

## TPP Course reviews

### Summer 2025

"Another thought-provoking course. Informative with useful resources. The course is delivered using a variety of media i.e. written, videos, discussion.

I feel at least an extension of another session would be useful, and allow more time to process the extensive information".

"This course has been a real eye opener for me, making me rethink how I deal with myself and my children while they are out of their window of tolerance. Giving me new tools to help my children with their emotions.

Very educational, I enjoyed this course very much"

"I thought the course was very interesting, especially about your brain and how it works. I recommend to anyone to give it a go. How some people's brains are different to other peoples with a box (window of tolerance), and some people get out of their box, but first need to regulate, relate, reason. It was interesting for me to be able to help my child if she got out of her box, and help get back inside it to a good place".

"The information I have received has helped with better word choices to help calm our kids down instead of relighting the fire.

Learning more in what can trigger my child and learn how to co-regulate with her.

The window of tolerance has been very interesting to learn about, in how to try and keep her there. Thankyou"

"I have learned and gained lots of useful information about regulating and the window of tolerance. I understand now that self-care is so important!"

"It has been great to have practical ideas to help with dysregulated children. Really valuable insights into understanding trauma".