



CENTRE FOR CHILD MENTAL HEALTH PROGRAMME OF CONFERENCES 2020

The CPD go-to place for anyone who cares deeply about child mental health

Saturday 1 February 2020 (10am-5pm, cost: £183)

Intense Emotions and Unbearable Experiences: How to Heal Without Resorting to Diagnosis and Pills

Dr Dan Hughes and Dr Lucy Johnstone

Saturday 7 March 2020 (10am-4.30pm, cost: £183)

Therapeutic Conversations That Change Lives - From ACE Aware to ACE Informed Practice (including witnessing domestic violence, being a young carer, sexual/physical abuse, neglect, multiple moves, being bullied, traumatic loss)

Dr Margot Sunderland, award-winning author and child expert

Friday 20 and Saturday 21 March 2020 (10am-5pm, cost: £330)

Two-Day Training: CBT Techniques with Children and Teenagers

Dr Carlotta Raby

Saturday 18 April 2020 (10am-4.30pm, cost: £183)

Building the Bonds of Attachment: Awakening Love in Traumatized Children

Dr Dan Hughes, International Attachment Expert

Sunday 19 April 2020 (10am-5pm, cost: £165)

What Teenagers Need to Know About Life in Order to Live it Well

Dr Margot Sunderland

Saturday 2 May 2020 (10am-5pm, cost: £183)

The Use and Mis-use of Psychiatric Diagnoses: ASD, ADHD, FAS, OCD, ODD, Conduct Disorder, GAD and Major Depressive Disorder. How to feel competent in challenging mis-use and educate about alternative frameworks

Professor Sami Timimi and Dr Margot Sunderland

Tuesday 12 May 2020 (9.30am-5.30pm, cost: £165)

Lecture: Helping Children with Bereavement and Traumatic Loss

Stacey Hart and Dr Margot Sunderland

Saturday 13 June 2020 (10am-5pm, cost: £183*)

*Special Offer: book 13 June and 14 June 2020 together for £350

How to Help Children, Teenagers and Adults Tell Their Stories in Order to Heal Emotionally

Professor Leslie Greenberg, International Guest Trainer (US), Sue Hughes and Dr Margot Sunderland

Sunday 14 June 2020 (10am-5pm, cost: £183*)

*Special Offer: book 13 June and 14 June 2020 together for £350

How People Change: Healing Painful Emotion with Emotion (memory reconsolidation and the process of change in healing troubled minds)

Professor Leslie Greenberg, International Guest Trainer (US)

Saturday 27 and Sunday 28 June 2020 (10am-5pm, cost: £350)

The Science of Love. Changing Lives: The Neuroscience of Connectedness, Trust and Feeling Safe

International Experts Dr Stephen Porges and Dr Sue Carter

Day 1: Mental Health Through the Lens of the Polyvagal Theory with Dr Stephen Porges

Day 2: Oxytocin Hypothesis - The Biochemistry of Love and Trust with Dr Sue Carter (and Dr Stephen Porges for the final session)

Saturday 11 July 2020 (10am-5pm, cost: £183)

When You've Been to Hell and Back: Breaking the Cycle of the Intergenerational Transfer of Trauma

Dr Valerie Sinason, Lemn Sissay, David Taransaud, Tracy Godfroy

Saturday 19 September 2020 (10am-5pm, cost: £183)

The Neuroscience of Emotions and Relationships: What You Need to Know to Support Children, Teenagers and Adults

Professor Eamon McCrory, Professor Mark Solms, Kerstin Uvnäs Moberg

Saturday 3 October 2020 (10am-5pm, cost: £183)

Working with Bodies to Heal Minds (for children, teens and adults)

Emily Foulkes, Professor Helen Payne, Lynne Davis, Roz Carroll and Jon Blend

Saturday 31 October 2020 (10am-4.30pm, cost: £183)

Brain-Based Attachment Interventions to Transform Troubled Lives

Dr Dan Hughes and Dr Jonathan Baylin, International Guest Trainers (US)

Saturday 14 November 2020 (10am-5pm, cost: £183)

People Who Change Children's Lives: The Vital Skills, Words and Competencies of Emotionally Available Adults

James Docherty, Tanayah Sam

TRAINING DAYS for 2020 include:

'Enabling Children to Speak About Feelings Through the Arts' series (Mult-Arts, Sandplay, Storytelling, Puppetry, Creativity and Relaxation Techniques, Emotional Literacy Games and Exercises)

Child Protection: What You Need to Know About Keeping Children Safe and Working Ethically

More details and to book: www.childmentalhealthcentre.org

All events held at Centre for Child Mental Health

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