staff  
providing

## ‘Understanding and working with trauma and anxiety’

**Children or young people who have experienced trauma will present with a range of behaviours which interfere with their ability to engage fully in life. There is also a growing increase of children and young people suffering from high anxiety.**

This workshop will look at how understanding trauma and anxiety can help us better understand children and young people's behaviour in school. It will explore creative and practical ways in which you can begin to meet the needs of these children/young people within the school environment. The activities will be experiential so come prepared to participate. There will also be an opportunity to work on some cases so come with a child in mind.

Bridget Sheehan is the Director of eQe and the creator of the Th.Inc.Room approach. She is an experienced teacher, therapist, behaviour consultant and trainer and has worked in schools for over 25 years.

*“I found this training extremely informative which will be useful in my workplace. It has given me greater understanding and new strategies to help children who experience trauma and anxiety.”*

Tuesday July 9<sup>th</sup> 2019

9.30-3.30

The Loft, Hazel Grove Baptist Church, Station Street,  
Hazel Grove SK7 4EX.

Cost:£90+VAT(includes lunches)

**ncfe.**

Contact Bridget for further information  
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