

An Introduction to Attachment and Trauma

Course Aims

This course aims to develop school staff's understanding of trauma and attachment and to explore effective ways of supporting children and young people who may have experienced trauma and/or have attachment-related needs.

Who is this course for?

School staff and education professionals working with Children and Young People.

Course Cost: £110

When & Where?

9am – 3pm

Date: 09.10.2026

The Pavilion
Hatherley Lane
Cheltenham
GL51 6PN

Course Details

This course will explore:

- The meanings of attachment and attunement, and an introduction to attachment theory.
- What we mean by the term trauma and its potential impact on children's development, learning, behaviour, and relationships.
- Relational and trauma-informed approaches, including the PACE model and strategies for co-regulating emotions.
- Understanding and promoting resilience, belonging, and positive relationships within school communities.

Staff Outcomes

- To understand the terms 'Trauma' and 'Attachment'
- To develop a shared understanding of some of the research around trauma and attachment
- To understand how pupils, who have experienced trauma and/or have attachment needs, may present in school
- To consider ways to support these children and young people in the classroom

How to Book

Email: STEPS@gloucestershire.gov.uk