

# INTRODUCTION TO THE BUSS MODEL

Live Webinar with Cumbria - Early Years Settings

Tuesday 6th July 2021 at 9:30am - 3:30pm



## 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 everyone who works or lives with children who have experienced developmental trauma.

We're hoping that the combination of parents and carers as well as professionals from health, education and social care professionals will mean that we'll have lots of rich and interesting discussions!

### WHAT WILL WE DO?

The three most important tenets of the BUSS model are **movement**, **playfulness** and **relationships**, and we're keen to make sure this is reflected in our day together. As well as introducing you to BUSS, we'd like you to have the chance to discuss what we're talking about, hear from families and practitioners who are using the model and also have the chance to try out some of the games and activities that we might use as part of our work with families. We'll use breakout rooms in Zoom to make sure that there are lots of opportunities to think and do, as well as hopefully giving you lots of information and ideas!

Over the day we'll think about BUSS as an intervention with children, young people and their families as well as how BUSS can be applied in other settings, e.g. Early Years and education.



# THE BUSS MODEL: BUILDING UNDERDEVELOPED SENSORIMOTOR SYSTEMS IN CHILDREN WHO HAVE EXPERIENCED DEVELOPMENTAL TRAUMA



"I felt like I was gaining in understanding and the use of so much real observation and it's relation to BUSS theory meant I had massively gained in understanding and confidence."

- Feedback from BUSS Training

"The enthusiasm and the real life stories from the parents were inspirational"

- Feedback from Introduction to BUSS

"In just a short period of time Sarah has had a tremendous impact in Leeds in developing and testing out the BUSS model. It is one of the best decisions I have made to support her secondment. The BUSS model and impact this is having is recognised by our strategic boards where she has presented her findings."

- The Children's Commissioner in Leeds, where Sarah is working

"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."

- Feedback from BUSS Level One Training

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

**WEBSITE HERE**

## COURSE FACILITATORS

We're really excited to be working with Cumbria over the next few months to grow your understanding and use of BUSS across Fostering and Adoption Services and Early Years. Sarah Lloyd will lead the day and you'll meet the whole of the BUSS team on this webinar (you can read more about us [here](#)). We're a combination of BUSS practitioners and parent mentors who are experts in BUSS through their experience of using BUSS with their children and supporting other parents and carers in BUSS.

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

## BOOKING INFORMATION



**TO BOOK A PLACE PLEASE EMAIL:**

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For more detailed information on our Introduction to BUSS webinars, please [CLICK HERE](#)

