



TRAINING COURSES

2026/27

We offer a wide variety of training courses, workshops and carer groups, covering a range of themes to help parents, carers and professionals supporting children and young people.





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Introduction to Training Courses, Groups and Workshops

At The Child Psychology Service CIC, we recognise that caring for children and young people who have encountered significant trauma in their formative years, can be difficult, frustrating and fraught with set-backs. Our training courses are designed to support families and professionals with a range of difficulties that can be causing significant stress within the family.

From week-long courses that will help professionals to support the families they work with well into the future, to shorter three-hour online workshops designed to explore specific challenges young people face and how the adults around them can support with this, we have something for everyone.

Our training calendar on page 15 has details of all our upcoming training events.

For further information about each of our training offers, please see our [website](#).

All our online workshops can be booked via [Eventbrite](#).

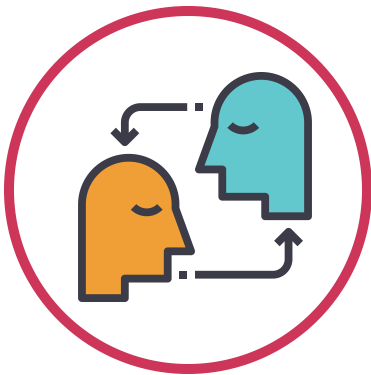
To book onto a training course, please email enquiries@thechildpsychologyservice.co.uk or call us on 01283 840051.

If you would like to commission a separate workshop or training course for you, a group of carers, or professionals, please [email](#) us to discuss.





Training Courses

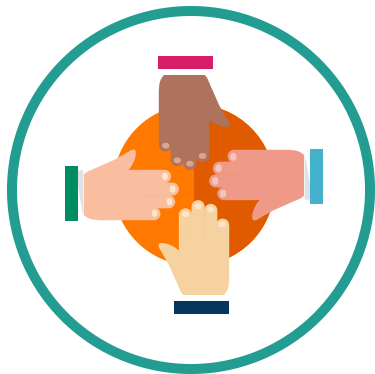


DDP Level One - Lead by Dr Amber Elliott, Consultant Clinical Psychologist

In Level One the core components of DDP will be presented and explored through discussion and practice exercises. This includes practicing communication using PACE (Playfulness, Acceptance, Curiosity and Empathy). Participants will explore the use of DDP as therapeutic work with families and as a parenting framework. **Suitable for all therapeutic, education and social care professionals.**

Duration: 4 Days

£750



DDP Level Two - Lead by Dr Amber Elliott, Consultant Clinical Psychologist

Level Two is an advanced training and is open to those who have completed Level One. The training equips participants to understand the DDP principles and develop them within participants' practice.

Duration: 4 Days

£850



PACE Training

DDP PACE (Playfulness, Acceptance, Curiosity and Empathy) training will help you to understand the impact of developmental trauma and the challenges that children with this experience can struggle with.

It introduces how the experience of PACE within a DDP-informed approach can start to help these children to recover trust and safety, giving them back their futures.

It also explores PACE as a way of being with people of all ages to provide a secure foundation for relationships to grow and thrive. **This course is suitable for parents, carers and professionals.**

Duration: 2 Days

£250



Training Courses



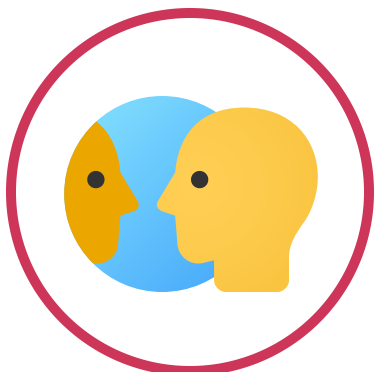
Empathic Behaviour Management (EBM)

When trying to understand and respond to children's behaviour that can feel challenging, adults can often be drawn to a 'rewards and consequences' approach. However, this does not work for all young people, particularly those who have experienced difficulties in their early days, months or years.

EBM is a trauma-informed, relationship-based approach to supporting young people who have experienced developmental trauma, that uses empathy, curiosity and connection to understand their inner world, and it's links to their behaviours. Within EBM training, you will consider how we can use an understanding of emotional regulation, trauma memories, shame and brain development to support connection with young people. **Suitable for professionals, parents and carers - EBM has proven particularly popular with residential care teams!**

Duration: 4 Days

£750



Applying DDP Principles to Consultation and Reflective Practice

This training explores how DDP principles can help professionals to inform reflective consultation spaces. Our model is a powerful tool designed to support the implementation of Dyadic Developmental Practice within organisations and complex systems. Rooted in relational safety and the principles of PACE, these group processes help teams reflect, stay connected, and build confidence in their work with developmentally traumatised children. Whether you're in education, social care, or therapeutic services, this training supports you to strengthen your team's shared understanding and create more coherent, trauma-informed practice across your setting. Please note: this training does not constitute DDP consultant training or certification. **This training is for Professionals.**

Duration: 1 Day

£150



"The work undoubtedly ensures families stay together."

OFSTED

"Training was presented professionally and with enthusiasm and covered lots of areas that will support me in supporting our YP and staff."

EBM Course Attendee

"[Facilitators] are clearly passionate about the work they do and both are so warm and easy to talk to. Their knowledge of the topics we covered and their empathy are there in abundance."

Course Attendee

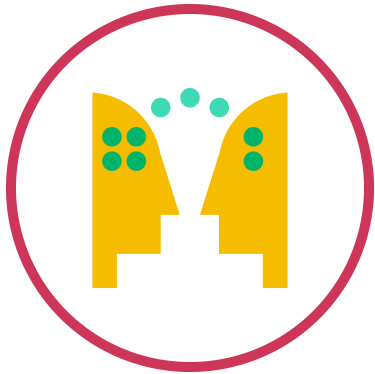
"Just talking to her gave us a great insight about these children and what they are going through ...the change has been dramatic ...so successful."

Headteacher





Parent / Carer Groups



Foundations for Attachment - Suitable for Parents and Carers

Our therapeutic parenting group is adapted from Kim Golding's Foundations for Attachment (2017). It is based on Dyadic Developmental Psychotherapy (DDP) and the Practice Model developed by Dan Hughes (2011). It aims to provide therapeutic support and psychoeducation to parents and carers to support you in building the secure attachments with young people who have experienced developmental trauma, that you hope for. Particularly helpful in the first three years of placement. The group consists of three modules:

Module 1: Understanding the Challenges of Parenting

Session 1: Blocked Relationships

Session 2: Hiding and Miscoing

Module 2: DDP-Informed Therapeutic Parenting

Session 1: Building Connections

Session 2: Supporting Behaviour

Module 3: Looking After Yourself!

Session 1: Understanding your attachment history

Session 2: Self-care and blocked care

This group will be a consistent group of people and will run for three hours over six consecutive weeks.

Duration: 6 Sessions over 6 weeks (within school hours) £450pp



Managing destructive and aggressive behaviours: a Non-Violent Resistance (NVR)-informed group for parents and carers.

This 8 week programme uses the principles of NVR to help parents and carers develop a calmer, more confident and connected response to challenging behaviour and strengthening relationships. The group aims to reduce conflict, aggression, and feelings of helplessness, factors that are often associated with family breakdown.

The group will cover:

- Ground rules, hopes and expectations
- Parental presence and active resistance
- Identifying and prioritising change
- Supportive systems and people
- Parental values and reconciliation gestures
- Looking after yourself

Duration: A 2.5 hour session every week for 8 weeks

£500pp



Workshops: Specialist Early Trauma

Suitable for parents, carers and professionals



Understanding Developmental Trauma: How Early Experiences Shape Emotional Wellbeing, Relationships and Behaviour

This workshop will explore how trauma young people experience in their early life can affect all areas of their development, including physical development, brain development, emotional, social and cognitive development. We will explore how this can impact on a young person's life.

Duration: 3 Hours

£45



Understanding Blocked Care: When Caring Feels Hard

Blocked care can happen when the ongoing demands of caregiving, stress and challenging in caregiving relationships leaves a carer feeling emotionally disconnected from a young person they care deeply about.

This workshop offers a supportive space to understand blocked care, recognise its signs, and to explore practical ways to restore connection while caring for your own wellbeing.

Duration: 3 Hours

£45



An Introduction to Foetal Alcohol Spectrum Disorder (FASD)

This workshop provides an introduction to FASD, exploring how exposure to alcohol during pregnancy can affect a child's development, regulation and daily functioning.

This workshop will provide attendees with a greater understanding of the strengths and challenges experienced by young people with FASD, and how to provide support.

Duration: 3 Hours

£45



Workshops: *Specialist Early Trauma*

Suitable for parents, carers and professionals



An Introduction to Non-Violent Resistance: Supporting Children through Connection and Relationships

This workshop provides an introduction to the principles and practices of NVR. Attendees will explore how NVR can help strengthen relationships, reduce conflict, and respond effectively to challenging situations while maintaining connection and care.

Duration: 3 Hours

£45



Introduction to Empathic Behaviour Management (EBM)

This training introduces EBM, a trauma-informed, relationship-based approach to supporting children and young people who have experienced developmental trauma. You will begin to explore the impact of trauma and how EBM can support.

Duration: 1 Day

£105





"The opportunity to learn techniques to deal with a home situation that feels out of control and also to regain a sense of my own strength and agency as a parent."

NVR Group Attendee

"The most useful thing was thinking about cause of behaviour and additional strategies to help the children."

Foster Carer

"I felt like I had someone to talk to who actually listened to me, gave me advice, understood me and made me feel less lonely."

Young Person

"Training was exceptional. Very useful."

Roald Dahl's Children's Charity

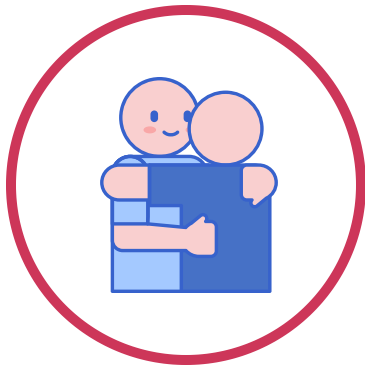




Workshops:

General Emotional Wellbeing

Suitable for parents, carers and professionals



Talking to Children About Difficult Things

Talking to a young person about a difficult topic can be incredibly important, yet challenging. This workshop helps parents, carers and professionals build confidence in talking with children about difficult experiences, feelings, and life events. Participants will explore practical ways to support children's understanding, respond to questions and emotions, and create a safe space for open conversations.

Duration: 3 Hours

£45



Understanding and Supporting Anxiety in Children and Young People

This workshop will offer insights into child and adolescent anxiety; what it is, what triggers it and how it might present itself. You will learn strategies to support young people to understand and manage their anxiety.

Duration: 3 Hours

£45



Understanding Sibling Relationships: Connection, Conflict and Competition

Conflict between siblings can present in a variety of ways including rivalry, competitiveness, hostility and aggression. This workshop will explore the complex dynamics of sibling relationships, including both conflict and connection and offer practical strategies to support and strengthen those bonds.

Duration: 3 Hours

£45



Building Resilience when Supporting Children with Complex Needs

Working with children who have complex needs can take its toll on staff. This workshop offers an opportunity to explore common challenges, consider strategies for managing the emotional impact of this work, and build personal resilience and resources. Suitable for professionals.

Duration: 3 Hours

£45



Workshops:

General Emotional Wellbeing

Suitable for parents, carers and professionals



Understanding and Supporting Children's Emotions and Behaviours

In this workshop, we will explore the important relationship between children's emotions and their behaviours. Attendees will learn what is meant by the therapeutic attitude of PACE and how to embody PACE in your interactions to help children feel safe, heard and supported.

Duration: 3 Hours

£45



Understanding Self-Harm and Suicidal Thoughts in Young People

This three-hour workshop is a brief introduction for parents and professionals, that will create space to explore why young people may turn to self-harm or experience thoughts of wanting to end their life, and offer you some practical advice to enable you feel more empowered to keep your child safe.

Duration: 3 Hours

£45



Understanding and Responding to Harmful Sexual Behaviour in Children and Young People

In this workshop, we will look into what constitutes Harmful Sexual Behaviour in children and young people, how we can recognise the signs and what preventative strategies can reduce risk to the individual child and others around them.

Duration: 3 Hours

£45



Workshops: *Sensory Integration & Processing*

Suitable for parents, carers and professionals



Developmental Trauma and Sensory Integration

An in-depth exploration of the impact of childhood trauma and attachment disruption on a child's sensory system development

- Understanding the 7 senses
- The influence of early trauma attachment experiences on sensory development
- Exploring the impact of sensory differences on a child's activities of daily living
- Understanding arousal states with sensory lens
- Interoception sense overview
- Ideas and adaptations for daily life

Duration: 3 Hours

£45.00



Sensory Integration

Three 1-hour taster sessions for exploring the impact of developmental trauma and sensory processing on daily living. These focussed taster sessions take a brief but deep dive into these important daily activities with the lens of attachment and sensory integration. We will look at the sensory challenges that these activities present for children who have experienced trauma, attachment disruption and neurodivergence with some strategies and alternative understanding to enable caregivers to approach these in alternative ways.

1. Eating: A sensory-based understanding

Develop your knowledge and understanding about how sensory processing can impact on eating, mealtimes and oral motor development

2. Sleep: from a sensory perspective

Develop your knowledge about the impact of sensory issues on sleep and find out more about how sensory approaches can support effective sleep routines

3. School-based sensory awareness

Develop understanding on the impact of developmental trauma on the sensory systems needed for classroom-based learning

Duration: 3 Hours

£45.00



Interoceptive Awareness and Emotional Regulation

A workshop to develop understanding of developmental trauma and interoception. We will learn about the impact of childhood trauma and attachment disruption and the role that interoception plays in enabling a child to notice and connect with their internal body signals. An in-depth exploration of 'Interoception' - we will explore how internal world influences us throughout our daily routines, activities and impacts on emotional regulation

Duration: 3 Hours

£45.00



"She was outstanding, she was professional and organised but what we found even more than that was her empathy and level of support was outstanding in a very challenging time."

Adopter

"The training has improved my whole understanding of dealing with emotional issues."

EBM Course Attendee

"The training was really informative. I will certainly take back to work what I have learnt."

Residential Worker

"I found the NVR course useful and I have used the techniques and feel better about my own parenting. As a single adopter I feel often unsupported and alone, so it felt good to be supported."

Parent



2026 / 2027 Training & Workshops

Sibling Dynamics - 7 July 2026

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

Introduction to Developmental Trauma - 14 July 2026

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

Developmental Trauma & Sensory Integration - 14 July 2026

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

Applying DDP Principles to Consultation & Reflective Practice - 8 September 2026

Please call us to book your place on 01283 840051.

PACE Online - 9 & 10 September 2026

Please call us to book your place on 01283 840051.

Introduction to NVR - 23 September 2026

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

Blocked Care - 12 October 2026

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

Self-Harm and Suicidal Ideation - 13 October 2026

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

DDP Level One - 19-22 October 2026

Please call us to book your place on 01283 840051. This course is in person, Walsall, West Mids, WS2 7DY.

Sensory Integration: Eating, Sleeping, School - 20 October 2026

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

FASD - 12 November 2026

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

DDP Level Two - 23-26 November 2026

Please call us to book your place on 01283 840051. This course is in person, Walsall, West Mids, WS2 7DY.

Supporting Resilience Amongst Staff - 27 November 2026

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

Supporting Children's Emotions and Behaviours - 7 December 2026

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

Talking to Children about Difficult Things - 18 January 2027

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

Applying DDP Principles to Consultation & Reflective Practice - 19 January 2027

Please call us to book your place on 01283 840051. This course is in person, Walsall, West Mids, WS2 7DY

PACE - 27-28 January 2027

Please call us to book your place on 01283 840051. This course is in person, Walsall, West Mids, WS2 7DY

Interoceptive Awareness - 16 February 2027

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

Harmful Sexualised Behaviours - 10 March 2027

Book Online - <https://tcpsuk.eventbrite.com>. A three-hour online workshop.

We are always adding dates to our schedule of events, please keep an eye on our website for updates. If there is a course or workshop that you have seen in this brochure that you are particularly interested in, that doesn't have a fixed date yet, please email enquiries@thechildpsychologyservice.co.uk and we will work to accommodate you.



Empower Your Future with Knowledge

Our training courses are either conducted face-to-face or online and operate dependant on a minimum number of attendees booked on to each course. Our course calendar on page 15 has details of all our upcoming events. Bookings are made on an individual basis but if you are interested in registering as a group for your organisation then please contact us and we will be able to help. Further information including booking details, payment, background reading (if applicable) and location of events can be found by contacting us using any of the details below.

For more information about our training courses, please contact us at:



www.thechildpsychologyservice.co.uk



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