

Collaborative workshops between AEM Adoption Support and CAMHS Children Looked After and Adoption Team (CLAAT).

AEM have joined up with Nottinghamshire CAMHS to offer workshops aimed at supporting adoptive parents to revisit the impact of developmental trauma on their child and their emotional wellbeing. These workshops aim to support parents with thinking about their concerns in relation to their child's current presentation using a trauma informed approach. These workshops are available to all AEM adopters.

We require all adopters attending workshops 2 and 3 to have a solid understanding of developmental trauma. If you have attended other courses relating to this, you can access workshops 2 and 3 straight away. If you haven't or wish to refresh your knowledge, workshop 1 will help you get more out of workshops 2 and 3.

Workshop 1 - Developmental trauma and emotional wellbeing.

This is to allow you the opportunity to revisit your understanding of developmental trauma and getting you to think about your child's early life experiences, in utero and pre-adoption, asking you to consider these through a trauma lens when thinking about your child behaviours and emotional needs. The aims of the workshop include:

- Defining what is meant by developmental trauma
- Defining emotional wellbeing and mental health
- Considering the impact of developmental trauma on the brain
- Considering developmental trauma on emotional wellbeing and mental health
- To think about your child and how this fits with him / her
- To help have a greater understanding of your child
- To think about what could help your child

Workshop 2 - Introduction into the overlap between neuro development and developmental trauma.

This workshop will explore the overlap between developmental trauma and two neuro-developmental disorders (Autism Spectrum Disorder/Condition and Attention Deficit Hyperactivity Disorder).

This workshop will help you to further your understanding about:

- ASD and ADHD in childhood
- the overlaps between these neurodevelopmental differences and the effects of developmental trauma in children and young people
- when and how we might assess a child for ASD and ADHD
- the overlaps in the support needed by children and young people with neurodevelopmental differences, who have experienced developmental trauma

Workshop 3 - Understanding self-harming behaviours and how you can support your child.

We recognise that seeing your child harm themselves can be distressing and difficult to understand. You may feel unable to support them, or unsure how best you can support them, whilst wanting to understand these behaviours. This workshop is aimed at demystifying some of the myths around self-harm and to explore what is meant by self-harm, the reasons your child may feel the need to harm themselves, and how this harm may present. We also hope to explore alternate ways to manage their thoughts and feelings that may reduce your child's self-harm to support their wellbeing but also looking at your own wellbeing.

There will be plenty of time for informal discussions and reflections within the timings of all three workshops.

When and where is this course taking place?

Friday 21st April 2023, 10.00 - 1.00pm (Workshop 1)

Friday 19th May 2023, 10:00 - 1:00pm (Workshop 2)

Friday 9th June 2023, 10.00am - 1.00pm (Workshop 3)

Friday 8th September 2023, 10.00am - 1.00pm (Workshop 1)

Friday 20th October 2023, 10.00am - 1.00pm (Workshop 2)

Friday 8th December 2023, 10.00am - 1.00pm (Workshop 3)

The courses will be in-person at a venue in Mansfield.

If you are interested in booking onto one or more of these workshops, please contact AEM Adoption Support Helpdesk on 0115 8044500 or by emailing Adoption Support Events

AdoptionSupportEvents@adoptioneastmidlands.nottscc.gov.uk