

KAIROS
ARTS

Changing lives one
workshop at a time

Empowering Schools and Professionals
Through Tailored Training and Workshops

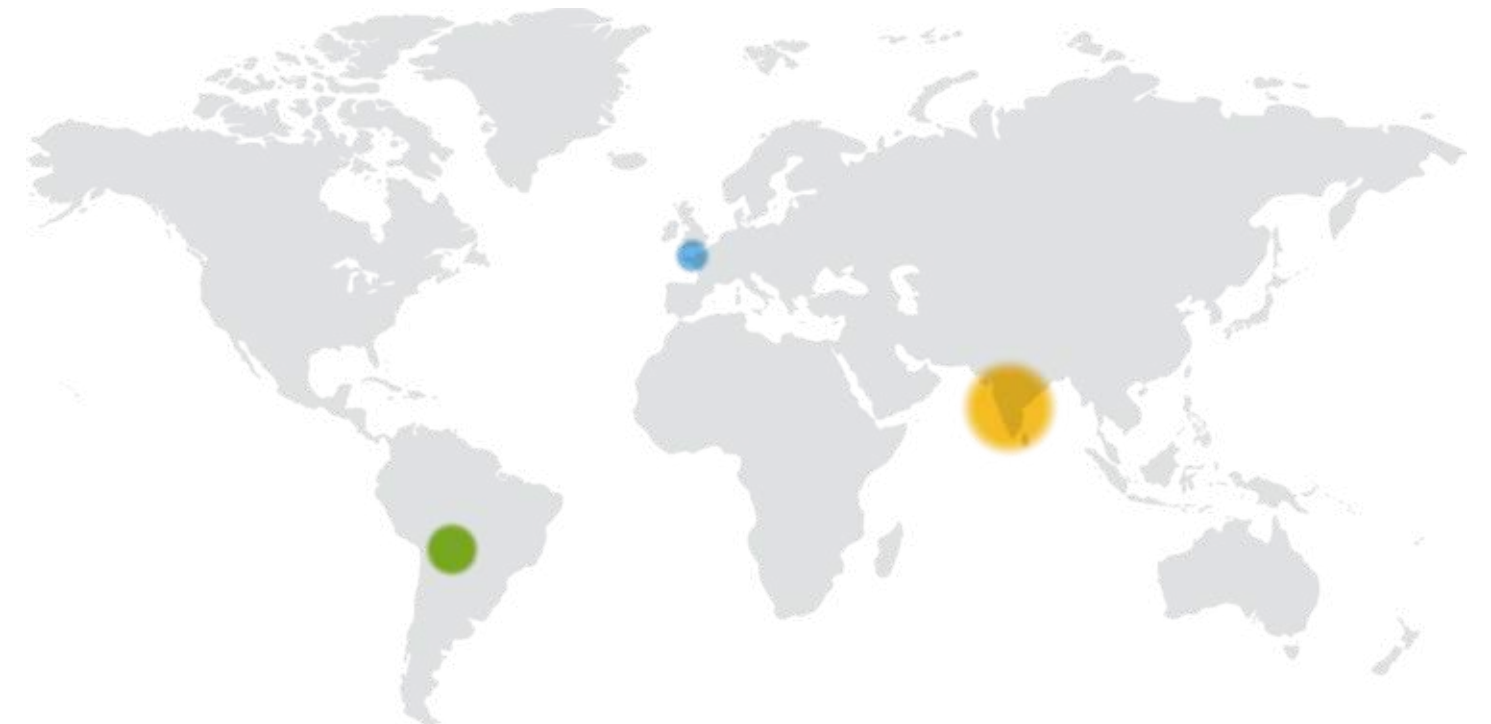
OUR HISTORY

Kairos Arts was previously known as Talitha Jersey until February 2019 when it became an independent organisation. Cathy Sara (Creative Director of Kairos Arts) first joined Talitha in 2011, leading five trips to India working with girls who had been trafficked and abused, helping lead training programmes in London and India and taking on the role of Head of Overseas Development. Following her move to Jersey in 2013, there has been overwhelming support and interest to develop the work in Jersey.

In 2016, Cathy Sara started a Jersey hub, training practitioners and growing a group of committed volunteers. As the work developed, so did the need for us to become an independent Jersey Charity. In November 2019 Kairos Arts became a Registered Jersey Charity (no. 257). We have continued to grow, strengthen and develop many new partnerships since.

We currently offer

- Workshops and training as CPD for professionals within schools and other organisations.
- Workshops for men, women and children recovering from trauma, domestic violence, trafficking and abuse, those living with chronic illness or terminal illness, and children and young people with mental health or wellbeing needs.
- One-to-one sessions with children and young people referred through their school or charity

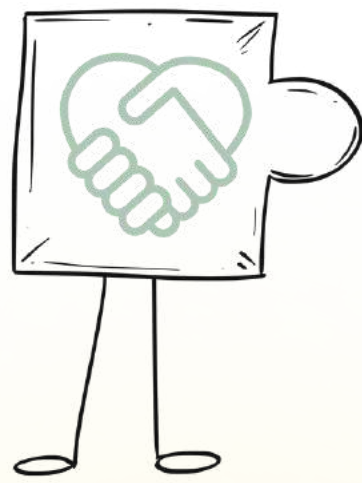


WORKSHOPS FOR EDUCATION PROFESSIONALS

ATTACHMENT COURSES

DEVELOPMENTAL TRAUMA/
TRAUMA INFORMED
COURSES

THERAPEUTIC ARTS
WELL-BEING
WORKSHOPS



ATTACHMENT WORKSHOPS



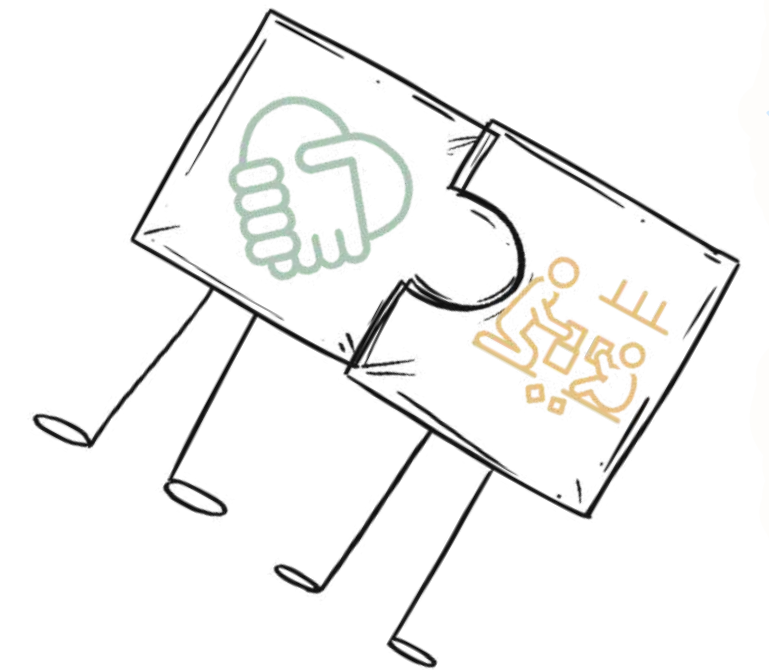
Course 1: Teacher Child Relationship : Attachment Play

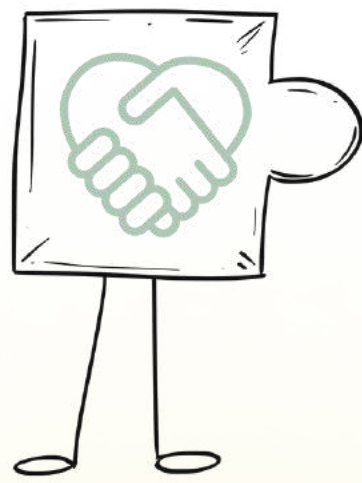
Join us for a transformative training experience centered around Attachment Play – a framework inspired by play therapy principles and based on the evidence-based protocol of Child-Teacher Relationship Training (CTRT) developed by Wendy P. Helker and Mary Morrison Bennett (Adapted from Bratton & Landreth, 2020).

Course Highlights:

- Understanding Play: Delve into the fundamental significance of play in child development.
- Exploring Attachment: Gain crucial insights into the role of attachment in a child's emotional well-being.
- Using Play to Foster Attachment: Learn practical techniques to strengthen bonds with children.
- Reflective Responding: Develop communication skills to understand children's needs and emotions.
- Setting Boundaries: Discover the importance of boundaries in a child's sense of safety.
- Experiential Activities: Engage in hands-on exercises for practical learning.

Objective: This training empowers teachers and TA's to understand children's feelings, enhance responsiveness, and foster positive emotional relationships.





ATTACHMENT WORKSHOPS



Course 2: Parent Child Relationship T

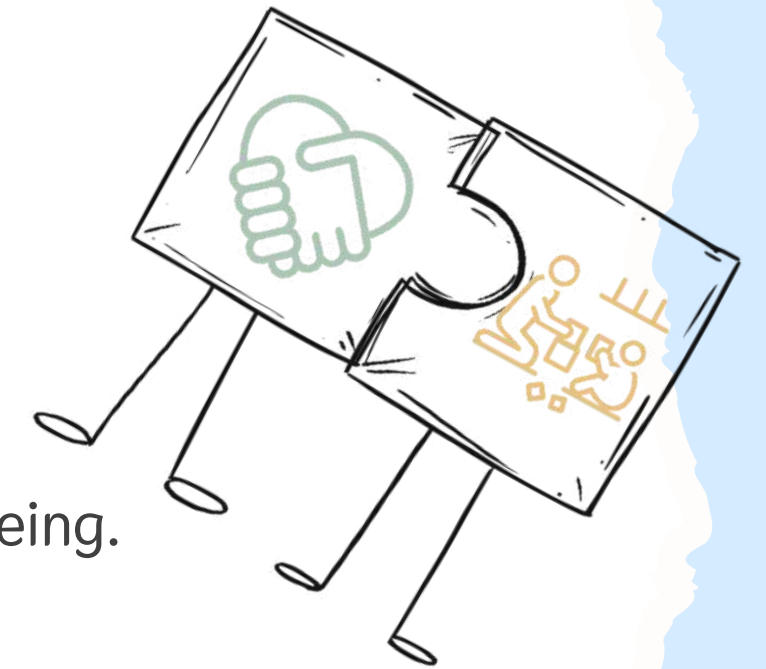
Parent-Child Attachment Play (PCAP) is an innovative and playful ten-step method to empower parents and carers as change agents in their own family home. It is a relational approach based on the very latest attachment research and designed to strengthen the relationship between parent.carer and child as the context in which interactions and behaviours take place. PCAP involves sharing three skills with parents and carers: play (and the creation of a shoebox or bag of toys/activities designed around the child's preferences); containment (creating physical and emotional safety for children); and a single attachment-generative mechanism known as Reflective Functioning.

How Can PCAP Help You?

In this 10-week program, you will learn to:

- Regain Control: Re-establish parental authority and enhance harmony in the family dynamic.
- Develop Self-Control: Support your child's development of self-regulation skills.
- Effectively Discipline: Learn strategies to address inappropriate behaviour and set appropriate limits.
- Understand Emotional Needs: Gain insights into your child's emotional needs and support their well-being.
- Improve Communication: Foster more effective and empathetic communication with your child.

Research affirms that motivated parents can be as impactful as professionals in positively influencing their children's lives.



UNDERSTANDING DEVELOPMENTAL TRAUMA/ TRAUMA INFORMED PRACTICE WORKSHOPS

1. What is Trauma?
2. What is Trauma Informed Practice?
3. Types of Trauma
4. Developmental Trauma
5. Impact of Trauma
 - Sensory
 - Dissociation
 - Attachment
 - Emotional/Behavioural Regulation
 - Cognition
 - Self-Concept and Identity
6. How do we respond?
 - Self-care
 - Bottom-Up Approach
 - Face/Voice/Reflective Functioning

“Trauma is the normal reactions of normal people to events that, for them, are unusual and abnormal”

-
Frank Parkinson

Objective: Equip participants with tools to understand, respond, and support individuals impacted by trauma.



THERAPEUTIC ARTS WELL-BEING WORKSHOPS

Kairos Arts create and facilitate therapeutic arts workshops by providing a safe place, where participants are able to express and explore their feelings, hopes, joys and fears through the creative arts. We encourage participants to explore positive emotional qualities, develop their understanding of themselves and others, and find creative solutions to obstacles.

Why do the creative arts work?

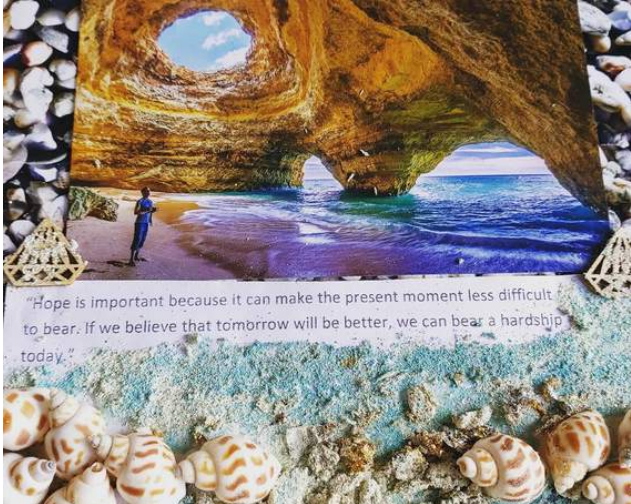


The arts help us express the inexpressible, bypassing the rational part of the brain and tapping into the deepest essence of a person. We believe that creative arts are an important tool in assisting burnt-out teachers and professionals to release steam and improve emotional well-being.

CreativeRelease

ExpressThroughArts

We provide therapeutic creative arts programmes for groups. Each programme is facilitated by a minimum of two Kairos Arts Practitioners. We have a great team of experienced practitioners, and we ensure that each of our workshops are 'bespoke' - designed uniquely for the group and individuals attending, to facilitate their therapeutic creative journey. Each workshop is fully evaluated to ensure that the highest professional standards are adhered to

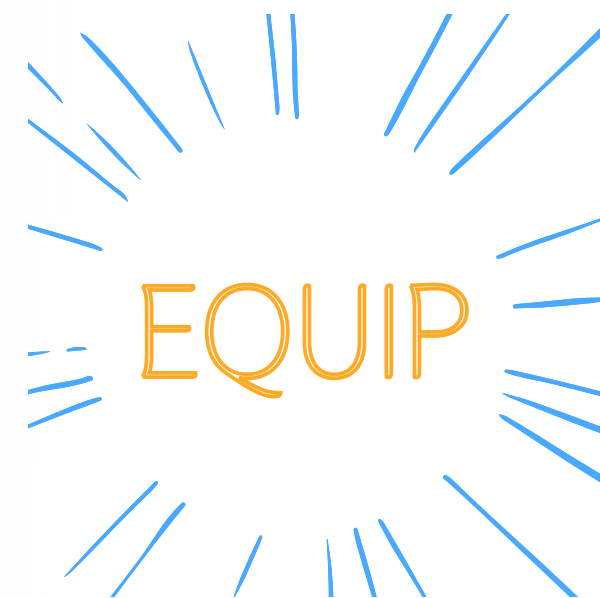


ABOUT THE TRAINER

Pamela Witthoft Training Manager and Therapeutic Play Practitioner

Pam is an experienced educator and therapist with a passion for helping children and families in need of therapeutic interventions. She holds both a B. ED degree and a PG. Cert in Therapeutic Play, and has over 13 years of experience in team management, administration, teaching, and therapeutic play.

Passionate about using play and creative arts to guide children through challenging emotions, Pam seeks to share valuable tools with school staff and other professionals.



B.Ed. PG.Cert(TP)
PTUK Member Number 202004473

BOOKINGS

For more information, pricing and bookings - ✉ pam@kairosarts.org

We've collaborated with various organisations and schools across the island delivering vibrant and engaging training experiences to their staff.

FEEDBACK

Thank you for the incredible trauma training last week! Staff found it immensely valuable, implementing strategies immediately. The content was engaging, perfectly pitched, and prompted insightful reflections on our practice. Your ongoing commitment to our school is truly appreciated. We eagerly await future collaborations with Kairos!



Centrepoint



Brighter Futures

worth felt
reflective safe
grounding fun
release
relaxing welcome
time peaceful
creative

Children and Families Hub