

Trauma Perceptive Practice (TPP)

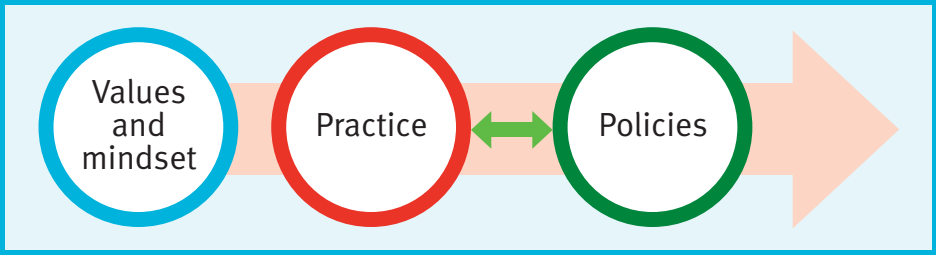
The Essex approach to understanding behaviour and supporting emotional wellbeing



Essex County Council



Becoming trauma perceptive is about the journey through the following:

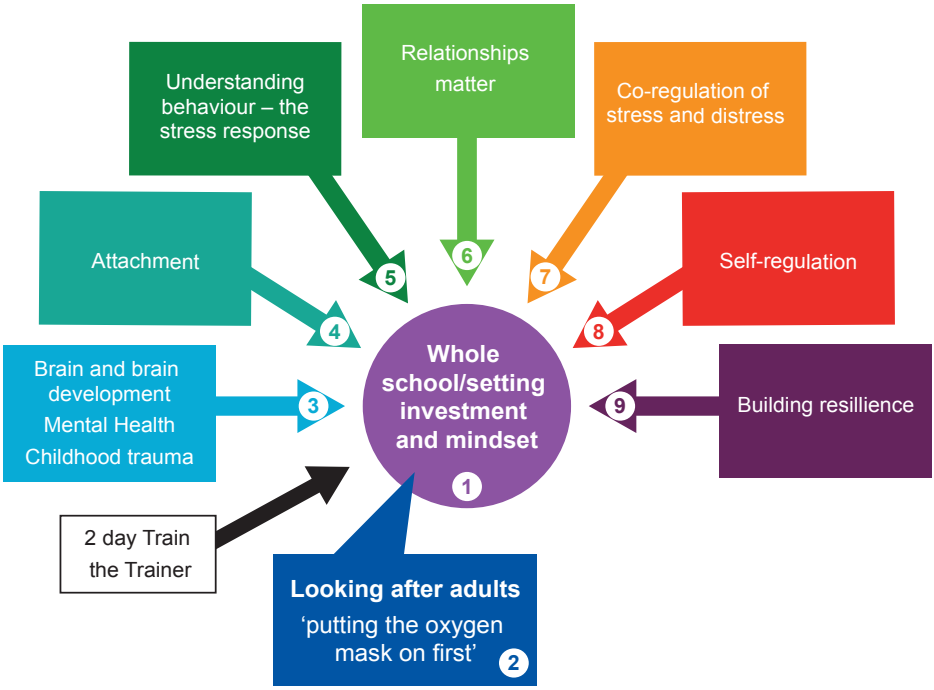


TPP values:

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:



This approach explores the interconnected and critical importance of the:

- development of the human brain
- attachment relationship
- differential impacts of childhood developmental trauma on children
- young peoples' social and emotional health
- importance of developmental experiences through supported relationships.

These relationships can be powerfully supportive in enabling the child to develop resilience and mitigate against the impact of trauma.

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

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

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. The headteacher/setting manager is required to attend Elements 1 and 2 and may choose to include one other member of staff (e.g. SLT, SENCo or SEN governor).

The school/setting must identify and support a member of staff who will become a practitioner trainer for the school/setting and go on to support the Essex school/setting-led model of support.



Why become trauma perceptive?

TPP is the Essex approach to understanding behaviour and supporting emotional wellbeing.

All schools/settings are encouraged to become trauma perceptive in their practice.

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 can have access to training and updates on the latest research and a network of like-minded practitioners sharing best practice.



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

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SEND Strategy and Innovation

Contact us:
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