

# SEMH Support Team Training

It is our aim to support schools with continued professional development of staff at all levels, covering an array of SEMH needs. The team can provide training in small groups or whole school. The team have extensive experience in SEMH and also have two accredited Attachment Leads. We have delivered training to thousands of staff and have a proven track record of delivering high quality training.

We are also happy to explore alternative training options providing they are within our remit and professional ability. Please note that training is subject to our capacity at any given time.

## Lego Intervention

- A therapeutic approach to supporting pupils with a wide array of social skills. Training is delivered to small groups of staff, enabling schools to deliver the sessions internally. Resources are provided (not including Lego).

Training time - Up to 2hrs (depending on requirements)

## Zones of Regulation

- Zones of Regulation is an approach used globally and also at Nyland to support the development of self-regulation in children.

Training time - 1hr – 1.5hr

## Positive Behaviour Management and De-escalation

- Covers the underlying reasons for behaviour, roles and responsibilities, expectations/boundaries and useful techniques for supporting dysregulation.

Training time - 1hr – 2hr (depending on requirement)

## Play Leader Training

- Training provides identified pupils with the knowledge and skills they need to plan and coordinate safe, accessible and fun play opportunities for children.

Training time - 3x 1hr sessions with up to 8 identified pupils

*\*please note these sessions must be supported by relevant adult(s) in school*

## Attachment and Trauma

- Covers the importance of Attachment in terms of child development, ACEs and Trauma, Attachment Styles and strategies to support.

Training time - 1hr (introduction) or 2-3 hr full

