



# UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES (ACES)

## WHO IS THE COURSE FOR?

Health professionals, Counsellors, social worker, family support workers, teachers, mental health support workers or any individuals with an interest in the impact of trauma or trauma recovery.

## AT THE END OF THE COURSE

On completion of the day you will be able to:

- Understand what Adverse Childhood Experiences are.
- Understand the Brain Development in the Early Years.
- Understand the impact on adulthood after ACE
- Know what “Best Practice” support looks like.
- Look at therapeutic approaches to working with individuals who have been impacted by trauma.
- Have a chance to talk to someone with lived experience of childhood trauma.

## TRAINER

Kate Blakemore BA (hons) Bus. Management . Diploma in Counselling. Award in Teaching. Mentoring qualification. Reiki 2 qualified. Diploma in Fertility counselling. Accredited counsellor in infant Loss.

Kate is a person centred counsellor and has her own private practice. Kate is also the founder on Motherwell, a charity set up to support the mental health and wellbeing of mums.

Motherwell offer counselling for the new mums as well as run therapeutic courses, for mums overwhelmed by motherhood. Kate and the team organise local events in the area empowering mums and working on their sense of identity.

Kate is a mum herself of 3 children and has with, suffering Post Natal Depression with one child and a Traumatic birth with 2 children, and ectopic and miscarriage therefore is very passionate about the topics.

To book your place or to find out more information,  
please visit [www.kateblakemore.com](http://www.kateblakemore.com)