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## Creating Trauma Aware Organisations and Building SEMH Capacity

**The social, emotional well being of a child directly impacts on a child's learning, behaviour and ability to build relationships.**

"In order to help their pupils succeed, schools have a role to play in supporting them to be resilient and mentally healthy. There are a variety of things that schools can do, for all their pupils and for those with particular problems, to offer that support in an effective way."

***The DfE report: Mental Health and Behaviour in Schools  
(DfE advice for school staff, 2016)***

'Blueskies' is delighted to give schools and other organisations the opportunity to understand the evidence (ACE's study) and the impact that trauma has on a child's learning, behaviour and relationships. We also provide strategies and guidance to enable adults to help meet these children's needs. This introductory day can be followed up with an SEMH 'toolkit' building day and how to evaluate interventions.

- ★ The prevalence and impact of Adverse Childhood Experiences (A.C.E.'s Study)
- ★ An understanding of the 'brain science' that causes distressed behaviour
- ★ Understanding empathy and the value of relationships, especially with key adults
- ★ Practical strategies to manage overwhelming emotions e.g. anger and anxiety
- ★ Practical strategies to build self esteem, motivation and resilience
- ★ How to use positive psychology to support pupils through difficult circumstances

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**Jennifer Casadei** has many years experience includes working with individual pupils, families, Looked After Children, adoptive families and leading on a range of whole school well-being approaches. She is also an experienced play and filial therapist and an approved adoption support fund provider. She has recently added University lecturing to her portfolio and is currently engaged in both training and delivering therapy services to a diverse range of clients.

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