

Looking Through the Lens of Developmental Trauma



Date	Wednesday 23rd April and 30th April 2025
Time	4-6.30pm
Venue	Online via Zoom
For	Child Contact Centre Practitioners
Presenters	Nicola McAllister
Cost	RS Members £50/ Non-Members N/A
CPD Points	5 Category A Points
Booking	Secure your place HERE

Children are born wired to connect. Their experiences prebirth and during the first few years of their life cannot be explicitly remembered but have a profound effect on their physical, emotional, and cognitive development through childhood and beyond.

By understanding the impact of prolonged toxic stress in the early years we can intentionally respond in ways that creates a safe space where children and parents can begin to reconnect.

Participants will explore the importance of connection and felt safety within a trauma informed framework. They will go on to consider what they can do to reduce some of the stressors within the context of child contact centres that can feel overwhelming for all involved. They will develop a deeper understanding of what a trauma response looks like, and some of the core functioning skills that may have been impacted as a result of toxic stress.

This interactive event will not only strengthen participants' knowledge of the impact of childhood trauma but will develop their practical abilities and confidence in providing trauma sensitive support for children and parents.

This workshop takes place over two half day sessions, participants are expected to attend both sessions. To allow sufficient space for discussion numbers are limited for this workshop.

Learning Outcomes: By the end of the day participants will be able to:

- Consider how a trauma informed framework translates into their practice.
- Understand situations in early childhood that may lead to toxic stress and the impact that this has on the developing body and mind.
- Explore how developmental trauma manifests in adulthood and how to provide support.
- Notice the signs of distress and dysregulation and respond in an informed way that is trauma sensitive.

Presenter: [Nicola McAllister](#) is a trainer and consultant who specialises in attachment led, trauma informed practice and self-regulatory approaches. She has over 25 years' experience of working with some of our most vulnerable children while providing training, consulting and coaching services to those adults who support them. Nicola's background is in education she has worked within mainstream settings as well as specialist provisions for children experiencing social, emotional and communication needs. She has also worked as an Education Advisor within the Foster Care sector, supporting schools to adopt attachment led and trauma informed approaches while coaching carers at home to look beyond behaviour and support their child's needs through co-regulation. For further information see www.regulatedchild.co.uk

HOW TO BOOK

Relationships Scotland CPD events are for practitioners who are currently working for a Service that is a Member of Relationships Scotland. Booking early is encouraged as spaces may be limited. We use an online booking process, the link to the online booking form for this event can be found [HERE](#) . The online booking form can be used by:

- Member Services to book on behalf of practitioners.
- Practitioners from Member Services who wish to self-fund.

If you have any questions about the booking process please contact:

Diana Sinclair: Diana.Sinclair@relationships-scotland.org.uk

BOOKING TERMS

Booking for CPD events will be confirmed by email within 10 days of submission. Please check your inbox and/or junk mail, if you have any issues receiving this email please contact us immediately. Only participants that have received a booking confirmation email will be able to access the event. Member Services or Self-funded practitioners will be sent an invoice for the course fee before the event, please do not make a payment until you have received this invoice as it will have a unique invoice number for the payment reference.

Cancellations within 14 days of the event and non-attendance will be charged in full. Member Services/practitioners must notify us of any cancellations by email. Where appropriate, Member Services may transfer a place to another attendee if the original person cannot attend, we must be informed of this ahead of the event taking place. If a CPD event is cancelled by Relationships Scotland (because of insufficient numbers or unforeseen circumstances) then all fees will be fully refunded. We are unable to reimburse out-of-pocket expenses, such as travel and accommodation.

In exceptional circumstances, Member Services/practitioners may request a refund of the cost of the training event or a free place at a future event. Examples of exceptional circumstances include admission to hospital at short notice, or a family bereavement. We are unable to reimburse out of pocket expenses, such as travel and accommodation. Requests for refunds or credits for future events will be considered by the Office Bearers Group (Chair, Vice-Chair, Treasurer of the National Office). All request for refunds/free places at future events should be made in writing or by email to the CPD Manager, sonia.bruce@relationships-scotland.org.uk

ACCESSING THE EVENT ONLINE

System Requirements: The CPD event will usually be delivered using the Zoom platform. Please attend the online session from a private space using a compatible computer or tablet connected to the internet. You will need to download Zoom to access the session: <https://zoom.us/> Please make sure you have the most recent version of Zoom. Please note, some organisations have additional security settings that may prevent you from accessing the CPD event on an organisational device. Please also ensure that you have the required bandwidth and internet speed. You can test whether you are able to join a Zoom meeting here: <https://zoom.us/test> Relationships Scotland are unable to provide refunds when there are issues with a participant's IT which prevents them from accessing the CPD event. Please contact the CPD Manager if you are unsure about how to use the technology sonia.bruce@relationships-scotland.org.uk

Accessing the Event: A link to the session will be sent out a few days before the event. Please ensure that the email address to which the link should be sent is clear in the Booking Form. It is also important that the Zoom account uses the same name that you used to register for the event. The Relationships Scotland CPD Host will use this information to admit participants into the event and to confirm attendance certificates. The username for your Zoom account can be amended by signing into Zoom and going to the profile section of your account.