

Introducing a Trauma Informed Approach



The Stress Factor | Getting the Balance Right

A NEPS e-Learning course for schools

This short training course focuses on stress and its impact on learning, behaviour and wellbeing. Familiar and new approaches based on research and the experience of NEPS psychologists are used to guide thinking, planning and action. The training aims to support school staff to build resilience for all including students with additional needs and those affected by trauma and adversity.

- It has been designed for all staff working in primary, post primary and special schools in Ireland
- It will be followed by further short courses which will focus in greater depth on key areas e.g. trauma, attachment, emotional regulation and self-efficacy
- The format has been developed to allow for self-directed, self-paced learning. Schools may also choose to undertake the training together through blending the e-learning modules with follow up in-school reflection and action planning sessions
- The course consists of 7 short modules, each comprising video presentation, and downloadable reflection activities and information handouts. The online course can be completed in approximately 2 ½ hours
- A Certificate of Completion will be available at the end of the course
- All of the resources and presentation slides are available for download throughout and at the end of the course
- For any questions about completing this course, or if you encounter any difficulties with the registration process, please email NEPSlearning@education.gov.ie

Register for this course [link here](#)