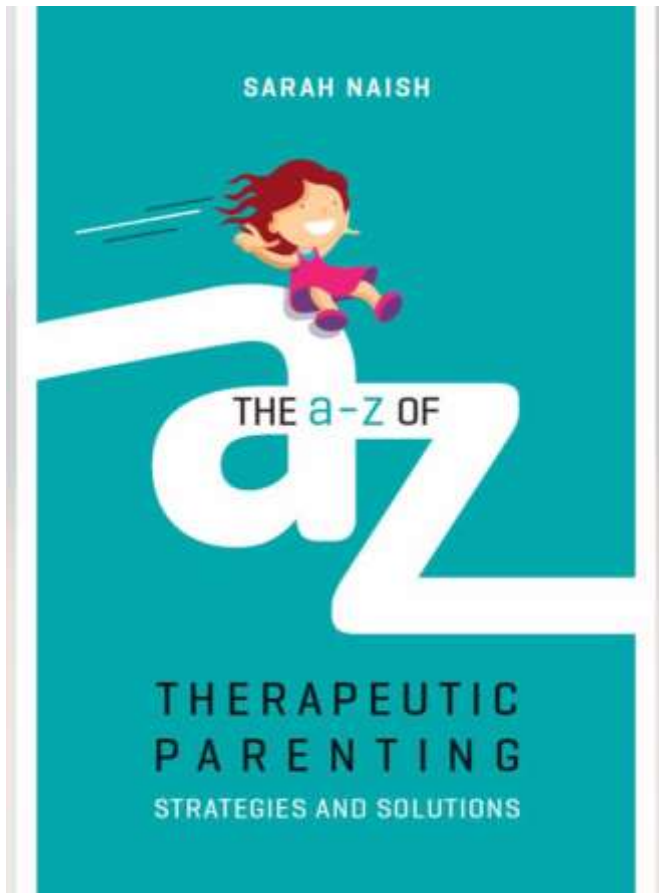




Inspire Training Group

Centre of Excellence in Child Trauma

WWW.COECT.CO.UK



HOME OF SARAH NAISH AND
TEAM, AUTHOR OF
INTERNATIONALLY ACCLAIMED,
BEST-SELLER 'THE A-Z OF
THERAPEUTIC PARENTING'

Renowned Trainers and International
Keynote Speakers with authentic, first-
hand experience instigating real, positive
change

Essential training for adopters, foster
parents, social workers, and other
supporting professionals, delivered with
humour and compassion

Experts and lead researchers in Child
Trauma, Parent/Carer well-being,
Therapeutic Parenting Strategies

Face to Face AND online courses from 15
minutes to a full 2 year diploma!

Ground breaking resources for
therapeutic fostering teams

Bespoke training and consultancy for
your service

Not sure what you need?
Contact us for an informal chat
and we will produce a bespoke
plan for you

INSPIRE@COECT.CO.UK

WWW.COECT.CO.UK

01453 519000



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Who uses our services?

Senior Managers/Directors of L.A. Fostering, Adoption Teams and IFAs, Social Workers, Therapists, Residential Children's Home staff and management, Foster Parents, Adopters, Special Guardians, Kinship Carers and Birth Parents of neuro diverse children.

What geographical areas do we cover?

Whole of UK - Face to Face and online via Zoom, or recorded content

Rest of the world -Face to Face through conference booking service, or online conferences and individual training/ mentoring

Our Credentials

Independently accredited School of Therapeutic Parenting Studies awarded 'Outstanding' grading by the inspecting body for the last 6 years!

Winners of the National Children and Young People Awards, (well-being)-2021

Repeat trainers, Keynote speakers and conference providers in UK, USA, Estonia, Iceland, Channel Islands, Latvia, 15 Local Authorities, 26 Independent fostering and adoption agencies, multiple publications published worldwide - translated into Japanese, Spanish, Romanian, Estonian and Chinese.

Former owner/ team of Ofsted 'Outstanding' Therapeutic Fostering Agency

Lead first worldwide research into compassion fatigue in foster care

What people say

"Please pass on our appreciation and "thank you" to Sarah. Her training yesterday was brilliant and very well received. We have already had some positive impact reports from it, and everyone agrees how thought provoking it was."

"The course supported and boosted my implementation of knowledge, as well as provided me with new and additional information to develop my skill further"

"First training I've attended with real life experiences. Very informative and should be used by more professionals"

"Absolutely fantastic, I have laughed, and I have cried, I could listen all day!"

"Very professional – for the first time I feel I'm not alone in what I have experienced"



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Courses and Services*

*Almost all our conferences and training are also available online. Please enquire for the best option

Example of current courses, conferences and workshops - Over 200 available!

<i>Developmental Trauma, Diagnoses and Strategies</i>	
An Introduction to Child Trauma	Why do our children do the things they do? Understanding the Effects of Trauma - 4 hours+
Therapeutic Parenting (PACE) in Real Life	Introductory course in therapeutic parenting. What works, what doesn't and why - 4 hours+
The A-Z of Therapeutic Parenting	What is Therapeutic Parenting? Strategies and Solutions (based on the book) - 1 or 2 days
The Quick Guide to Therapeutic Parenting	A visual fun course, based on the book, lots of strategies! - 2 to 6 hours
Managing Violent Behaviour	How to de-escalate violence and preserve relationships - 1 to 2 days
Siblings, trauma bonds and multiple challenges - Workshop	How to manage more than one child and balance everyone's needs - 4 hours+
Interrupting Trauma	What can we do practically, to lessen the effects of trauma on our children? Latest techniques and developments with practical application - 1 day
<i>Wellbeing and Adult Relationships</i>	
When Your Best Isn't Good Enough	Managing grief, guilt and anxiety, and other common emotional blocks- Useful where a child has moved on unexpectedly - 3 hours+
No one Told Us it Would Be Like This – (Reconnecting and overcoming compassion fatigue for carers)	Recognising and overcoming compassion fatigue, blocked care/secondary trauma for Parents and Carers - 4 hours+
The A-Z of Survival Strategies for Therapeutic Parents	Practical strategies for coping, connection and carrying on! - 1 day or 2 days with workshop
Building resilience, Removing Triggers – (Workshop with therapists and trainers)	Interactive workshop with parents/carers which removes triggers from behaviour and uses Havening® to build resilience – 1 day
Better Couple Relationships	How to preserve the couple relationship when caring for neuro diverse children - 4 hours+
<i>Schools</i>	
Managing Schools (for Parents and Carers)	Helping Therapeutic Parents with the school system and get support for neuro diverse children- 1 day and/or + 1 day workshop
Being a Trauma Informed School	Conference style training for schools from the COECT schools' team, strategies and solutions for integrating a trauma informed approach into your school - 1 day + consultancy days
Supporting Trauma Experienced Children in Schools	Small team training/or workshop with specific strategies and solutions - 4 hours+



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<i>Therapeutic Fostering and Supporting Professionals</i>	
The Therapeutic Fostering Assessment	Brand new assessment, meets regs, piloted and trialled. Replaces the Form F, TSD and Preparation of Foster Parents. Combines all into one seamless process – <i>1 to 2 days + licence</i>
Recognising and Resolving Compassion Fatigue (Blocked care/ Secondary Trauma/ Secondary PTSD)	Interactive course to help supporting professionals to improve relationships by recognising and resolving compassion fatigue in adoption and fostering - <i>1 day</i>
From Reactive to Proactive - Three Practical Tools for Professionals - from 'The A-Z of Therapeutic Parenting Professional Companion'	The Trauma Tracker, Developmental Cornerstones, The Behaviour Assessment of Impact and Resolution Tool (BAIRT) – <i>1 to 3 days with templates and books</i>
Bespoke consultancy training days	Various topics, Starting an IFA, Becoming a Therapeutic Agency, Better Time Management, Support for Directors and Senior Managers, Avoiding Burnout, and many more topics - <i>From 1 to 10 days</i>
<i>Distance learning and Qualifications - CPD</i>	
Level 2 Therapeutic Fostering Award <i>(Please request separate brochure)</i>	An integrated independently accredited qualification in therapeutic fostering which gives a thorough grounding to foster parents and staff - <i>2 weeks to 1 year online with tutor support</i>
Level 2 SAFE Parenting Award <i>(Please request separate brochure)</i>	An independently accredited Level 2 Award in the foundations of therapeutic parenting for all parents, carers and staff working with neuro diverse children - <i>2 weeks to 1 year part time, online with tutor support</i>
Level 3 Diploma in Therapeutic Parenting <i>(Please request separate brochure)</i>	An independently accredited Level 3 Diploma in therapeutic parenting, covering the full range of diagnoses, strategies, working as part of a professional team and understanding trauma. <i>6 months to 2 years part time, online with tutor support</i>
Level 3 Parent Coaching Award <i>(Please request separate brochure)</i>	An independently accredited Level 3 Award in coaching therapeutic parents such as adopters and foster parents. Essential for supporting professionals - <i>3 months to 1 year. Part time, online with tutor support</i>



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[Conferences and Seminars](#)



Healing Children through Therapeutic Parenting (2017)

Why do some children need therapeutic parenting? How is it different from 'standard' parenting? How can we **practically** put Therapeutic Parenting strategies in place and make a REAL difference? UK Leading expert Sarah Naish, answers all of the questions and more in a clear and compelling manner. Inspirational, moving, and motivational.

Connecting Therapeutic Parents Everywhere (2018)

Hear how Sarah Naish learnt and applied the skills she has gained through her Therapeutic Parenting Journey. Focus groups on Sarah's book The A-Z of Therapeutic Parenting: Strategies and Solutions.

Straight talking solutions for professionals working with our most vulnerable children - From Trauma to Trust (2019)

Truth, Lies, and the 'Memory Carousel' – Why do our children seem to remember things one day but not the next? Why do false allegations happen and what can we do about this? Sarah Naish and Sarah Dillon will explain how this looks and feels from the parent, supporting professional and child perspectives, offering real strategies and insight to tackle these complex issues.

Practical solutions for real-life perspective - From Reactive to Proactive (2020)

Reducing stress by changing our approach to trauma. Information on the Trauma Tracker, Schools and Education, Behaviour Assessment Intervention Resolution Tools, preventing lying and stealing.

Survival Strategies for Therapeutic Parents - From Chaos to Cake (2021)

If the A-Z of Therapeutic Parenting was your roadmap of strategies through to sanity, this conference is your hot flask of tea or coffee, and a cosy blanket which will keep you warm, safe, and well on your journey, ensuring you reach the other side, mentally and physically well.



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Course Timings



All courses are tailored to fit in with your team's requirements. They may run to fit in with a school day, be delivered over a few days, or on a regular weekly slot. The choice is yours.

Course Costs

Our training courses, workshops and conferences start from £350. Fees vary depending on trainer, length of course and location. Please email Inspire@coect.co.uk or phone us on **01453 519000** for costings for your event

Some of our publications, more available at www.jkp.com

