



ESSEX SPECIAL SCHOOLS EDUCATION TRUST

Training with ESSET & Therapeutic Thinking



Evidence-informed training to support trauma-aware, relational and inclusive practice across your setting.

Our Training Offer



Relational Practices Tutor Training - 3 days

Equip senior leaders and staff to lead school-wide change by becoming certified Tutors capable of embedding attachment-aware, trauma-informed practices into policy and daily planning and cascading training within your organisation.



Relational Practices Tutor Refresher - 1 day

Maintain your annual certification and gain the latest updates on national agendas and Therapeutic Thinking resources during this essential one-day knowledge refresh.

Available to Therapeutic Thinking Tutors



Principles of Non-Restrictive Intervention (1-day) **NEW**

Available to all settings, this course teaches proactive, non-restrictive techniques such as safe touch, guiding, and escorting to support students without the use of force.



Principles of Restrictive Intervention (2-day train-the-trainer)

A specialised train-the-trainer course for specialist settings focused on the theoretical and practical strategies required to systematically reduce and eliminate the use of restrictive intervention.

Available for staff of Therapeutic Thinking Schools



Principles of a Behaviour Curriculum **NEW**

Shift from reactive discipline to a proactive teaching model that explicitly builds emotional literacy, fosters a sense of belonging, and aligns with the latest DfE guidance.



Principles of Sensory Processing **NEW**

Discover how the nervous system influences emotional regulation and learn how to reduce sensory stress to create a school environment where every pupil feels safe and ready to learn.



Face to Face Location

Lexden Springs
Colchester, Essex



Virtual Delivery

All virtual training is held on Microsoft Teams



Find out more and book your place
Scan the QR code or visit:

<https://www.esset.org.uk/course/therapeuticthinkingessex/>