

**Coming soon as
e-learning too!!**

**Keep an eye on
the website for
more details!**

Primary Mental Health

Warwickshire's Primary Mental Health Team is providing

FREE Mental Health Awareness Workshops

for universal professionals within Warwickshire.

These introductory workshops aim to raise awareness around eight key areas
of child and adolescent mental health (0-18 years):

**Eating Disorders, Mood, Attachment & Self-Harm, self esteem, challenging
behaviours in children aged 3-11 and 12+**

Please note: Our workshops are often over subscribed. If you cannot attend,
please send a delegate in your place or notify us 48 hours before the start
time, so we can offer your place to someone else.

There will be a charge of £40 for non-attendance at our workshops without
prior notification.

Places on the workshops are subject to availability.
To book your place on a workshop or to discuss a bespoke workshop,
please email Warwickshire.PMHT@covwarkpt.nhs.uk

In partnership with:



Coventry and
Warwickshire

relate
the relationship people

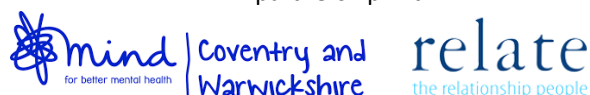
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Eating Disorders Awareness

- To understand the definitions of an eating disorder
- To explore the symptoms of an eating disorder
- To explore risk and protective factors which may impact upon eating disorders
- To explore positive messages and helpful ways to talk about eating disorders
- To explore real life case studies
- To understand when & how to access specialist services in relation eating disorders.

Date	Venue	Time
9th November 2020,	delivered via Microsoft teams	9.30am-12.30am
14th June 2021	delivered via Microsoft teams	1.30pm –4.30pm

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Mood Awareness

- To understand the definitions of stress, anxiety, low mood and depression.
- To explore the symptoms of anxiety and depression - what do they look like? What are the warning signs?
- To explore risk and protective factors which may impact upon mood.
- To introduce a cognitive behavioural model of how mood difficulties may be maintained over time.
- To introduce strategies that can be used to support a child or adolescent with a mood difficulty.
- To understand when & how to access specialist services in relation to anxiety and depression.

Date	Venue	Time
5th October 2020	delivered via Microsoft teams	9am—1pm
16th June 2021	delivered via Microsoft teams	9am—1pm

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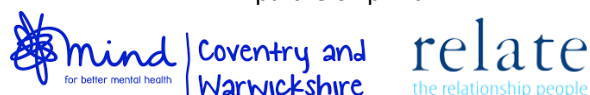
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Self Harm

- To develop knowledge and understanding of self-harm behaviour in young people.
- To explore the reasons why young people self-harm.
- To understand how to respond to a disclosure of self-harm.
- To explore alternative coping strategies for reducing self-harm behaviour.
- To understand when & how to access specialist services in relation to self-harm.

Date	Venue	Time
13th October 2020	delivered via Microsoft teams	1pm—4pm
17th June 2021	delivered via Microsoft teams	10am—1pm

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Attachment

- To provide an introduction to attachment theory.
- To consider why attachment is important and what impact it may have upon development.
- To consider what is meant by attachment difficulties and attachment disorders.
- To explore risk and protective factors which may impact upon attachment.
- To introduce strategies for helping children to build relationships and feel secure.
- To understand when & how to access specialist services in relation to attachment difficulties.

Date	Venue	Time
19th October 2020	delivered via Microsoft teams	9am—1pm
21st June 2021	delivered via Microsoft teams	9am—1pm

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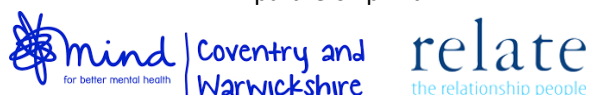
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Self-Esteem

- To understand the definition of self-esteem and development of self-esteem in childhood
- To identify and understand what healthy and low self-esteem might look like in a child or young person.
- To consider and understand the link between self-esteem and mental health
- To explore the risk and protective factors which may impact upon anxiety and low mood.
- To introduce strategies that can be used to support a child or adolescent experiencing low self-esteem.
- To understand when & how to access specialist services in relation to self-esteem.

Date	Venue	Time
5th November 2020	delivered via Microsoft teams	9am—11am
15th June 2021	delivered via Microsoft teams	1pm—3pm

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Challenging Behaviour in children aged 3-11years

- To provide an introduction to attachment theory.
- To have more of an understanding of challenging behaviours and how they may be displayed in adolescents
- To explore the theory of behaviours
- To explore potential causes for challenging behaviours
- To support you to reflect on how your organisation manages challenging behaviours in young people
- To explore approaches and strategies of managing challenging behaviours
- To understand how to access further support for young people

Date	Venue	Time
3rd November 2020	delivered via Microsoft teams	3pm—5pm
22nd June 2021	delivered via Microsoft teams	1pm—3pm

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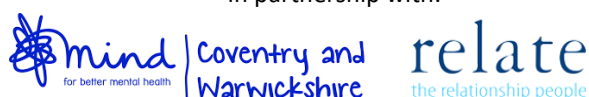
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Boomerang Resilience Programme Training

- The Boomerang Resilience Programme is a resilience intervention delivered at school with children in Years 3—11
- This interactive intervention is deliverable over 5 consecutive weeks
- It focuses on understanding thoughts, feelings and behaviours, self esteem, friendships and useful strategies to help build resilience
- To be eligible to attend this workshop you must have already attended the **PMHT Mood Workshop** and be actively working with children and young people
- In this workshop the Boomerang course will be outlined and the expectation is that you will be able to deliver it independently
- You will be provided with all the course materials to enable you to deliver Boomerang at school
- You will be able to access support if needed in your own setting whilst you deliver this course
- You will agree to share data with us in regards to this intervention.

Date	Venue	Time
17th November 2020	Microsoft teams	1pm—4pm
23rd June 2021	Microsoft teams	9am—12pm

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Challenging Behaviour in children aged 12 +

- To provide an introduction to attachment theory.
- To have more of an understanding of challenging behaviours and how they may be displayed in adolescents
- To explore the theory of behaviours
- To explore potential causes for challenging behaviours
- To support you to reflect on how your organisation manages challenging behaviours in young people
- To explore approaches and strategies of managing challenging behaviours
- To understand how to access further support for young people

Date	Venue	Time
4th November 2020	delivered via Microsoft teams	10am—12pm
24th June 2021	delivered via Microsoft teams	2pm –4pm

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Places on our workshops are subject to availability.

To book your place or to discuss a bespoke workshop,
please email

Warwickshire.PMHT@covwarkpt.nhs.uk

*Please include: name, role, agency, choice of work-
shop/date*

***Keep Checking the website, all training will
also be available via E-learning shortly!***