

Attachment, Trauma and Mental Health (Children, Young People and Adults) PGCert

I am a registered mental health nurse working with children and young people within a mental health crisis service. This is currently a developing service and is working towards trauma informed practice. During my time with the team, I have completed assessments and brief intervention work with children and young people who have experiences adverse childhood experiences and trauma. I wished to complete this course expand on my knowledge to provide the best possible support to young people and their families who access the service. I would like to thank the FPSA for supporting me with their contribution and making it possible for me to complete this course. I believe what I have learnt from the will not only improve the service for young people and their families but also support other colleagues within the team.

I attended the University of Chester to complete the Attachment, Trauma and Mental Health (Children, Young People and Adults) PGCert. The course was online with a mixture of online lectures and self-directed study. There were 4 online lectures per module and also reading materials, intersessional tasks, and an assignment per module. The online sessions were interactive and would use breakout rooms to allow discussions with others on the course to reflect on how the learning can support our areas of work. The course was made up of three modules over a 12-month period which I attended from September 2024 to September 2026.

The course focused on attachments, adverse childhood experiences, trauma, resilience, and how this impacts a person's mental health and behaviours. The course helped my own understand the neurobiological changes and the impact of early childhood attachments, ACES, and trauma has on young people. The training has provided me with practical strategies and tools to help young people and other professionals supporting them as well as recognising early signs of distress. As part of the course, I created a resource to present to my colleagues to share my learning and support the team to use trauma informed practice to improve outcomes for young people. I will continue to integrate my learning into my work setting by working in a trauma informed way, adapting the way I work to improve engagement for young people and their families, and keep up to date with theory and national guidance.

I would highly recommend this course to anyone who works with children, young people, and families who may have experienced attachment difficulties and trauma. The course offers a mix of practical skills and up-to-date theory; I also found this course flexible to complete around working hours as a large proportion of the course is self-directed study. Thank you again FPSA for supporting me.