



21/11/2017 16:00 - 18:00

Venue: Professional Development Centre (Norwich)
(1 - Training Room), 144 Woodside Road, Norwich,
Norfolk, NR7 9QL

Trainer: Bianca Finger-Berry

Educational Psychology and Specialist Support

Anxiety and Cognitive Behaviour Therapy (CBT) Approaches- A Taster Session (EPSS twilight)

Outline

Understanding the nature of anxiety and how best to manage related issues with pupils in schools.

Description

This session will explore key psychological models and theories of anxiety, focusing particularly on CBT-specific approaches. It will recognise both “normal” and “problematic” anxiety, and consider how best to manage the latter. It is hoped that sharing related information with pupils will help them better understand and manage their anxieties. This “psychoeducation” is recognised as a key component in most intervention packages. CBT-approaches will be explored in more detail, and the option of further, more comprehensive training (for example regarding the application of related techniques) will be discussed.

Outcome

Staff will have a fuller understanding of the psychology of anxiety, and will feel comfortable sharing this information with pupils in schools. Staff will understand how CBT approaches interpret anxiety, and aims to help in addressing problem anxieties.

Audience

Professionals working with pupils on a regular basis, including teachers and classroom assistants. CBT approaches have been shown to be more effective with older pupils, i.e. KS2 and above.

Booking Information

Cost: £50

Schools with an EPSS contract or subscription pay £40 for a place.

Cancellation Policy:

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For cancellations made by the school/establishment more than 14 working days prior to the training course date, a £20 administration fee will be levied per person.

The whole fee will be charged for cancellations made within 14 working days of the course date. Alternatively, you can arrange for a colleague to take your place.

Programme

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Venue: Professional Development Centre (Norwich) (1 / Training Room), 144 Woodside Road, Norwich, Norfolk, NR7 9QL

Trainer: Bianca Finger-Berry, Critical Incident Lead Officer

Code: EPS-1117-T002

Price per delegate: 50.00

Sign up deadline: 14/11/2017