

## **MENTAL HEALTH IN THE CLASSROOM - TRAINING PROGRAMME 2021/2022**

Based on the book '**Mental Health and Wellbeing in Primary Education; A Practical Guide and Resource**' and delivered by co-authors, **Dr Laura Meek, a Consultant Child and Adolescent Psychiatrist** and **Dr Sarah Jordan, a Highly Specialised Clinical Psychologist**, these training sessions will give an in-depth and unique opportunity for participants to reflect on their own practice and to explore new strategies for developing the health and wellbeing of their pupils, as well as developing a culture of mental health within a school setting.

Each bespoke training module will be split into two sessions, with core themes running throughout the whole programme. The sessions will take place online and involve multimedia presentations, interactive exercises and training to use the practical resources within the book. They will utilise theory, case studies and exercises to promote learning.

### **Training Modules:**

#### **Understanding and managing anxiety and reducing the Impact on Learning**

Wednesday 10<sup>th</sup> November & Wednesday 17<sup>th</sup> November 2021

#### **Understanding and managing behaviours that challenge**

Wednesday 12<sup>th</sup> January & Wednesday 19<sup>th</sup> January 2022

#### **Understanding and Supporting pupils on the autism spectrum**

Wednesday 2<sup>nd</sup> March & Wednesday 9<sup>th</sup> March 2022

#### **Understanding and supporting pupils with attention and/or hyperactivity difficulties**

Wednesday 4<sup>th</sup> May & Wednesday 11<sup>th</sup> May 2022

**Time:** 4.00pm-5.30pm on all dates

**Cost:** £150 per delegate/per module (participants must attend both sessions of each module)

Attendance at all modules will be beneficial in terms of CPD, as well as increasing a culture of mental health friendly practice within schools. It is recommended that the book is purchased in advance of the training; however, worksheets discussed in each training session will be supplied in advance.

To secure a booking, please email [thetrainingcentre@aspireacademies.org.uk](mailto:thetrainingcentre@aspireacademies.org.uk) with the following information:

- Course Title
- Training Module/s
- Delegates' Full Name
- Delegates' Direct Email Address (for registration)
- School Contact Details (for invoicing)