

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

**Personal details**

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

**Payment**

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

**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 <sup>th</sup> 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 <sup>th</sup> 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 <b>before</b> 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 <b>before</b> 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		

<b>Signed</b>	<b>Date</b>
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Please email this as an attachment to; [hrlld@norfolk.gov.uk](mailto: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](mailto:hrlld@norfolk.gov.uk)