





**CPD Training Day opportunities tailored to suit requirements**

**Delivered by senior therapists and trainers with a wide range of**

**experience and knowledge in this field.**

**For teaching and non-teaching staff, i.e. pastoral managers, mentors, learning**

**support assistants, youth workers, Police staff.**

* **Learn Mindfulness exercises that can be used by staff, or to help with anxious**

**children and young people.**

**Half or Full day**

* **Talking Self-Harm (Young Minds Training) Self-harm is surrounded by myths and misconceptions. Learn to understand and spot the signs and how to respond appropriately to young people.**

**Half or Full day**

* **Attachment - Increase your knowledge and understanding of the Impact of insecure attachments in a child’s life and how this impacts in the classroom. Half or Full day**
* **Gain insight into Transactional Analysis (TA) and how it can help improve your own understanding of yourself. This will bring greater awareness for you in relation to how you respond to others.**

**Half or Full day**

* **Introduction to Brief Interventions using ‘Solution Focused’ language and**

**techniques to get straight to the heart of a problem.**

**Half or Full day**

* **Gain a full Bereavement policy and Trauma response programme. Ready to use in the event of bereavement or trauma in school.**

**Half or Full day**

* **Resilience Building with Young People. Learn skills and ways of working to develop emotional resilience. Also covers caring for yourself as a practitioner working in this area.**

**Half or Full Day**

* **Restorative Practice for Schools**. **Learn restorative practice skills to help build and maintain healthy school relationships with teaching staff and pupils. This innovative training enables practitioners to explore school values and use creative methods to promote healthy relationships and self-care.**

**Full day**

* **Conflict Resolution & Mediation Skills. Learn the conflict resolution skills needed to mediate effectively and find solutions to presenting problems. This training will enable you to develop the skills needed to facilitate mediation or family meetings, using a unique process that works for all parties.**

**Full day**

* **Supporting Children and Young People with Bereavement and Anticipatory Grief – learn useful techniques and ways of responding to students who have experienced bereavement or are facing the death of a loved one.**

**Half or Full Day**

* **Working with Children and young people using therapeutic play – Learn ways to engage with children and create a trusting relationship using creative media such as sand, puppets and art.**

**Half or Full Day**

* **Peer Mentoring – we can bespoke a peer mentoring training package to suit the needs of your school or organisation. Peer mentoring provides children and young people with skills to support others; empowering all parties and promoting social cohesion and reducing conflict and bullying.**

**Half or Full Day**

* **Communication Skills when working with children and young people – Learn how to listen to and communicate effectively with children and young people. The training includes information on attachment and neuroscience relating to this age group.**

**Full day**

* **Working with anxious children and young people – explore ways of**

**supporting these children to move past anxiety and cope more effectively.**

**Half day**

**Charges and Delivery:**

**Training can be delivered for up to 20 staff depending on the venue size and type of training offered. We can deliver training on your premises or our own premises based at**

**Billingham £575 per half day - £800 full day**

**Please contact Sandra Bell MA (MBACP) Accredited on 07926390849, Peter Lowe MBE on 07939922194, Karen Lowe MA (MBACP) Accredited**