

The Inspire Training Group



Part of Fostering Attachments Ltd

(Independent trainers and consultancy)

What we do-

As leading experts and researchers in the field of therapeutic parenting, trauma and compassion fatigue, we offer specialist training and support with an integrated approach to achieving good outcomes for children and their parents where there is, developmental trauma associated challenging behaviours and compassion fatigue.

Help to identify developmental trauma and provide concrete strategies to manage associated behaviours.

Work intensively with adopters and foster parents to help to prevent disruption, by identifying and resolving compassion fatigue.

Facilitate cross family strategies between adopters and foster parents to ensure the child is helped to experience a consistent and nurturing environment.

Train professionals working with Adopters and Foster Parents to recognise developmental trauma & compassion fatigue, and to be proactive in supporting 'Therapeutic Parenting'

Provide training, support and consultancy on a 'whole team' basis, to motivate and change social work interventions by recognising compassion fatigue and empowering social workers to effect positive change.

Email

inspire@coect.co.uk

Phone Number

01453 519000

Website

www.inspiretraininggroup.com

About Inspire Training Group.....

Inspire Training Group are the leading experts in Therapeutic Parenting and Trauma.

Inspire Training Group was established in 2007 and draws on the experience of several professionals including Attachment specialists within the therapeutic community, adopters and foster parents. The real-life experience of those working on the project is highly valued by the families who receive our help.

We often hear that the only way to truly understand the reality of how it feels to live with a person with Developmental Trauma is to have that experience oneself. As a result of this we have found that parents are open to our ideas and input as we have used the methods ourselves, lived through it, and gained results.



What is Therapeutic Parenting?

Therapeutic Parenting is a highly nurturing parenting approach, with empathy at its core.

Therapeutic Parenting uses firm but fair boundaries and routines to aid the development of new neural pathways in the brain so children may gain trust in adults. And so their lower brain (survival brain) may connect with their higher brain (prefrontal cortex/thinking brain) so they can link cause and effect.

Using boundaries and routines helps children to understand there is consistency and predictably in their lives (they know they will have breakfast, lunch, and tea plus snacks). Therapeutic Parenting advises you to use visual timetables to support you children with this.

Respond with empathy using the PACE model (playfulness to connect and diffuse a situation, acceptance of the child whilst not accepting of aggression, curiosity to detect your child's need, all steeped in empathy).

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Our Courses

12 Do's and Don'ts of Christmas

Some simple, effective and quite light hearted top tips to help you to negotiate the Christmas Season!



For Individuals

Course Length: 60 minutes **Course Fee:** £9.99 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations – Webinar Only

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Always on the Move

Children who have suffered developmental trauma often have very high circulating cortisol. This is like their body being on full alert all the time with a pounding heart and feelings of being agitated and not being able to keep still.

If the child is feeling extra anxious, this triggers further cortisol production and makes matters worse. Because the central nervous system interprets a threat, the body is taking over from the brain, making sure that the body is ready to manage the challenge and run or fight, keeping the child wakeful and alert with eyes and ears wide open for signs of danger.

For Individuals

Course Length: 60 minutes **Course Fee:** £9.99 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations – Webinar Only

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

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Bedtime and Sleep

Is your child refusing to go to bed and/or getting up repeatedly?

Does your child become very oppositional and defiant around bedtime?

Does your child appear fearful of being left alone?

Does your child's behaviour escalate around bedtime and/or appear to be dysregulated?

Is this eating into your own time to recharge your batteries?

For Individuals

Course Length: 60 minutes **Course Fee:** £5 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations – Webinar Only

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Calming the Angry Child

In this course we will explore:

Why children might be angry.

Assisting parents and carers in de-escalating aggressive behaviours.

The impact of aggressive behaviour on parents and the importance of self-care.

For Individuals

Course Length: 60 minutes **Course Fee:** £5 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations – Webinar Only

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

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But I'm Still Hungry! (Sugar Addictions)

Children who have suffered trauma often seem to need very high levels of sugar intake. Which can cause problems in a number of ways. Join our trainers in this live webinar to hear more.....

As always we will share tried and tested strategies that WORK!



For Individuals

Course Length: 60 minutes **Course Fee:** £9.99 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations – Webinar Only

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Creating Positive Relationships

In this course we will review the effects of attachment on development, how this is different for children with a background of trauma.

You will be given the insight to understand the importance of connection and empathy.

Finally, the trainer will explain how to develop a dialogue between the parent and child, incorporating Therapeutic Parenting.



For Individuals

Course Length: 120 minutes **Course Fee:** £5 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations – Webinar Only

Course Length: 120 minutes **Course Fee:** £600 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

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Dealing with Lying and Stealing

This course explains why children with Developmental Trauma do this, how it makes you feel and enable Therapeutic Parents to apply practical behaviour management strategies which build connections in the child's brain AND between the parent and child, which reduces the behaviour.

For Individuals

Course Length: 60 minutes **Course Fee:** £25 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations – Webinar Only

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.0



Erikson's Theory of Development and Therapeutic Parenting

Join us as we delve deeper into Erikson's theory of psychosocial development and how trauma impacts this. We will start right from infancy up till young adult.



For Individuals

Course Length: 60 minutes

Course Fee: £9.99 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations – Webinar Only

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

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Healing Children through Therapeutic Parenting

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](#), and her adopted daughter Rosie Jefferies, answer all of these questions and more in a clear and compelling manner. Inspirational, moving and motivational. If you are struggling to re parent a child who has suffered early life trauma, this, recorded live Seminar, is a MUST SEE!

For Individuals

Course Length: 5 hours **Course Fee:** £45 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations - Face to Face

Course Length: 5 hours

Course Fee: From £1000 plus VAT

Plus, travel and accommodation

How to.... Deal with Arguing.

Do you feel that every statement is argued with, or that the simplest task becomes a battleground between you and your child?

All our courses will help to 'heal their brain' and build links between cause and effect using empathy.



For Individuals

Course Length: 15 minutes

Course Fee: £5 plus VAT

Discounts available for NATP Members and for multiple purchases.

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How to.... Deal with Destruction

Does your child chew holes in their clothes?
Are they always breaking and damaging things?
Watch this 10 minute video, jam packed with Strategies by '**Best Selling**' Author [Sarah Naish](#).

All our courses will help to 'heal their brain' and build links between cause and effect using empathy.

For Individuals

Course Length: 15 minutes

Course Fee: £5 plus VAT

Discounts available for NATP Members and for multiple purchases.



How to.... Deal with Food Issues

Is your child a slow eater?

Do they reject your food and complain about it?

Watch this 10-minute video, jam packed with Strategies by 'Best Selling' Author Sarah Naish.

All our courses will help to 'heal their brain' and build links between cause and effect using empathy.



For Individuals

Course Length: 15 minutes

Course Fee: £5 plus VAT

Discounts available for NATP Members and for multiple purchases.

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How to.... Deal with 'Mad' Lying

Does your child look you straight in the eyes and tell you lies which you know cannot be true?

Do you sometimes feel that this is driving you mad?
Need strategies to quickly fix this AND help the child?

Watch this 10 minute video, jam packed with Strategies by 'Best Selling' Author [Sarah Naish](#).

All our courses will help to 'heal their brain' and build links between cause and effect using empathy.



#2 How to....
Deal with 'Mad'
Lying



Inspire Training

For Individuals

Course Length: 15 minutes

Course Fee: £5 plus VAT

Discounts available for NATP Members and for multiple purchases.

How to.... Deal with Nonsense Chatter

Do you have a child who talks constantly?

Are they always asking questions but not listening to the answer?

Do you sometimes feel like your brain will explode with the noise!?

Watch this 10 minute video, jam packed with Strategies by 'Best Selling' Author [Sarah Naish](#).

All our courses will help to 'heal their brain' and build links between cause and effect using empathy.

For Individuals

Course Length: 15 minutes

Course Fee: £5 plus VAT

Discounts available for NATP Members and for multiple purchases.

Look, the sky is blue...
Is the sky blue?...
The sky is blue...
I can see the sky...

Blah, blah, blah....



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How to.... Deal with Other Professionals

Do you feel that professionals do not understand what you are dealing with every day with your child?

Are you being blamed, judged and feel isolated?

Watch this 10 minute video, jam packed with Strategies by 'Best Selling' Author [Sarah Naish](#).

All our courses will help to 'heal their brain' and build links between cause and effect using empathy.



For Individuals

Course Length: 15 minutes

Course Fee: £5 plus VAT

Discounts available for NATP Members and for multiple purchases.

How to.... Deal with Schools

Are you having a nightmare trying to get your child to do their homework?

Do you find the school has unrealistic expectations, and are failing to understand your child's attachment difficulties?

Watch this 10-minute video, jam packed with Strategies by 'Best Selling' Author [Sarah Naish](#).

All our courses will help to 'heal their brain' and build links between cause and effect using empathy.

For Individuals

Course Length: 15 minutes

Course Fee: £5 plus VAT

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How to.... Deal with Social Media

Are you struggling to manage phone and Internet use with your child?

We have some quick, effective strategies to give you back control.

Watch this 10-minute video, jam packed with Strategies by 'Best Selling' Author Sarah Naish.

All our courses will help to 'heal their brain' and build links between cause and effect using empathy.

For Individuals

Course Length: 15 minutes

Course Fee: £5 plus VAT

Discounts available for NATP Members and for multiple purchases.



How to Manage the Early Days

First meetings and moving a child into your family can be among the most important in helping a child, especially a traumatised one, settle well.

Her words of wisdom centre around understanding what is going through the mind of the child based on their previous experiences - which might have taught them to be very wary indeed of adults.

But parents also need to understand their own mindset and how they might need to take a step back and reduce their expectations.



For Individuals

Course Length: 60 minutes

Course Fee: £9.99 plus VAT

Discounts available for NATP Members and for multiple purchases.

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Honesty and Necessary Lies.

Sometimes we find that vital information is missing from our children's files. Information which would inform behaviours or help parents to piece together their history.

This webinar is not about the child's ability to lie but about how sometimes professionals/society are economical with the truth.

For Individuals

Course Length: 60 minutes

Course Fee: £9.99 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations – Webinar Only

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Hungry Heart

This is a recorded version of a live webinar held in relation to Covid-19.

This course will help all parents to understand food related issues. We will look at the causes of food related issues and provide strategies to help manage food related issues, including:

- Sugar Addictions
- Hoarding Food
- Taking (Stealing) Food
- Rejection of Food/Meals
- Fussy/Slow Eating

For Individuals

Course Length: 60 minutes **Course Fee:** £5 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations – Webinar Only

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

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Interrupting Trauma Seminar

Sarah Naish and Sarah Dillon have created an amazing conference with all their 'Interrupting and Integrating Trauma methods.

On the day, as well as their tried and tested practical strategies for every situation, they will also help you to use Trauma interruption methods such as 'The Delta Wave Therapy Touch' to see immediate and dramatic effects around Trauma-based behaviours and fear.

All methods work and have already been used on parents with amazing results.

For Groups/Organisations – Face to Face

Course Length: 5 hours.

Course Fee: From £1500 plus VAT
Plus, travel and accommodation

Group Size: Up to 40 only

Please note this course can only be delivered face to face.

Introduction to Attachment

This course will give you an understanding of what secure attachment means and why attachment is critical in the earliest years.

You will gain knowledge and insight into why attachment disorders occur and begin to understand the differing attachment difficulties and behaviours.

Finally, we will enable parents to gain practical therapeutic parenting strategies.

For Individuals

Course Length: 60 minutes **Course Fee:** £5 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations - Webinar

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom
Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

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Introduction to Therapeutic Parenting

A course for Foster Parents, Adopters and Other Professionals who wish to understand the difference between 'standard' parenting and 'therapeutic' parenting. This course is essential for anyone wishing to progress to other courses relating to P.A.C.E, Attachment, and Effects of Trauma. These courses are all run by Inspire Training Group, part of Fostering Attachments Ltd.

You may have come across the term 'therapeutic parenting' when attending meetings as a foster parent or adopter. When we deliver training to fostering and adoption agencies, we are often asked by parents what the term actually means. This short course has been devised to give parents a quick overview about what therapeutic parenting actually means and why we use that term.

For Individuals

Course Length: 120 minutes **Course Fee:** £10 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations - Webinar

Course Length: 3 hours **Course Fee:** £700 plus VAT
Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours

Group Size: 0 – 15
Course Fee: From £750 plus VAT

Group Size: 16 – 30
Course Fee: From £1200 plus VAT
If above 30 attendees, please enquire.

Plus, travel and accommodation

Introduction to De-escalation

In this course we will explore why children might be violent, thereby developing a greater understanding of extreme behaviours. We will introduce early interventions and de-escalation strategies. We will introduce practical strategies to keep the child safe and to avoid conflict. Finally, we will investigate the impact of violent behaviour from the child on the parents, exploring the importance of self-care.

For Individuals

Course Length: 120 minutes **Course Fee:** £10 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations - Webinar

Course Length: 3 hours **Course Fee:** £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours
Group Size: 0 – 15
Course Fee: From £750 plus VAT

Group Size: 16 – 30
Course Fee: From £1200 plus VAT
If above 30 attendees, please enquire.

Plus, travel and accommodation

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Managing Birthdays and Celebrations

Living with a child who has suffered trauma means birthdays are not going to be straightforward. Celebration days can be difficult for children to manage.

For Individuals

Course Length: 60 minutes

Course Fee: £9.99 plus VAT

Discounts available for NATP Members and for multiple purchases

For Groups/Organisations – Webinar Only

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.



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Managing Violent Behaviour – In Children and Adolescents

This is a ground-breaking, approved course, for which we have contracted Gerard O’Dea from Dynamis Training & Insight who is an excellent, highly skilled trainer whose ethos and values merge closely with Therapeutic Parenting.

Inspire Training Group will deliver the first day which will be focussed around de-escalation strategies and avoiding conflict. Day two will be delivered by Gerard O’Dea and will focus on practical training, conflict management for those times when contact is unavoidable due to high risk actions and danger to others.

Course Aims:

To offer those who are parenting children who sometimes display violence which could result in harm to themselves or others. A law and guidance-based decision-making framework, along with specific last-resort physical control options (and their working principles), which would allow them to create physical and emotional safety in situations where otherwise a child or parent would be more significantly harmed or injured.

Continued →

Managing Violent Behaviour – In Children and Adolescents

Learning Outcomes:

- Understand why children might be violent.
- To assist all parents in de-escalating aggressive behaviours.
- To put in place practical strategies to keep the child safe and to avoid conflict.
- Describe how self-awareness, non-escalation, and de-escalation are primary responses to a child who is being violent.
 - Explain the status of physical force, as a last resort, in the context of parenting a child who is being violent.
 - Use a decision-making framework, based on duty of care concepts, for how to respond to a child who is being violent.
- Understand the core legal principles of Reasonable Force and how they relate to e.g. Fostering Regulations Guidance.
- Recognise 'survival' strategies for keeping themselves safe if they need to respond to a child who is being violent.
- Recognise 'holding' strategies for control of a child if they need to respond to a child who is being violent.
- Explain the role of Disengagement and Containment strategies in response to violence, particularly when alone.
- Describe the risks of physical intervention including those of Restraint-Related Sudden Death, which should be avoided.

For Groups/Organisations - Face to Face

Course Length: 2 days

Course Fee: £2000 plus VAT

Group size: 0 - 15 attendees.

Plus, travel and accommodation

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Managing Feelings (for Parents)

This course assists parents to identify compassion fatigue and to acknowledge their own feelings and responses to children with Developmental Trauma. 'Inspire' believe that this is a fundamental keystone to being able to implement any subsequent strategy effectively. This course will give a deeper understanding of Secondary Trauma, self-recognition and an ability to act in the future to avoid compassion fatigue.

For Individuals

Course Length: 60 minutes **Course Fee:** £27 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations - Webinar

Course Length: 3 hours **Course Fee:** £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face -

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

Managing Feelings (for Supporting Professionals)

This course helps supporting professionals who are working with parents that are caring for Traumatized children to identify and manage compassion fatigue.

The trainers will support professionals to identify and reject the usual 'blame and withdraw' model, where there is actual or likely disruption, allowing them to work intensively alongside the parents, engaging in the 'Therapeutic Parenting' model. (T.R.U.E)®.

For Individuals

Course Length: 60 minutes **Course Fee:** £25 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations - Webinar

Course Length: 3 hours **Course Fee:** £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

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Managing Siblings

During this course we will develop strategies for managing sibling groups (large or small, full siblings or mixed, birth or adopted/fostered/SGO).

We will discuss and develop strategies for these subjects:

- Lying
- Stealing
- Fighting
- Staying sane (self-care)
- Dealing with professionals

For Individuals

Course Length: 120 minutes **Course Fee:** £10 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations - Webinar

Course Length: 120 minutes **Course Fee:** £600 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours

Group Size: 0 – 15

Course Fee: From £750 plus VAT

Group Size: 16 – 30

Course Fee: From £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

Meeting unmet Developmental Needs in Older Children

This course will equip attendees with the skills and knowledge to begin to meet unmet developmental needs in older children with Developmental Trauma. We will focus on practical ways/strategies to begin to meet those needs and applying them. The trainer will provide attendees with the skills, knowledge and confidence to respond to the emotional age of the child no matter what the chronological age might be.

For Groups/Organisations - LIVE Webinar

Course Length: 3 hours **Course Fee:** £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours

Group size: 0 - 15 attendees.

Course Fee: £750 plus VAT

Group size: 16 - 30 attendees.

Course Fee: £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

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On the Look Out

Children who experienced severe trauma are constantly on the alert for danger without even knowing it. They may have had to watch and listen very carefully to protect themselves in dangerous situations, so these senses become over developed.

For Individuals

Course Length: 60 minutes **Course Fee:** £9.99 plus VAT
Discounts available for NATP Members and multiple purchases.

For Groups/Organisations - Webinar

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.



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Separation Anxiety

Is your Child clingy, anxious, fearful of transitions, talking all the time (nonsense chatter)?

Are you not able to have a phone call, a conversation or even go to the loo without a constant stream of interruptions?

If this is your child, they may be suffering from separation anxiety.

In this course we will explore:

- What is Separation Anxiety?
- What is Object Permanence?
 - The underlying causes
 - How it affects you
- Strategies and solutions

For Individuals

Course Length: 60 minutes **Course Fee:** £5 plus VAT

Discounts available for NATP Members and for multiple purchases.



Staying Sane as a Therapeutic Parent with Sarah Naish

This course aims to share information regarding the complex behaviours of children we care for and the effects this has on us.

This course will give a deeper understanding of Secondary Trauma, self-recognition and an ability to take action in the future to avoid compassion fatigue.

For Individuals

Course Length: 60 minutes **Course Fee:** £10 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations - Webinar

Course Length: 4 hours **Course Fee:** £1000 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

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Strategies to Manage Behaviour

This course will equip parents and supporting professionals with the skills and knowledge to begin to work Therapeutically with children with Developmental Trauma. It will enable participants to apply practical behaviour management strategies. We will provide participants with the skills and knowledge to avoid feeling disempowered and therefore lessen the impact of compassion fatigue.

This course is best delivered following straight on from the 'Managing Feelings' course, however not mandatory. The trainers assist participants to relate the training to real life events and problems and to implement strategies which have proved effective.

For Groups/Organisations - Webinar

Course Length: 2 days (3 hours each day)

Course Fee: £1000 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 2 days (4 hours each day).

Group size: 0 - 15 attendees.

Course Fee: £1300 plus VAT

Group size: 16 - 30 attendees.

Course Fee: £1700 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

Strategies to Manage Behaviour in Adolescents

A course for parents and supporting professionals who are looking after teenagers with Developmental Trauma. We will explore how Developmental Trauma displays and apply some of the behaviour management strategies. We will assist participants to begin to look at the differences between re-parenting younger children and the challenges they face as their child gets older. Explanations are given about the changing brain and how this is an excellent time to improve outcomes.

For Groups/Organisations - Webinar

Course Length: 3 hours **Course Fee:** £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours

Group size: 0 - 15 attendees.

Course Fee: £750 plus VAT

Group size: 16 - 30 attendees.

Course Fee: £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

Supporting You to Support Your Families: Food Issues

Do you work with families who have a child that has issues with Food?

This course is designed for supporting professionals to gain insight and new ideas to families in need.



For Individuals

Course Length: 60 minutes **Course Fee:** £9.99 plus VAT

Discounts available for NATP Members and for multiple purchases.

For Groups/Organisations – Webinar Only

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.



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Surviving the Holidays **Summer & Christmas**

Holidays can be stressful for therapeutic parents and their children. This informative short set of three videos gives parents and carers strategies to.

- Manage end of term stresses when routines change.
 - Help to manage long school holidays!
- Have more successful, less stressful family holidays away.

For Individuals

Course Length: 30 minutes **Course Fee:** £5 plus VAT

Discounts available for NATP Members and multiple purchases.

For Groups/Organisations - LIVE Webinar

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.



Surviving in a Couple Relationship as Therapeutic Parents

Is your relationship under stress due to parenting children from trauma? Are you struggling to communicate? Wishing things were different but do not know where to start?

Join Sarah Naish and Sarah Dillon for our special webinar, to help therapeutic parenting couples to preserve and improve their relationship.

For Individuals

Course Length: 60 minutes **Course Fee:** £9.99 plus VAT

Discounts available for NATP Members and multiple purchases.

For Groups/Organisations - LIVE Webinar

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Email

inspire@coect.co.uk

Phone Number

01453 519000

Website

www.inspiretraininggroup.com

Teens in Crisis

Are your teen children driving you mad, uncommunicative, sleeping away the day and hard to connect with?

Are they breaking regulations and going out whenever they like?

Does it feel harder than ever to connect?

Then this course is for you...

During this course we will:

- Help explore your own feelings around your child.
- Share common themes today for peer support.
 - Look at the Toddler Teen.
 - Understand teen behaviours.
- Look at what's happening in their brains?
 - Discuss reconnection and repair.

For Individuals

Course Length: 60 minutes **Course Fee:** £3 plus VAT

Discounts available for NATP Members and multiple purchases.

For Groups/Organisations - Webinar

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Toilet Tales

Many traumatised children have issues with wee and poo! They may be delayed or there might be much more deep-seated issues. This can be a big strain on any family!

Join our trainers for a live webinar answering all of your questions around this subject, providing lots of Therapeutic parenting strategies along the way.

For Individuals

Course Length: 60 minutes **Course Fee:** £9.99 plus VAT

Discounts available for NATP Members and multiple purchases.

For Groups/Organisations - LIVE Webinar

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

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Tentacles of trauma (Effects of Trauma)

This course will help participants to understand why children with a history of trauma and neglect behave in the way they do. They will gain a further understanding of how historical trauma is recreated in the present. The trainer will give insight into the internal survival world of such children. We will explore how Developmental Trauma Disorder is at the root of all challenging behaviours. We will discuss depersonalise behaviours. We will end with linking behaviour to unmet needs and early life experiences.

For Groups/Organisations - Webinar

Course Length: 3 hours **Course Fee:** £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours

Group size: 0 - 15 attendees.

Course Fee: £750 plus VAT

Group size: 16 - 30 attendees.

Course Fee: £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

The A-Z of Therapeutic Parenting

Don't miss this opportunity to hear Sarah Naish's first-hand experiences of parenting 5 children with Developmental Trauma.

This seminar will guide parents and professionals in their Therapeutic Parenting journey and help them to...

- Overcome challenges.
- Understand how Trauma affects their children every day.
- Rediscover empathy.

Learn a step-by-step process to walk you through even the most difficult situations.

- Why do our children do the things they do?!
- The P.A.R.E.N.T.S Model.

Discounts available for copies of Sarah's bestselling book – The A-Z of Therapeutic Parenting – Strategies and Solutions.

For Individuals

Course Length: 2 hours **Course Fee:** £10 plus VAT

Discounts available for NATP Members and multiple purchases.

For Groups/Organisations - Face to Face

Course Length: 5 hours

Course Fee: From £1000 plus VAT

Plus, travel and accommodation

Trauma Room 1 + 2

A useful analogy devised by Sarah Dillon.
A wonderful clear explanation on how trauma affects our children.
Join Sarah Dillon in this one-of-a-kind webinar on how and why children so rapidly flip into a trauma state due to overwhelm, underpinned by her own experience as a child in care and Author.



Trauma
Room
1 & 2

Inspire Training



For Individuals

Course Length: 60 minutes

Course Fee: £10 plus VAT

Discounts available for NATP Members and for multiple purchases

The Trauma Room

This course will help participants to understand why children with a history of trauma and neglect behave in the way they do. They will gain a further understanding of how historical trauma is recreated in the present. The trainer will give insight into the internal survival world of such children. We will explore how Developmental Trauma Disorder is at the root of all challenging behaviours. We will discuss depersonalise behaviours. We will end with linking behaviour to unmet needs and early life experiences.

For Individuals

Course Length: 60 minutes **Course Fee:** £5 plus VAT

Discounts available for NATP Members multiple purchases.

For Groups/Organisations - Webinar

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

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Therapeutic Parenting in Real Life

This course aims to share information regarding the complex behaviours of children we care for. All attendees to be given the tools to implement P.A.C.E. and will get practical real-life strategies. This course will help solve complex relationship issues between parents and supporting professionals which often arise when caring for children with Developmental Trauma. Improves communication, empathy and understanding.

For Individuals

Course Length: 4 hours **Course Fee:** £27 plus VAT

Discounts available for NATP Members multiple purchases.

For Groups/Organisations - Webinar

Course Length: 3 hours **Course Fee:** £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours

Group size: 0 - 15 attendees.

Course Fee: £750 plus VAT

Group size: 16 - 30 attendees.

Course Fee: £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

Therapeutically De-escalating Violence

The course will enable you to have the knowledge, skills and strategies to apply Therapeutic Parenting methods for dealing with child on parent violence.

This course will:

- Not cause or unnecessarily escalate conflict.
 - Confidently deal with verbal abuse
 - Engage in difficult conversations.
 - Effectively de-escalate conflict.
 - Persuade others to co-operate.
 - Stay safe in crisis situations.
- Know what to do when words alone fail.
- End an interaction in a better place than where it started.
- Remain professional no matter where an interaction ends up.

For Individuals

Course Length: 6 hours **Course Fee:** £99.99

Discounts available for NATP Members and multiple purchases

For Groups/Organisations - Face to Face

Course Length: 2 days (4 hours each day).

Group size: 0 - 15 attendees.

Course Fee: £1300 plus VAT

Group size: 16 - 30 attendees.

Course Fee: £1700 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

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Truth, Lies and the 'Memory Carousel'

Join 'Best Selling' Authors Sarah Naish and Sarah Dillon for a ride on 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? The 'Two Sarahs' will explain how this looks and feels from the parent, supporting professional and child perspectives and offer real strategies and insight to tackle these complex issues.

For Individuals

Course Length: 60 minutes **Course Fee:** £10 plus VAT

Discounts available for NATP Members and multiple purchases.



Through our eyes – The male perspective

This course will identify generational gender stereotypes and preconceptions. We will explore traditional gender roles and how they are changing, and how do these factors impact on relationships and support networks. We will look at what are the expectations/demands placed on each parent.

We will discuss how we deal with parental issues – denial, blame and communication breakdown. This course will help us all to move past the stereotypes and preconceptions. Give a greater understanding of the differences in physiological and emotional responses. We will identify positive communication methods and techniques and how to agree roles to enable consistency and develop a shared understanding. We will also look at how to build trust through shared/individual time with the children to increase attunement. Finally, we will share suggestions for self-care and the importance of being able to offload frustrations.

For Groups/Organisations - Webinar

Course Length: 3 hours **Course Fee:** £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours

Group size: 0 - 15 attendees.

Course Fee: £750 plus VAT

Group size: 16 - 30 attendees.

Course Fee: £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

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Transitions

During this course we will be looking at transitions, what they look and why the children's behaviour escalates or changes dramatically following the change.

We will look at factors that may affect transitions:

- Fear of change
- Emotional age
- Fear of adults
- Being in control
- Lack of cause and effect thinking
- Separation anxiety
- Sensory issues

And finally, we will end with strategies.

For Individuals

Course Length: 60 minutes **Course Fee:** £2 plus VAT

Discounts available for NATP Members and multiple purchases.

For Groups/Organisations - Webinar

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Understanding and Managing Food Related Issues in Traumatised Children

This course will help all parents to understand food related issues, including identifying different types of eating disorders. We will look at the causes of food related issues and provide strategies to help manage food related issues and eating disorders.

For Groups/Organisations - Webinar

Course Length: 3 hours **Course Fee:** £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours

Group size: 0 - 15 attendees.

Course Fee: £750 plus VAT

Group size: 16 - 30 attendees.

Course Fee: £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

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Understanding your Traumatized Child

Why do our children DO the things they do??!!

Like you, 22 years ago, I (Sarah Naish) probably said this 100 times a day about my five adopted children.

You don't have to wait 22 years to find out.

Watch our free video which explains how they think and why they behave this way-change your life in 15 minutes.

Course Length: 15 minutes

Course Fee: FREE



Understanding and Managing Triggers Therapeutically

This course will look at the importance of understanding and managing triggers in both ourselves and the children we care for.

This course will:

- Identify what triggers are and how they are grouped into universal and personal.
 - Identify what causes them and their impacts on us and others.
- The physical reasons for them and how that impacts on our responses.
 - Speaking reactively vs empathically
 - What is conflict triggers universal / personal?
 - Identify our personal triggers and their impacts.
- How to identify triggers in others and the possible physical impacts of these
 - How to maintain emotional equilibrium to minimize escalation.
- Give practical strategies to manage both our own and others triggers Therapeutically.
- Give empathic strategies to manage repair and reconciliation to improve the situation moving forward.
Highlight sources of support available

For Groups/Organisations - Webinar

Course Length: 3 hours **Course Fee:** £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours

Group size: 0 - 15 attendees.

Course Fee: £750 plus VAT

Group size: 16 - 30 attendees.

Course Fee: £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

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Understanding the Teenage Brain

We will give a clear understanding of the development of the teenage brain.

The trainer will assist the participants to recognise how the teenage brain impacts around things like poor organisation and impulse control. As a group we will review challenges for the Traumatized teen and their families.

This course will provide the participants with opportunities to discuss and develop strategies.

For Groups/Organisations - Webinar

Course Length: 3 hours **Course Fee:** £700 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

For Groups/Organisations - Face to Face

Course Length: 4 hours

Group size: 0 - 15 attendees.

Course Fee: £750 plus VAT

Group size: 16 - 30 attendees.

Course Fee: £1200 plus VAT

If above 30 attendees, please enquire.

Plus, travel and accommodation

What's My Child's Diagnosis?

Does your child have a diagnosis of any or maybe many of these? Attachment Disorder, Foetal Alcohol Spectrum Disorders, ADD/ADHD, Sensory Processing Disorder, Autism, Pathological Demand Avoidance, Oppositional Defiant Disorder.....

If you are looking after children who have suffered early life trauma through either pre or postnatal stress, neglect, domestic violence, and/or abuse they may have many different diagnoses, find out in this webinar how Therapeutic Parenting is an effective parenting style for the above diagnosis' and many more!

For Individuals

Course Length: 60 minutes **Course Fee:** £10 plus VAT

Discounts available for NATP Members for multiple purchases.

For Groups/Organisations - LIVE Webinar

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

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What IS Therapeutic Parenting?

Sarah Naish explains in straight forward, jargon free language to set you on the right path to heal your traumatised child.

Created by an adopter and former MD of successful (Ofsted 'Outstanding') Therapeutic fostering agency. This 10-minute video will give you a useful overview of the key points.

Course Length: 15 minutes

Course Fee: FREE



Why Can't My Child Keep Friends?

During this course we will explore:

- How we learn to play and make friends.
- Supporting play through different ages and stages.
- Supervising play and knowing when to intervene.
- Parental and social expectations around friendships.
- Birds of a feather flock to together (trauma ties).

For Individuals

Course Length: 60 minutes **Course Fee:** £10 plus VAT

Discounts available for NATP Members and multiple purchases.

For Groups/Organisations - Webinar

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

Why Can't My
Child Keep
Friends?



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Why do Children do the Things They Do?

Like many parents who are parenting children who have suffered trauma, Sarah struggled herself when trying to understand WHY her children did the things they did! Behaviours seem to come out of nowhere and, on top of that, the children are unable to link cause and effect. This feels like Groundhog Day!



For Individuals

Course Length: 60 minutes

Course Fee: £9.99 plus VAT

Discounts available for NATP Members and for multiple purchases

Why I Wobble at Easter

Following on from our previous webinar around food issues and the child's experience of food. This is a light-hearted look at one of our favourite holidays – especially as it allows lots of access to our favourite treat. As usual we will be bringing you ideas and strategies for how to manage this celebration.



For Individuals

Course Length: 60 minutes **Course Fee:** £9.99 plus VAT
Discounts available for NATP Members and multiple purchases.

For Groups/Organisations - Webinar

Course Length: 60 minutes **Course Fee:** £500 plus VAT

Group Size: Up to 500 **Platform:** Zoom

Additional 7 days 'Watch it Later' access.

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The Inspire Training Group Enquiry Form

Company name & Address	Contact person and details
	Name: Email: Phone Number:

Training course/s	Audience	Choose the appropriate audience
	Parents	
	Professionals	
	Mix or other (please state)	
	Number of attendees (1 – 15, 16 – 30 or 30+)	
	Preferred dates/s or months	

Please return the below enquiry form to inspire@coect.co.uk and member of staff will be in contact to help you with your enquiry.

Email inspire@coect.co.uk	Phone Number 01453 519000	Website www.inspiretraininggroup.com
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