



Training Brochure

CMCAFS are a team of skilled Applied Psychologists using their knowledge and experience of working with children, young people, families, and those who support them, to deliver exciting and highly informative training sessions.

Drawing on the most current psychological information and practice, our training sessions aim to strengthen the existing skills of those professionals, carers and families who support young people, and to further develop their psychological understanding, critical thinking, and practice.



CMCAFS Training Courses

Our courses can be delivered for individuals, specific teams or across an organisation, and can be bespoke dependant on the needs of your organisation. Some of the training courses / workshops that we regularly deliver are:

Child Development & Parenting



Early Years - Emotional Development & Wellbeing

This course equips those working with the youngest and most vulnerable children to enhance and develop skills promoting healthy emotional development. Participants will explore the development of responsive, trusting and secure relationships that protect children from the impact of adversity and increase resilience and wellbeing. There is a clear focus on the development of practical skills for understanding children's emotional needs and how to effectively recognise and regulate them, whilst staying present and grounded in often highly stressful circumstances.

Therapeutic Parenting - Intermediate

This course will further enhance understanding of intersubjective relationships and the importance of this when engaging with young people, with focus on mind-mindedness, mentalisation, and affect matching using practical examples.

Creative Connections

This one-day training will be skills-based, experiential, creative and playful; we will discuss and practice some of the skills and approaches that are key to building and maintaining relationships with children and young people. Prior to enrolling on this course, participants should have completed training in understanding the impact of disrupted attachments, developmental trauma and early adversity on children and young people.

Therapeutic Parenting with PACE

This course provides an introduction to therapeutic parenting and PACE approaches with practical examples of using these skills with the young people you support.

“ *I found the training very informative. [Facilitator] is a very knowledgeable instructor and very approachable and relatable.*

Anonymous | Foster Carer



Attachment & Developmental Trauma

Drawing on an understanding of attachment and trauma theory, this course explores the development of early attachments and their function and importance in shaping children's development. The course also explores the impact of inconsistent, unavailable, or abusive relationships and trauma on a child's development and some of the common difficulties encountered when working with young people who have experienced relational and developmental trauma.

Understanding & Supporting the Development of Sensorimotor Systems (& the Impact of Trauma)

This one-day training draws on trauma theory focussing on how early childhood experiences can impact on sensorimotor development. The course will support participants to think about how underdeveloped sensorimotor systems may present in children and young people and the strategies and approaches that can help to re-build these systems. The content also briefly touches on how sensory processing may additionally be impacted by neurodevelopmental needs such as Autism Spectrum Conditions or learning disabilities and introduces specific ideas for supporting young people with additional needs.

Trauma-Responsive Practice within Organisations

This training provides an opportunity to explore the wider impact of trauma on staff teams and organisations and the potential negative impact on the services they deliver. The key principles of trauma informed practice will be introduced, including think about way that organisations can aim to embed trauma informed practice throughout each layer of the system in order to deliver more effective and responsive care.

Supporting Young People with Neurodivergence & Trauma

This one-day training will explore early childhood experiences of young people with additional needs, including Learning Disabilities, Autism Spectrum conditions, and other neurodevelopmental conditions. The course will examine the relevance of trauma theory for this group of young people, as well as exploring creative and playful ways to engage and better support them. Drawing on ideas from 'PACE' to build and maintain positive attachments, and the principles of Positive Behaviour Support, the course encourages practitioners to explore sensitive and trauma-informed responses to children displaying distressed behaviour.

An Introduction to Developmental Trauma & the Power of Relationships

This two-day course supports professionals working with children, young people, and families to better understand the way that the human brain is shaped by our experiences and the profound impact of trauma and relationships on children's growth, learning, and development. The course allows space for reflection and exploration of the impact of threat and trauma on behavioural and emotional regulation, using our "thinking brains", and building reciprocal trusting relationships. Attendees will learn together creative ways to connect with young people to help them to feel safe, regulate their bodies and their feelings, and encourage reflection, repair, and recovery.

Leading Trauma Responsive Services

In this training we will be thinking about the importance of applying a trauma informed (psychologically responsive) framework to leadership within our teams and organisations.

Understanding the Impact of Trauma on Individuals

In this training attendees will learn and reflect on common reactions to trauma and ways to support.

Trauma Informed Care and the Use of Language

This workshop will provide attendees with a space to consider how the use of language can shape our understanding and relationships with the young people we support. Consideration will also be given to the connection between developmental trauma and language and will provide opportunities to reflect upon our own use of language.

Therapeutic Approaches

(Please ask for other available approaches)



An Introduction to Dialectical Behavior Therapy (DBT) Skills

DBT is an evidence-informed therapeutic approach that aims to support people who experience intense emotions. Attendees will learn skills that are helpful in supporting young people in regulating emotions, tolerating stressful moments, and improving relationships.

Introduction to Solution Focused Therapy

This training aims to support an understanding of a solution-focused approach, its relevance, and practical strategies for using solution-focused approaches within sessions for children, young people and adults.

Supporting Mental Health & Wellbeing



Supporting Young People who Self Harm

This training introduces a psychological understanding of self-harming behaviours and explores some of the tools and strategies that can be used when supporting young people who self-harm.

Supporting Young People's Mental Health

This training aims to support professionals to better hear and understand the experiences of young people in distress, so that we are more able to help them to make sense of and overcome their experiences. The training also introduces ideas and tools to support young people with mental health needs who are experiencing distress.

Thinking Psychologically about Risk & Safety Planning

This course uses clinical case examples to ensure a comprehensive understanding of clinical risk when working with children and adolescents. Attendees will learn to formulate and address the risks they come across in their work using developmental and psychological models of risk and resilience.

Supporting Young People Experiencing Anxiety

This course explores the biological response, function, and psychological understanding of anxiety. It introduces psychologically-informed ways of talking about anxiety with a young person, along with specific strategies to support young people experiencing anxiety. Participants will also gain a better understanding of panic attacks, and helpful responses for those experiencing them.



In addition to the above training, we also offer our EVOLVING Psychologically Responsive Leadership course. This is an 8-day, 8 module course, helping individuals to develop their potential as a psychologically-responsive leader.

The EVOLVING leadership course is suitable for mid-level or senior leaders working in a range of organisations across health, social care, education, and related fields. It may also be of interest to those wanting to progress to a leadership role.

For more information contact: EVOLVING@changingmindsuk.com

or visit: www.EVOLVING-Leads.com



Listen to our podcast

Hear the latest from the EVOLVING team.

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The EVOLVING training allowed me the time, space and tools to reflect on my own values and how I decision make, but also how I may be perceived by others. I found the trainers to be very knowledgeable but also allow opportunities for playfulness during topics which at times can be emotionally heavy. I would recommend this training for anyone who is keen to work on themselves and to find tools to support difficult situation and conversations.

Maxine O'Neil | Head Teacher



Further Information

In addition to courses for individuals and teams, CMCAFS also offer training across whole services, providing an opportunity to further embed psychologically responsive practice across an organisation.

Our training can be delivered in person at our purpose-built training centre in Warrington, online, or via our pre-recorded video sessions. You can review and keep up to date with all CMCAFS training offers via our website: www.cmcafs.com

If you are unable to find a relevant course, we can adapt and develop bespoke psychologically informed training, in collaboration to meet your specific needs. Please get in touch.

Get in touch!

For more information, a discussion about bespoke courses, or to book a course, please call **01925 483069** or email: CAFStraining@changingmindsuk.com

