

## **BUSS Level 2 Training (Certification)**

**19<sup>th</sup> and 20<sup>th</sup> September 2024 in person at the address below. Nov 8<sup>th</sup> 2024 Online.**

**Venue: BUSS Model LTD, Unit 28 (1) Springfield Mills, Bagley Lane, Farsley, Leeds LS28 5LY.**

I am an Art Therapist (HCPC) in both private practice and I work for Action for Children. My other qualifications relevant to my therapeutic work include DDP Level 1 and 2, BUSS Level 1, and Theraplay Level 1.

Within my work at Action for Children I work with Looked After Children as part of the RAP Team (Repatriation and Preventative Project). This is a therapeutic project working with foster carers, parents, children, and young people. The aim of the project is to promote placement stability through working closely with the parents to gain a greater understanding of their child's behavior and hopefully adopt a style of parenting that supports children with developmental trauma and attachment difficulties.

Over the years I noticed that many of the children we work with have not only developmental trauma and attachment difficulties but also issues with sensory processing issues. There have been many conversations with parents and children around how hard it can be sitting still in school, problems with handwriting, and children who fall over a lot or can struggle with touch either not noticing when they have hurt themselves or when someone brushes past them it feels like they have been hit. I heard about the BUSS model while training on a Theraplay course and having looked into this it made sense that this was an issue I needed to understand further.

Having trained on the BUSS level 1 course I gained an understanding that many of the children I work with have underdeveloped sensory processing because they haven't had the nurture and physical experiences needed to develop their sensory systems. I therefore wanted to attend the Level 2 course to learn more about how to recognize underdeveloped sensory systems.

The Level 2 course has built on my understanding of underdeveloped sensory systems. This course has helped me learn how to go about assessing a child's development and fine-tuning which areas they need to build so that they can have good movement, secure gravity and tactile systems so they can focus on relationships and school and have the best chance in life.

I found the training so helpful to my work, already I can see that some of the children I work with need to develop their sensory systems. I would like to be able to help the families I work with access the BUSS model as this work would make such a difference to their lives, meaning life is easier on a physical and sensory level, and so children can focus on building the relationships in their lives and process early trauma and neglect, as well as enjoy being a child being able to play and take part in activities. I can appreciate that without a good sensory system it is difficult to form a secure attachment and engage in everyday activities when you feel tired from trying so hard. With this intervention children can also think more in therapy and process past trauma.

I now hope to take this training further and attend the supervised BUSS practicum to become a fully qualified BUSS practitioner. I have really enjoyed this training and found it has helped me understand another element of the difficulties many children in the care system face. I have also shared some of this knowledge with my team. I found the delivery of the course was excellent, as the trainers made the theory and practice of the work really engaging. I am also grateful to FSA for funding this course which I couldn't have funded otherwise.