

Child and Adolescent Mental Health Forums

Option of awards: Certificate in Child and Adolescent Mental health,
Certificate in Child and Adolescent Counselling Skills

with Dr Margot Sunderland, other top psychologists & experts by lived experience



About the Forums

Mental health symptoms can cause abject misery, adversely impact on functioning, relating, learning, doing, thinking. Symptoms are sometimes so awful that people take their own lives. So, these mental health forums provide key knowledge to alleviate suffering. The forums will bring you fascinating psychology and neuroscience about the causes of mental health problems coupled with evidence-based roads to recovery. This vital knowledge is all too rarely in the public awareness. Instead, many sufferers and helping professionals alike, spend hours focusing on symptom control rather than addressing the core emotional pain that's causing the symptoms in the first place. As a result, far too many children and teenagers don't get the help they need to have quality of life and to ensure that they have their emotions rather than their emotions having them!

Many sufferers and helping professionals think that the following is all there is:

- Coping strategies
- Diagnosis and medication
- Spot the symptom and refer on

(The latter is particularly concerning, as 1 in 4 young people try to take their own lives on an NHS waiting list: *Young Minds. End the Wait Campaign 2022*).

In light of the above, an inaccurate message often prevails in schools, organisations and the public at large: *"If you suffer from mental health symptoms, think something or do something and you will feel better"*. This is not true. At best, it's temporary stress regulation. At worst it encourages suppression, proven to be dangerous to physical health. If you suffer from social anxiety, phobias, compulsive rituals, etc., your mind is screaming **DANGER!** At the end of your run, warm bath or meditation, you mind will still be screaming **DANGER!**

So, this training is the opposite of churning out coping strategies or thinking techniques. Instead, it addresses underlying causes of mental health problems and how to heal.





Evidence based research

Training content is backed by over 800 peer reviewed research studies. On a practical level, Trauma Informed Schools UK (in over 5000 schools) has found amazing success from the interventions discussed. They are currently participating in a randomised controlled trial co-funded by the Home Office and the Youth Endowment Fund researching trauma informed practice and its impact on youth violence.



Benefits from attending

- Learn how the mind works: why we develop mental health symptoms, what they are protecting us from.
- Learn how most mental health symptoms are both a form of communication about and defences against painful life experiences.
- Understand the neurochemistry, neuroanatomy, physiology of common mental health problems, e.g. what's going on in your mind, brain and body when you have a panic attack, phobia, suffer from insomnia, body dysmorphia.
- Learn the evidence-based research on how to recover (as opposed to mere symptom control) and the actual changes in your brain and body as a result of effective therapeutic interventions.
- Learn about theories of mind, child development and theories of change, including profound insights from Freud, Jung, Bowlby and great 20th century affective neuroscientists.
- Listen to deeply moving case studies, illustrating the journey from mental ill-health to recovery, in order to support you in your vital work with vulnerable children and young people.



For more information about the forums
Child and Adolescent Mental Health Forums
See www.childmentalhealthcentre.org

For more information about the awards
Certificate in Child and Adolescent Mental Health
Certificate in Child and Adolescent Counselling Skills
See www.artspsychotherapy.org

About Dr Margot Sunderland

British Medical Association Book Award winning author (First Prize Popular Medicine, for The Science of Parenting). Author of over 20 books in child mental health, collectively, translated into 18 languages, published in 24 countries. 35 years as a psychotherapist/clinical supervisor /trainer (children/teenagers/adults). Director of Education and Training, The Centre for Child Mental Health London. Director of Innovation and Research, Trauma informed Schools UK, (delivered training to over 20,000 school staff in the UK and abroad). Founding Director Institute for Arts in Therapy and Education (academic partner University of East London).