



PACE+ Approach

Evidence-based interventions to work effectively with children and young people with Social, Emotional and Mental Health (SEMH) Needs

GOOD NEWS, thanks to funding from BOOST we are able to offer this course at just £225 per person

We offer the opportunity to [learn practical, evidence-based strategies](#) in order to be able to work successfully with children and young people with SEMH needs.

The use of the **PACE +Approach** (Playfulness, Acceptance, Curiosity and Empathy) overtime by key adults with a child or young person who has experienced relational trauma:

- Helps to overcome blocked trust – developing a relationship in which the child or young person allows the adult to have some influence on him/her rather than trying to control the adult.
- Breaks the cycle of blocked care allowing the child to accept the care and support from the key adult and, as a result, stopping the adult from feeling rejected and ineffective.
- Helps the child or young person to become open and engaged to learning (by helping him/her to feel safe) rather than being stuck in a hyper-vigilant state of fight and flight or freeze.

Course Content

- From mistrust to trust
- Teaching the social and emotional skills not yet learned
- Correction with connection
- Resilience and trauma Informed and attachment aware
- Self-Care
- The right intervention at the right time
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Cost: £225 for 6 sessions (or just 3 sessions from your membership subscription)

Dates:

Session 1: 14th January 2020

Session 2: 28th January 2020

Session 3: 10th February 2020

Session 4: 25th February 2020

Session 5: 17th March 2020

Session 6: 31st March 2020

Times: Sessions start at **4.00pm** and finish at **5.30pm**

Location: Ground Floor, SBS House, Marshes End, Upton Road, Poole, BH17 7AG

Sigma Teaching School is committed to providing high quality professional development opportunities to support teaching professionals at every stage of their career, taking the best evidence based practice as well as from our alliance of schools

BOOK your place today

Or for more information contact Julia Stewart on 01202 057960