

## **Working with thoughts, feelings and behaviours: Using Cognitive Behavioural Strategies for helping children and young people with emotional problems**

**Date:** 12<sup>th</sup> March 2015      **Location:** Abbey Conference Centre, Norwich

**Time:** 9.30am to 4.30pm

**Number of places:** 30-35

### **Aims and objectives**

- To increase understanding around using the principles of cognitive behavioural approaches with children and young people who have emotional problems, including anger issues
- To increase skills and understanding of behavioural activation strategies
- To access a variety of resources in relation to strategies based on using cognitive behavioural principles
- Explore the various management options and support strategies
- Participants cascade the knowledge gained to other staff in their organisations

### **Outcomes**

By the end of the course each delegate should be able to:

- Understand the links between thoughts, feelings, physical sensations and behaviours
- Understand behavioural activation strategies
- Develop practical goal setting strategies to use with children and young people with low mood
- Understand strategies to use with children and young people with anxiety
- Understand the role of exposure and relaxation
- Develop skills in the strategies to use with children who are angry
- Become familiar with evidence based practice (inc. NICE guidelines)
- Increase understanding of the theoretical base which underpins these management strategies and how this can inform practice
- Cascade knowledge to peers within their own setting

### **Target group**

Staff working in Universal (*non specialist mental health settings*) who have some understanding of, or responsibility to support children and young people with mental health issues. Ideally participants will have attended a previous foundation course, i.e. Emotional Health Awareness Foundation Training offered by CAMHS. This course is now available on line. For further information and to access this on line course via the Learning Hub please click [here](#)

Participants will be required to cascade knowledge gained with colleagues in their setting. A tool to help with this will be provided.

**Training provider:**

Associate Development Solutions Ltd is an organisation made up of people with extensive experience of the mental health of children and young people; working in child and adolescent mental health services, universal services and in training and education. Our aim is to support raising the profile of the mental health of children and young people and to provide a training experience that is informative and useful.

We want people to be as involved as possible. To facilitate this, we will include small group exercises using case studies, a game, and explore how we can share skills. The day will also include DVD clips, and presentations on the theory.

**Course length:** One day

**Cost**

The course will cost £40.00

**Venues**

Venue information will be sent with confirmation of place.

**Allocation of Places**

Places will be allocated on a first come first served basis

**Booking**

To request a place, please complete and return the attached booking form by **Friday 17<sup>th</sup> February 2015 to HRSS Learning & Development, County Hall Annexe, Martineau Lane, Norwich, NR1 2UE: or email to [hrlid@norfolk.gov.uk](mailto:hrlid@norfolk.gov.uk)**

**Cancellations and non-attendance**

A course will only run with a minimum number. In the event that a course is under-subscribed applicants will be notified and where possible offered an alternative date/venue. No refund will be given for non-attendance: however, we are happy to accept a suitable delegate in your place. Any changes of delegate must be notified to **HRSS Learning & Development, County Hall Annexe, Martineau Lane, Norwich, NR1 2UE: or email to [hrlid@norfolk.gov.uk](mailto:hrlid@norfolk.gov.uk) prior to the course date.**

**Confirmation and course programme**

If you are allocated a place we will email confirmation and joining instructions to you by **24<sup>th</sup> February 2015**. The course programme and location map will also be emailed to you at this time.

To be added to the distribution list for courses, please email [camhs@norfolk.gov.uk](mailto:camhs@norfolk.gov.uk)