

Free Training for School Staff



Funded by:



Thomas Whitham
Sixth Form



Tuesday 20th November 2018

Understanding Anxiety and Practical Anxiety Management Interventions

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?

- Understand what anxiety is in young people, what influences it, and practical ways to help
- Learn effective evidence-based strategies and practical resources you can use with students

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

Date, venue and time: Tuesday 20th November, from 9.30am – 4.00pm at TBC

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/>

For any queries contact us at: lehss@lancaster.ac.uk

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 day aims to increase your understanding of anxiety in young people, and introduce you to a range of methods for assessing, understanding and responding to anxiety difficulties.

You will be given practical strategies and resources to use with pupils that have been shown to be effective.

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 TBC. 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?

"The whole session was extremely helpful, with an excellent explanation of the causes, processes and ways of dealing with anxiety"

"The resources were excellent with lots of practical ideas/activities that can be useful in therapeutic situations with young people"