



The Essex approach to
understanding behaviour and
supporting emotional wellbeing

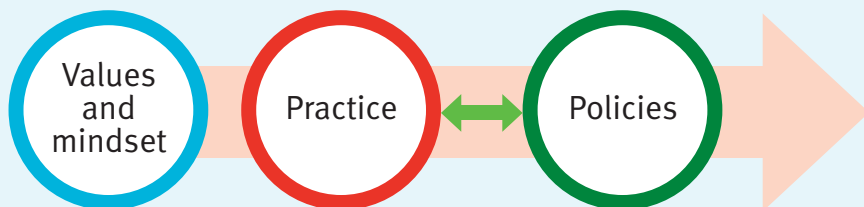
Trauma Perceptive Practice (TPP) Information



Essex County Council



Becoming trauma perceptive is about the journey through the following:

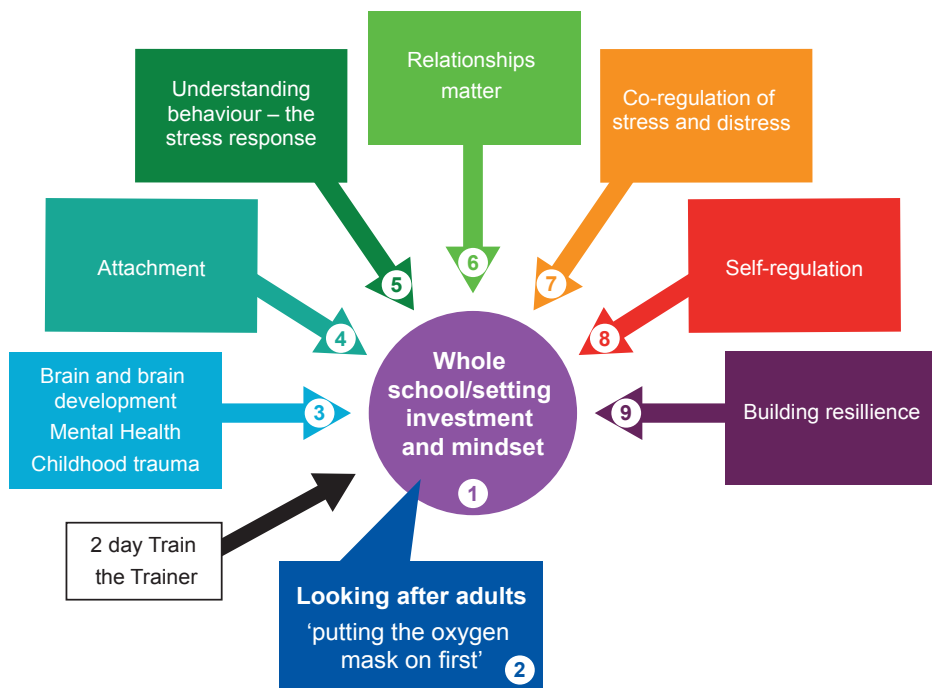


TPP values:

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:



The Headteacher/setting manager must attend both Elements 1 and 2. These are approximately 2 hours each. Other staff are also welcomed to attend alongside. These set the scene for the training, giving the necessary tools to self-assess and prepare to embark on the rest of the TPP journey.

A nominated lead from the school/setting then attends Train the Trainer, to prepare them for leading the remaining training Elements for the whole staff, with the support of Essex County Council TPP trainers and leads.

Elements 3-9 are approximately 1.5 hours each and can be spread out across several terms to allow time for new knowledge, attitudes, skills and habits to be embedded in policy and practice.

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.
- 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/setting 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.



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
SEND Strategy and Innovation

Contact us:
semhstrategy@essex.gov.uk

SEND Strategy and Innovation
Essex County Council
County Hall, Chelmsford
Essex, CM1 1QH

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

Published August 2021.