

Free Training for School Staff



Funded by:



Thomas Whitham
Sixth Form



Monday 14th January 2019

Communicating with Young People Who Are Distressed, Angry or Unhappy

Who Is It For?

This session is aimed at primary and secondary school staff, especially SENCOs, pastoral leads, mentors, or any other staff with specific responsibility for pupils' emotional health. It is particularly relevant for schools developing a 'Designated Lead for Mental Health' role.

What Will I Learn?

- Principles around good communication, such as listening, empathy and communicating about emotions
- Learning a range of skills that can be useful when communicating is difficult
- Learning some evidence-based techniques for supporting young people whose mood, levels of stress or behaviour may make communication challenging

This training session is **FREE OF CHARGE** for all primary and secondary school staff in Lancashire schools.

Date, venue and time: Monday 18th March, from 9.30am – 4.00pm at Thomas Whitham Sixth Form College, Burnley

This day is part of a comprehensive suite of sessions providing relevant training for the 'Designated Mental Health Lead' role in schools, as outlined in the recent government Green Paper.

For information on how to book a place, go to: <http://www.p-a-c.org.uk/projects/training/>

Who is providing the training?

The training is provided by the Lancashire Emotional Health in Schools Service. This service is a joint initiative between Lancashire County Council and Lancaster University, funded by LCC Public Health to provide training and support to Lancashire schools around children's mental health issues.

The day will be led by Dr. Richard Slinger, LEHSS Service Lead. Richard is an experienced clinical psychologist with many years' experience of working in NHS CAMHS and child psychology services, and extensive experience of working collaboratively with schools.

What will I learn?

This training session aims to help attendees improve their knowledge and skills around working with young people who are stressed, in distress or who find communication around how they feel difficult.

There will be presentation of useful knowledge around communication as well as practical ideas and activities that can be used in school settings.

All slides and resources, and additional training materials, will be available to download after the session, to enable attendees to cascade the training within their school settings.

Where is it being held, and how much does it cost?

This training is free of charge for anyone working in primary and secondary schools in Lancashire.

The training will take place at Thomas Whitham Sixth Form College, Burnley. We will provide refreshments, but lunch is not provided. Parking is free at the venue.

Please share this information with anyone else eligible to attend. Places are limited to 30 and will be allocated on a first come, first served basis.

What have previous attendees said about this training?

"We covered practical, hands on exercises which could be used in school, and theoretical information of how to approach people's anger, anxiety, or upset"

"Very thought provoking and helpful. It made me analyse the way I listen and reflect on how I would improve timing/settings of conversations, and the power of relationships & personal resources."