



Working with

**TROUBLED**

**TEENAGERS**

- The impact of Adversity and Trauma

**Two-Day Training Course**

- Date: 10th and 11th April 2010 (weekend)
- Venue: Osmani Trust, Vallance Road, London E1 5AB
- Time: 10.00am - 4.00pm
- Cost: £150 (50% OFF for voluntary organisations that are registered as a charity)
- Contact: 020 7247 8080 (Saddique Ahmed)

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osmani TRUST  
INVESTING IN VOLUNTEERS

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# TEENAGERS

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## INFORMATION AND COURSE OUTLINE

### Shaathi:

Shaathi Mentoring Project is the only accredited (Mentoring and Befriending Foundation) that is working with the BAME (Black Asian Minority Ethnic) communities in the London Borough of Tower Hamlets. The project has been operating since 2002 and is working with some of the most disengaged and disaffected young people known to society. We have prepared this course for frontline practitioners working with children and young people who may be known to Social Services, Youth Offending Teams, Connexions Services, NHS and voluntary groups.

### Course Outline:

Many young people have experienced adversity and trauma in childhood. These experiences have a lasting impact on the way young people view the world and the people in it. Many workers are presented with behaviours and reactions, which they find challenging and/or hard to understand. This two-day course aims to explore the impact of these experiences and practical interventions that can help young people to recover. It is suitable for all staff working with young people who have experienced adversity, abuse, trauma, neglect, loss, separation, interrupted or poor family relationships. It is also suitable for those working with asylum seeker/refugee children and young people.

### The Course Covers:

- Child and adolescent development and the impact of interrupted development, attachment theory - how we learn about people and relationships
- The impact of adversity and trauma on the developing brain
- Stress reactions, traumatic stress and post-traumatic stress disorders
- Recognising behaviours that indicate stress
- What helps - strategies and approaches to working with young people
- Factors that increase vulnerability and resilience
- Recovery and resilience

The course will draw upon practice, research and theory.

Above all, it will enable participants to reflect upon their experience and build on their own strengths. It will be set within an anti-discriminatory framework.

It will include inputs by the trainer, small and large group discussions, participative activities and exercises.



# APPLICATION FORM

Please complete the application form and fax to 020 7092 9751

Name

Job Title

Organisation

Address

  
  

Telephone

Email

Special needs (including diet)

I will make a payment by cheque for the sum of

Please make cheque payable to Osmani Trust

**OR**

Please invoice my organisation

(Please give invoice address if different from organisation address)

  
  

Signature

Date

## TERMS & CONDITIONS

Please make cheques payable to 'Osmani Trust'.  
All spaces are allocated on a first come first serve basis.  
Fees are non refundable unless given 48 hours written notice.  
Course pack, material and refreshments are all inclusive.

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COMMUNITY SUPPORT

