

## AIMS

To be able to provide effective care for young people who have experienced trauma and / or have attachment disorders.

## LEARNING OUTCOMES

By the end of this course you will be able to:

- Understand the long-lasting effects of childhood trauma
- Be aware of the different forms of Attachment Disorders
- Recognise how trauma can lead to other mental health issues
- Be aware of the legislation which underpins the care of young people
- Know how Attachment Disorders are treated
- Understand how to support young people in your care with attachment disorders
- Understand how to document care effectively
- Know what to do in the event of an incident
- Recognise your responsibilities and the responsibilities of others

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## LESSONS AND TOPICS

### Trauma

- What is Trauma?
- Early Childhood Trauma
- Signs of Trauma

### Attachment

- What is an Attachment Disorder?
- Secure Attachment
- Ambivalent Attachment Disorder
- Avoidant Attachment Disorder
- Disorganised Attachment Disorder

### Other Mental Health Disorders

- Depression and Anxiety
- ODD and CD
- ADHD
- Eating Disorders

### Legislations

- Mental Health Act 1983
- Human Rights Act 1998
- Equality Act 2010
- Children and Young Persons Act 2008
- Children Act 1989

### Treatment and Therapy

- Cognitive Behavioural Therapy
- Dialectical Behavioural Therapy
- Interpersonal Therapy
- Mindfulness-based Therapies
- Psychodynamic Therapy
- Group therapy
- Emotion-Focused Therapy
- Family Therapy

### Support Strategies

- Playing with Young People
- Being There
- Approach
- Emotional Support
- Physical Contact

### Documentation and Reporting

- Care Plans
- RAMP
- Accurate Records
- Safeguarding
- Reporting Incidents

### Responsibilities

- Local Authority
- Parents and Guardians
- Care homes
- Carers
- OFSTED and CQC

