

DIFFICULT CONVERSATIONS WITH PARENTS

Difficult conversations with parents in a time of collective trauma: recognising emotions, addressing needs, making connections

This is a time of profound collective trauma, with stress and chaos affecting everyone in the community. Trauma affects the way people can think, feel and behave, and in our communities at present we see the impact of this everywhere: social connectedness reduces, trust reduces, language skills are diminished, anxiety and depression increase, aggression increases. In this environment parenting can lead to overwhelming shame, or aggression, or disconnected apathy, and school staff can find themselves faced with very difficult conversations.

This webinar looks at the causes of this disconnection and offers a way forward using tried and tested models for creating positive connections, moving beyond disconnected behaviour and resolving the unmet needs that underlie such fracturing of relationships.

Course content

- The impact of collective trauma: reduced trust, reduced language skills, increased aggression, increased shame
 - Collective trauma and social thinning – meeting needs is so much harder now
- Brains and language – we need networks of relationships to develop and sustain language
 - Born to connect and care – mirroring and matching healthy brain function
- Five to Thrive as a model, an approach and a framework for connecting with others
 - Emotion Coaching – what are the emotions driving the behaviour?
 - Shame? - Anger? - Fear?
 - o How do we connect to enable emotional self-regulation in the conversation?
 - Non-violent communication – what are the needs driving the emotions?
 - o How do we connect to ensure that needs are met in the conversation?
 - Reflecting together on connected relationships and difficult conversations

This training is focused on special schools and has a maximum number of 40 (first come first served)

DETAILS OF EVENTS: 26/09/2024 - 15:40PM - 17:10PM

THIS IS A 1½ HOUR VIRTUAL TRAINING SESSION HOSTED ON THE TEAMS PLATFORM. TRAINING CAN BE DONE AROUND ONE SCREEN IF DESIRED, BUT WE WILL STILL REQUIRE ALL CONTACT NAMES AND EMAIL ADDRESSES FOR STAFF ATTENDING.

PLEASE CONTACT

COURTNEY.HOPSON@GLOUCESTERSHIRE.GOV.UK TO BOOK ONTO THIS VIRTUAL SCHOOL TRAINING OPPORTUNITY. NON ATTENDANCE OR LESS THAN 48 HOURS' NOTICE OF CANCELLATION WILL INCUR A COST OF £50 PER DELEGATE. CANCELLATION MUST BE SENT TO THE VIRTUAL SCHOOL. WHY NOT USE THIS SESSION AS AFTER SCHOOL TRAINING AND AS PART OF YOUR STAFF MEETING CPD?

