

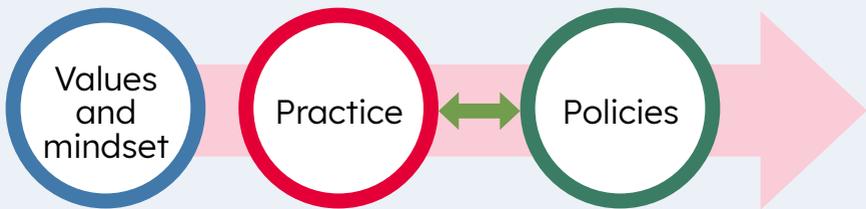
Trauma Perceptive Practice (TPP) Information

The Essex approach to understanding behaviour and supporting emotional wellbeing





Becoming trauma perceptive is about the journey through the following:



TPP values:

A shift in our mindset to a trauma perceptive description of vulnerable children and young people can create...

- **Compassion and kindness** instead of blame and shame
- **Hope** instead of hopelessness
- **Connection and belonging** rather than disconnection

Elements of TPP



TPP training consists of 9 training Elements, plus 2-day Train the Trainer.

Elements of TPP

It starts with the headteacher/manager engaging in the first 2 Elements, before nominating a TPP lead from the leadership team to access the Train the Trainer and then deliver the remaining 7 Elements to all staff.

Elements 3-9 are delivered by the TPP Trainer at either Intermediate or Advanced level. Either approach can be spread across several terms to allow time for new knowledge, attitudes, skills and habits to be embedded in policy and practice.

Although the Intermediate level may be useful to access in the short term, it is expected that every school/setting works towards the Advanced level, committing to the full breadth and depth of TPP. This will ensure that you can demonstrate a comprehensive commitment to whole-school/setting approaches and the investment in the values and mindset. It also enables access to additional benefits not available through the Intermediate level.

Please email TPP@essex.gov.uk to notify the team once you have completed all 9 elements of the training with your staff.

After completing the TPP training, schools/settings can access a number of other opportunities. These include:

- Be recognised as a TPP Best Practice School/Setting
- TPP for Families
- PRICE Training

Elements of TPP

TPP Best Practice School/Setting

After notifying the TPP team that you have completed all 9 elements of the training, you will be sent out a 'TPP Best Practice' submission pack, along with your TPP training certificate.

You can complete and return your submission at any time to **TPP@essex.gov.uk** Your submission will be reviewed by a team of TPP trainers and schools/settings who meet the criteria will become recognised as a TPP Best Practice School/Setting.

TPP for Families

After notifying the TPP team that you have completed all 9 elements of the training, you are eligible to access the TPP for families training and will be sent an invitation. The training is one full day and is delivered face to face. The training is free (excluding the cost of Hive). Please note: the member of staff put forward to do the TPP for Families training, will need to have had the advance level of TPP training. For further information or questions, please contact: **TPP@essex.gov.uk**

Elements of TPP

PRICE Training

PRICE is Restrictive Physical Intervention Training. It is a 3 days, train the trainer for schools/settings engaged in TPP. To find out more visit PRICE website. Please note: the member of staff put forward to do the training will need to have completed the advanced level of TPP training.

The training builds on Element 7 of TPP - Co-regulation, and provides physical intervention techniques that are in keeping with a TPP approach. Trainers will be equipped to cascade training in order to support staff in their school/setting to safely respond to situations where the communicating behaviour compromises the safety of themselves or others. The partnership approach to physical intervention focuses on reducing the associated risk of restraint to both children, teachers and support staff, promoting a restraint reduction culture.

Please send enquires to and book your places via [**admin@pricetraining.co.uk**](mailto:admin@pricetraining.co.uk)

Other complimentary training and resources are available to schools/settings who are engaging in either the intermediate or advance levels.

You can access them here:

[SEMHS Training](#)

[Teacher Resources and Assessment](#)



What TPP does

- Provides understanding for all pupils, not just those who have experienced trauma.
- Helps schools/settings to support pupils whose emotional wellbeing needs manifest themselves in behaviour that challenges.
- Enables the adults to recognise and respond supportively to those who have been impacted by traumatic stress so that the pupils can make progress with their learning.
- Helps staff to understand pupils' behaviour; 'What has/is happening?' rather than 'What is wrong?' asking themselves, 'Why? Why now?'
- Promotes a school/setting culture of emotional containment through relationships for all.

What TPP does

- Supports staff to provide an environment which promotes the sense of belonging.
- Enables staff to be more knowledgeable and skilled to effectively support pupils.
- Enables staff to be aware, understand and meet the pupils' emotional needs so that they can make progress with their learning.
- Enables staff to have healthy and helpful conversations with each other using reflective practice.
- Creates an underlying culture of respect and support so that pupils are provided with clear expectations.
- Develops an understanding of co-regulation/self-regulation to guide them through stressful situations.
- Enables the school/setting to realise the prevalence and impact of trauma and respond by building resilience, relationships and safety for children, families and staff.



What TPP won't do

- Isn't a 'quick fix' or a 'magic wand' for 'sorting out' 'difficult' children or children who may 'cause harm'
- Isn't filled with strategies
- Isn't a specialist support fix for mental health issues
- Isn't a checklist or ticklist
- It will not label children.

Training commitment and cost

The school/setting must be prepared to adopt TPP as a whole school approach to emotional wellbeing and understanding behaviour.

Attending Elements 1 and 2, and engaging in the self-assessment process is free. There is an annual cost of £25 at the point of Train the Trainer, which will provide a login to Hive Learning: our online sharing platform. This hosts all the training materials and access to the growing TPP community.

The headteacher/setting manager must be fully involved from the outset and it is their responsibility to ensure that the approach is embedded and monitored within their school/setting during and after the main delivery.

TPP is available to schools/settings outside of Essex and for private providers. Please contact TPP@essex.gov.uk for a quote.



Why become trauma perceptive?

This programme has been developed for Essex practitioners by Essex practitioners to ensure that we hold a shared understanding across all settings.

By engaging in TPP, schools/settings will have access to:

- a network of like-minded practitioners
- examples of best practice
- peer support
- regular updates and conferences.



| Further information

For more information please speak to your SEND Quadrant Teams or to register an interest in TPP training for your school/setting please email the TPP Team using this mailbox:

tpp@essex.gov.uk

This information is issued by:
Essex County Council
Education

Contact us:
[**semhstrategy@essex.gov.uk**](mailto:semhstrategy@essex.gov.uk)

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The information contained in this document can be translated, and/or made available in alternative formats, on request.

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