

**CAMHS Training Enrolment –
Using Cognitive Behavioural Strategies for Helping Children and Young People with
Emotional Problems**

Personal details

Name :	M/F
Work Address :	
E-mail:	Job Role:
Work or Mobile No:	
Additional needs:	

Payment

Course Fee £40.00
Please enter Cost Centre details <u>OR</u> Full Invoice Address
Cost Centre:
Invoice Address:

I would like to request a place on the following training course:

Course Name	Date	Venue	Please Tick
Understanding Cognitive Behavioural Strategies for Helping Children & Young People with Emotional Problems	11 th March 2015	South Green Park Enterprise Centre Mattishall, Dereham, Norfolk, NR20 3JY	
Understanding Cognitive Behavioural Strategies for Helping Children & Young People with Emotional Problems	12 th March 2015	Abbey Conference Centre, Bracondale, Norwich NR1 2DD	

To help us evaluate the impact of the course: Can you please rate your understanding of the topic.

You will be asked to revisit this at the end of the training course.

Please rate using the scale 1-5 given below.

1	2	3	4	5
Not at all	Not well	Unsure	Some understanding	Understood well
		Rate how well you understood the topic before attending the course		
Understand the links between thoughts, feelings, physical sensations and behaviours		1 2 3 4 5		
Understand behavioural activation strategies		1 2 3 4 5		
To be able to develop practical goal setting strategies to use with children and young people with low mood		1 2 3 4 5		
Understand strategies to use with children and young people with anxiety		1 2 3 4 5		
Understand the role of exposure and relaxation		1 2 3 4 5		
Knowledge of skills and the strategies to use with children who are angry		1 2 3 4 5		

1	2	3	4	5
Not at all	Not well	Unsure	Some understanding	Understood well
		Rate how well you understood the topic before attending the course		
Knowledge of evidence based practice (inc. NICE guidelines)		1 2 3 4 5		
Understand the theoretical base which underpins these management strategies and how this can inform practice		1 2 3 4 5		
Cascade knowledge to peers within your own setting		1 2 3 4 5		

Signed	Date
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Please email this as an attachment to; hrlld@norfolk.gov.uk

Alternatively post to: HRSS Learning & Development, County Hall Annexe, Martineau Lane, Norwich, NR1 2UE.

Cost:

A charge of **£40.00** is payable for each place. If you work for **Norfolk County Council** please provide details of your cost centre in the payment section. For all other applicants, please provide invoicing details. Places cannot be allocated if payment details are not received.

Refreshments will be provided, **but lunch is not included.**

Allocation and Confirmation:

We anticipate a high level of interest in this Course and places will be allocated on a first come, first served basis. If you are allocated a place you will receive confirmation by email.

Information:

The Course Programme, venue details and location map will be sent to you with your confirmation.

Car parking:

The Abbey Conference Centre, Norwich -There is limited free parking, please drive on to the Unilever UK Foods site and they will direct you to the car park and conference centre.

South Green Park Enterprise Centre – There is free parking available at this venue.

Please be aware that by requesting a place on this Course you are committing to:

Cascading the knowledge gained within your setting/organisation within one term (three months) after attending the course.

Beneficiary information

Information from this form will be held in accordance with the Data Protection Act 1998. Norfolk County Council will hold this information for monitoring and course follow-up purposes only. All information given will be treated in the strictest confidence.

Cancellation

No refund will be given for last minute cancellations or non-attendance; however, we are happy to accept a substitute delegate in your place. You must inform the Learning & Development Team of any delegate changes prior to the course date.

Tel: 01603 224114 or email: hrlld@norfolk.gov.uk