

Explore how children adjust to challenging environments

Trauma, Neglect and Building Resilience

Drawing on new understandings of trauma, abuse, neglect and how children cope with challenging experiences, this course will help you to make sense of behaviours that on the surface might seem annoying, upsetting, frightening or challenging.



**ONLINE COURSE
5 HOURS
PRICE: £69**

Course Lead:



Dr Graham Music is a Consultant Child and Adolescent Psychotherapist at the Tavistock and Portman NHS Foundation Trust and an Adult Psychotherapist in private practice. Dr Music has a particular interest in exploring the interface between developmental findings and clinical work, and brings a wealth of teaching experience to the Digital Academy.

What will you gain?

This course will allow you to:

- Define abuse, neglect and trauma – identifying the differences between them, and their long-term effects on children
- Identify the links between adverse early experiences and later life trajectories, including physical and psychological outcomes
- Explore resilience and post-traumatic growth – observing how positive experiences and relationships can lead to change
- Apply this knowledge to your own interactions with children and young people – understanding that change is always possible.



How will you learn?

- Explore key concepts through interactive lecture content and videos
- Deepen your understanding via regular opportunities for reflection
- Consider a Case Study to help apply the theory to your work
- Test your knowledge with a multiple-choice quiz, and unlock a certificate

HERE FOR YOU, WHEREVER YOU ARE

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