

Experience Learning

ONLINE and FACE to FACE TRAINING PROGRAMS



AC Education supply online courses and face to face training to all those working with vulnerable children in the UK.

Trauma through loss, neglect and abuse will impact on a child's health, wellbeing and ability to engage in learning. Children who have not formed secure attachments are often disruptive and unfocused in school and as a result often underachieve. Research suggests that at least one third of children have an insecure attachment with at least one care giver. Our courses offer practical strategies to support disadvantaged and vulnerable children to achieve their potential.

Our courses are:

- Written by experts such as YoungMinds, UCL, Institute of Education and the University of Derby
- Easy to access with quizzes to ensure understanding, videos and interactive activities to reflect on learning
- Many courses accredited by the CPD Service
- We work alongside experts such as Adoption UK and The Fostering Network

Trauma Awareness

When children and young people have experienced strong, frequent, and/or prolonged adversity as a result of domestic violence, neglect or abuse of any kind without adequate adult support they are most likely to show symptoms of **toxic stress**.

This kind of prolonged activation of the stress response systems can disrupt the development of the brain and increase the risk for long term consequences for learning, behaviour, physical and mental health. By understanding **ACEs (adverse child experiences)** and the impact of trauma on the brain we can understand the behaviours shown by young people and how to support them in our day to day role.

We offer face to face and online training in trauma, the impact on brain development and how to manage behaviours that challenge.

Adverse Child Experiences (ACEs)

ACEs are traumatic childhood experiences such as abuse, neglect or witnessing parental conflict, mental health or substance abuse. These events can create dangerous levels of stress and derail healthy brain development resulting in long term effects on learning, behaviour and health.

The original study from CDC-Kaiser Study in the USA was carried out in 1995 to 1997 and asked 17,000 adults to complete a questionnaire regarding their childhood experiences.

If you want you can complete the questionnaire by clicking on the link opposite. If you think this may be upsetting please speak to someone in your support network.

Click on each pink arrow for a description of the graphic.

US ACE study (140 page PDF – also in Resources)

Take the [ACE Questionnaire](#) and discover your score (5 minute questionnaire)

Toxic Stress

When a threat is perceived our nervous system instantaneously triggers the fight, flight or freeze response, flooding the whole system with hormones such as cortisol.

This response:

- Speeds up our heart rate
- Releases certain hormones
- Increases sensory awareness
- Increases blood flow around the body to prepare
- Shuts down the thinking brain

Prolonged responses can cause injury to the brain. For the developing brain, with no support from an adult to buffer what is happening, we call this **Toxic Stress**.

Toxic Stress Derails Health Development (1:15 Video)

Short Course Programme

AC Education also offer online short courses aimed at supporting vulnerable pupils with a range of additional needs

Courses Available

- Supporting Pupils with Unmet Attachment Needs
- Supporting Pupils with Mental Health Difficulties
- Emotion Coaching
- Understanding Trauma and the Impact on Young People
- County Lines
- Safeguarding and Child Protection Skills
- Child Protection Awareness
- The Role of the Designated Teacher
- Adoption and the Role of Schools
- Communicating with Children and Young People
- Equality and Diversity
- Sexual and Gender Development in Children and Young People
- Social Media, Selfies and Sexting
- Pornography and the Potential Impact on Young People
- Online Safety and Cyberbullying
- Secondary Trauma and Workplace Stress
- Working as Part of a Team
- Young Carers
- Radicalisation for Professionals
- Drug Awareness
- Making Sense of Adolescence
- Teenage Challenging Behaviour
- Supporting Asylum Seeking and Refugee Children
- Supporting Young People Leaving Care
- Supporting Travelling Families
- Bullying
- Children and Domestic Abuse
- Children and Parental Mental Health Issues
- Children and Parental Substance Misuse
- Female Genital Mutilation
- Impulsive Behaviour

Self-Harming Behaviours

Working with a Child who has been Sexually Abused
Sexualised Behaviour

Bereavement

ADHD and Conduct Disorders

Autism

Foetal Alcohol Spectrum Disorder

Physical and Learning Disabilities

Understanding Dyslexia and Dyspraxia

Working with Disabled Children and Young People

Promoting the Achievement of Looked After Children in Education (For Parents and Carers)

Also available from AC Education

Face to Face Training

Advanced Diploma - Level 4 Expert Practice in Work with Traumatised Children

New courses in development

Emotional Experience of Eating
Suicide Support and Prevention

For more details of our courses please see our full prospectus on the website.



ACEducation

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