



## Inside I'm Hurting

By Louise Bomber

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### Inside I'm Hurting By Louise Bomber

Inside I' Hurting provides educational professionals with a much-needed classroom handbook of new strategies, practical tools and the confidence for supporting these children from an attachment perspective, thus promoting inclusion in the school system. Contents include: how attachment difficulties can affect a child's ability to learn; providing an 'additional attachment figure' in schools; the benefits and challenges of getting alongside children who have experienced trauma and loss; transitions during the school day; permanency and constancy; being explicit; regulating arousal levels; handling conflict; wondering aloud; lowering the effects of shame; working with transition from primary to secondary phase; developing effective home/school partnership (includes a photocopyable initial meeting prompt card); providing staff support; recommendations for future action.

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### **Editorial Review**

#### **About the Author**

Louise Bomber practices as a Teacher Therapist for the Alternative Centre for Education - a special school which houses a pupil referral unit (PRU), provides integrated behaviour support for children with emotional behavioural and social difficulties (EBSD), and full-time provision for pupils aged 5-16. She is also an Adoption Support Teacher within social services. In addition, Louise works for Cornerways Children's Services as a therapist to adolescent girls who are looked after. She has been a teacher in both primary and secondary education. Under a multi-agency team led by Dr Paul Holmes in Brighton, she was involved in pioneering work on Attachment amongst children who were fostered or adopted. She believes passionately in finding ways to integrate the worlds of education and therapy from an attachment perspective to provide educational support for teachers, pioneering innovative work built on this premise.

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