

# LEVEL ONE BUSS® TRAINING

with IFCA and Nurturing in Nature

8th & 9th April and 8th May 2024 (online)



NURTURING  
*in Nature*



THERAPEUTIC CAMPING FOR FOSTER FAMILIES

## BACKGROUND TO BUSS®

The BUSS® model was developed by Sarah Lloyd to be helpful when children have experienced developmental trauma. It's based on the understanding that for children to thrive they need consistent, attuned caregiving and it's through these relationships that babies and young children develop good bodily and emotional regulation. Having a good sense of their body is crucial for children to manage games, friendships and school, all of which are such an important part of childhood.

BUSS® is concerned with what are called foundation sensorimotor systems, the systems that grow through lots of nurture, touch and movement in their early months and years. These systems give us a sense of ourselves on a bodily level – so things like having good balance and co-ordination as well as understanding information from inside our bodies (e.g. when we feel hungry or cold, and managing the sounds and feel of the outside world without being overwhelmed by them). Within nurturing relationships, babies progress through critical patterns of movement that allow the brain and central nervous system to develop so that we can manage to do all of this without using much conscious attention. Where children have had a difficult start in life, these processes have been disrupted.

However, by bringing together sensory integration theory and attachment theory alongside an understanding of the impact of trauma on the developing brain, it's possible to use games and activities, working with parents / carers and their children to rebuild these systems and help children to thrive.

### WHO IS THIS TRAINING FOR?

This course is suitable for **anyone who has completed our 'Introduction to the BUSS® Model'**

training and who works or lives with children who have experienced developmental trauma.

[CLICK HERE](#)

for more information on our upcoming Introduction webinars.



### WHAT WILL WE DO

Using teaching, case studies, video, small group work and hearing from parents experienced in using the model, participants will develop their understanding of children's early history and motor development, foundation sensorimotor systems and learn how to make a hypothesis about the state of development of a child's proprioceptive, vestibular and tactile functioning using this information. Participants will be instructed in the use of the BUSS® screening tool, and how to support families in considering whether this approach might be helpful for their child.

By the end of Level One, participants should have an understanding of foundation sensorimotor systems and the interplay between relationships and movement necessary for their development. Participants will learn how the model enables parents and carers to support their children to go back and fill in the essential touch, nurture and movement experiences that have been missed, building bodily regulation. We will also spend time thinking about LEAPlets, the BUSS® in Early Years programme, for children aged between 3 and 7 and their parents. There will be the chance to learn how a group runs and how the activities of the group support the development of parent / child relationships and the child's foundation sensorimotor systems.



## COURSE FACILITATORS

"It leaves you feeling positive that there is something which can be done to help fill some of those gaps and the change that this can make to a child's experience of living every day is amazing"

- Social Worker

"There was a really comfortable atmosphere - I felt able to ask questions. The trainers were engaging. The videos of the children were illustrative of the theory"

- Teacher

"This is the best training I have attended throughout my 15 year social work career. It is so relevant for all the children looked after that we work with. I think is the missing piece of the puzzle in really starting to understand their needs - taking into account their early life experiences and the developmental gaps that can arise from this for children who have experienced early life trauma"

- Social Work Team Manager

**Sarah Lloyd** is a Specialist Occupational Therapist and Author of the BUSS® Model. Sarah has published 2 books: Improving Sensory Processing in Traumatised Children (2016) and Building Sensorimotor Systems in Children with Developmental Trauma (2020).

**Vicky and Ruth** are adoptive parents who have experience using the BUSS® Model with their own children. They make up our Parent Mentor team and are involved in BUSS® training, as well as supporting families through the BUSS programme.

You can read more about the whole BUSS® Team [here](#)

"I am totally inspired and motivated by this approach. I love how accessible it is and how much impact can be achieved with some focused thinking and interventions."

- Clinical Psychologist

You can find more feedback from BUSS® training, and BUSS more generally, on our

[WEBSITE HERE](#)

## VENUE INFORMATION

**DAY ONE, Monday 8th April 2024: 10:00am - 4:30pm**

**DAY TWO, Tuesday 9th April 2024: 9:30am - 4:30pm**

**DAY THREE, Wednesday 8th May 2024: 9:30am - 3:30pm (delivered via Zoom)**

**Nurturing in Nature, Rockfield House, Kells, Co. Meath A82V9D5**

## BOOKING INFORMATION

This course is being part sponsored by the Irish Foster Carers Association and Nurturing in Nature and so the cost per participant will be only **€400**.

Please contact [info@nurturinginnature.ie](mailto:info@nurturinginnature.ie) to apply for a place or with any queries. Limited accommodation is available at the venue.

For more detailed information on our Level One BUSS® Training, please [CLICK HERE](#)

