

Centre for Child Mental Health proudly present their

# 2026 Event Programme

Vital CPD for anyone working in  
child and adolescent mental health

Conferences  
Training days  
Courses



For any enquires:

[info@childmentalhealthcentre.org](mailto:info@childmentalhealthcentre.org)  
[www.childmentalhealthcentre.org](http://www.childmentalhealthcentre.org)  
[www.trauma-informed.uk](http://www.trauma-informed.uk)  
[www.artspscyhotherapy.org](http://www.artspscyhotherapy.org)

In partnership with Trauma Informed Schools and Communities UK and The Institute for Arts in Therapy and Education (Higher Education College with University of East London validated degree courses in psychotherapy)

**TRAUMA  
INFORMED  
UK™**  
SCHOOLS & COMMUNITIES

THE INSTITUTE FOR  
**ARTS**  
IN THERAPY & EDUCATION

# Timetable of CCMH events

## January to June 2026



### Thursday – Friday

**15/16th Jan**

11.30am to 6pm

[ONLINE TWO-DAY TRAINING](#)

**Working with Children and Parents Together (Dyadic Developmental Psychotherapy)**

Presenter: Dr Dan Hughes (founder of PACE and DDP)

[Book on Eventbrite](#)

### Wednesday 28th January

9.30am to 12.30pm

[ONLINE HALF-DAY TRAINING](#)

**Working with depression and suicidal ideation**

Presenters: David Coleman, Katie Malley, Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

### Wednesday 4th February

9.30am to 12.30pm

[ONLINE HALF-DAY TRAINING](#)

**Causes of Low Self-Esteem and Self-Hate: Helping Children and Teenagers Heal**

Presenter: Dr Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

### Saturday 21st February

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

**Using Art in Therapeutic Conversations with Children and Teenagers**

Presenter: Ellie Baker

[Book on Eventbrite](#)

### Sunday 22nd February

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

**Using Clay in Therapeutic Conversations with Children and Teenagers**

Presenter: Ellie Baker

[Book on Eventbrite](#)

### Saturday 7th March

10am to 1pm (Also 28th Jan)

[ONLINE HALF-DAY TRAINING](#)

**Working with depression and suicidal ideation**

Presenters: David Coleman, Katie Malley, Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

### Wednesday 11th March

9.30am to 12.30pm

[ONLINE HALF-DAY SKILLS TRAINING](#)

**How to Be and What to Say to Connect with Teenagers**

Presenters: Catherine Lawler, Dr Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

### Thursday 19th March

4.30pm to 6.30pm

[ONLINE FILM SHOWING & FACILITATED DISCUSSION](#)

**Resilience: The Biology of Stress & the Science of Hope**

Presenter: Various experts

[Book on TISCUK](#)

[Book on Eventbrite](#)

### Tuesday 24th March

9.30am to 12.30pm

[ONLINE HALF-DAY SKILLS TRAINING](#)

**Silent Scars – The Lasting Impact on Children Growing Up in a Violent Home**

Presenter: Catherine Lawler, Dr Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

### Saturday 21st March

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

**Enabling Children/Teenagers to Speak About Feelings Through Sandplay therapy**

Presenter: Ellie Baker

[Book on Eventbrite](#)

### Saturday 18th April

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

**Therapeutic Storytelling: Helping Children and Teens Process Life Events**

Presenter: Ellie Baker

[Book on Eventbrite](#)

### Sunday 19th April

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

**Empathic Attunement through the Arts, including The Big Empathy Drawing**

Presenter: Ellie Baker

[Book on Eventbrite](#)

### Wednesday 29th April

9.30am to 12.30pm

[ONLINE HALF-DAY SKILLS TRAINING](#)

**Anxiety in Children & Teenagers: The Neuroscience, psychology and interventions for recovery**

Presenter: Dr Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

### Saturday 16th May

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

**CBT Principles in Working Therapeutically with Adults and Teenagers**

Presenter: James Binnie

[Book on Eventbrite](#)

### Monday 18th May

9.30am to 12.30pm

[ONLINE HALF-DAY SKILLS TRAINING](#)

**Trauma Informed Approaches to Transforming Behaviour**

Presenter: Various experts

[Book on TISCUK](#)

[Book on Eventbrite](#)

### Thursday – Friday

**21/22nd May**

9.30am to 5pm

[LIVE TWO-DAY TRAINING: LONDON](#)

**Working with PACE and Dyadic Developmental Therapy with vulnerable children and teenagers**

Presenter: Dr Dan Hughes (founder of PACE and DDP)

[Book on Eventbrite](#)

### Saturday 23rd May

10am to 5pm

[LIVE ONE DAY CONFERENCE: LONDON](#)

**Working with extreme distress: healing through relationships**

Presenters: Dan Hughes, Adah Sachs, Vicky Smith, Margot Sunderland

[Book on Eventbrite](#)

### Tuesday 30th June

9.30am to 12.30pm

[ONLINE HALF-DAY SKILLS TRAINING](#)

**Anxiety in Children & Teenagers: The Neuroscience, psychology and interventions for recovery**

Presenter: Dr Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

# Art therapy training days

All run by Senior Art Psychotherapist. Child and Adolescent Psychotherapist and Principal Lecturer at IATE Ellie Baker.

If you attend all 6 days you can use these days towards the award of Certificate in Art Therapy skills.  
(see page 15 in the brochure for details and email [laura@iate.uk](mailto:laura@iate.uk) if you are interested)



**Saturday 21st February**

10am to 5pm

## Using Art in Therapeutic Conversations with Children and Teenagers

Through hands-on activities, case material, and fascinating theory, you'll gain practical tools, theoretical insight, and a deeper appreciation of how creative expression can help children and young people process difficult life experiences. You'll learn how communicating in images rather than everyday words allows a shift from surface-level or defensive thinking to deeper emotional experiencing. In other words, images offer a powerful language that can name the unnameable and give voice to what words cannot. You'll also learn how images on paper create enough distance from difficult experiences enabling children and teenagers to feel psychologically safe to talk about their lives. The image is literally 'out there so not in my head' and so allows for reflection without being overwhelmed. No artistic skill is needed – just curiosity and openness to creative approaches.

[Book on Eventbrite](#)

**Sunday 22nd February**

10am to 5pm

## Using Clay in Therapeutic Conversations with Children and Teenagers

On this day you'll learn how children and teenagers who struggle to articulate feelings about important life events, can use clay to symbolically shape their inner world. Moulding in such a deeply tactile way, enables children and teenagers to enter flow states whilst supporting safe exploration of what matters in their lives. Additionally, through experiential work on the day, you will have first-hand experience of how the hands-on nature of clay work is very grounding and calming, helping to reduce stress and promote mindfulness. Group clay sessions foster cooperation, communication, and delightful peer interaction. Overall, clay therapy can support emotional regulation, sensory integration alongside processing of life events, making it a valuable tool in both therapeutic and educational environments for children of various ages and abilities.

[Book on Eventbrite](#)

**Saturday 21st March**

10am to 5pm

## Enabling Children/Teenagers to Speak About Feelings Through Sandplay therapy

On this training day you'll discover how sand play can be a powerful tool to help children and teenagers reflect on their lives and process difficult emotions. You'll explore the use of symbolic play with miniature figures in the 3D sand tray environment, enabling young people to express what is important in their lives when words are hard to find. The training focuses on how to recognise and respond to key emotional themes, metaphors, and recurring imagery in different sand worlds. Participants will learn how to create a psychologically safe space from the outset, enabling children and teenagers to share their inner world – often for the first time. Sandplay is especially effective for young people dealing with painful life events manifesting in distressed behaviour. The training includes powerful case studies, hands-on learning, and the opportunity to experience sandplay therapeutic interventions firsthand.

[Book on Eventbrite](#)



**Saturday 18th April**  
10am to 5pm

### **Therapeutic Storytelling: Helping Children and Teens Process Life Events**

Too many children and teenagers are held hostage to the fallout from their 'un-storied emotions', namely unprocessed painful life experiences that result in debilitating mental health issues and behaviours that challenge. So, this training day provides tools and techniques to support you to a) respond therapeutically when a child or teenager tells you a very important story about their life and b) how to tell them a therapeutic story (published or made up by you) to help them process painful life events. Telling therapeutic stories offers the child or teenager new ways of thinking about their lives and new options for creative action when they are stuck in negative patterns. In short, this day will convince you of the amazing power of using story, image, and metaphor as part of the healing process for vulnerable children and teenagers.

[Book on Eventbrite](#)



**Sunday 19th April**  
10am to 5pm

### **Empathic Attunement through the Arts, including The Big Empathy Drawing**

This training day focuses on using big empathy drawings with children, teenagers, and adults. It is a key intervention to help people process painful life events in a safe, engaging, and creative way. The big empathy drawing is a collaborative sense-making tool (see Psychological Formulation, British Psychological Society) that conveys empathic understanding visually, using images and metaphors. Studies show that engaging in meaning-making process in this way can help the person 'name it to tame it' and 'feel it too heal it' both key for the process of transformational therapeutic change.

[Book on Eventbrite](#)



**Saturday 2nd May**  
10am to 5pm

### **Calm, Creativity and Competence: Key techniques for stressed/distressed children and teenagers (groups or one-to-one)**

Research shows that relaxation techniques, creative visualisation and guided meditations help to regulate children's emotions and bring down high levels of stress. As a result, this can dramatically enhance their capacity to access learning. Participants will learn skills in how to lead both groups and individuals through these healing processes. They will learn how to establish a calm, creative and competent learning environment. Participants will also learn interventions to help build children's self-esteem and enhance their ability to be imaginative and creative. They will have the opportunity to experience for themselves the calming and healing effects of guided visualisations.

[Book on Eventbrite](#)



**Ellie Baker**

**Expert in arts therapy and child  
psychotherapy, supervision, illustration,  
parenting.**

Integrative Arts Psychotherapist/ Supervisor

(UKCP) Work included: Lead Supervisor: Adolescent Psychiatric Unit (Education), Clinical Lead Foster Care Support Multi-Disciplinary Assessment Treatment/Therapy Service. Head of Psychological Health and Wellbeing, Wave Multi Academy Trust. Artist Lead for Arts Lab Project (secondary education settings), Therapeutic Lead Attune Research Project (ACEs/ Trauma-Informed Practice Oxford, Falmouth and Kent Universities). Delivered parenting courses for decades. Chair for The Centre for Child Mental Health for 15 years.

**Please note:** These days are very much an introduction to the use of the therapeutic arts to enhance your listening skills and creative ways of connecting with children and young people. Should you want to go on to train please see TISUK and IATE for professional trainings.

Amazing  
Opportunity!

**Two-day training with Dr Dan Hughes, online**

# **Working with Children and Parents Together (Dyadic Developmental Psychotherapy)**

**Thursday 15th January and Friday 16th January 2026**

9.30am to 5.00pm

**Join internationally acclaimed clinical psychologist and founder of Dyadic Developmental Psychotherapy, Dr Dan Hughes, for a transformative two-day training focused on the core principles and application of DDP to parent-child therapy.**

This highly interactive training will explore how to engage both children and parents in a therapeutic process rooted in safety, connection, and co-regulation. Participants will gain a deep understanding of how to support parents to use PACE (Playfulness, Acceptance, Curiosity, Empathy) with children who have experienced trauma, attachment disruptions, or developmental challenges.

**To book: £169**

**[www.childmentalhealthcentre.org](http://www.childmentalhealthcentre.org)**

**tel: 0207 704 2534**

**email: [info@childmentalhealthcentre.org](mailto:info@childmentalhealthcentre.org)**

**Admissions:**

Mental health workers, therapists, counsellors

**Places are limited – early booking is recommended.**

**Over the course of two days, Dr Hughes will:**

- Demonstrate how to create an emotionally attuned therapeutic space so both parents and children feel safe enough to talk about themselves, their core pain and their relationship.
- Illustrate DDP-informed interventions through case examples, video demonstrations, and role-play.
- Provide vital learning on how to address blocked trust (shame, and defensive behaviours in the child) and blocked care (in the parent).
- Discuss the integration of DDP within a broader therapeutic and systemic context.



### **About Dan Hughes**

Dr Dan Hughes Internationally acclaimed Clinical Psychologist. Founder of Dyadic Developmental Psychotherapy. Originator of PACE used by practitioners/parents all over the world. Decades of ground-breaking profoundly moving therapeutic interventions with vulnerable children and their families.

Prolific author including: *Building the Bonds of Attachment; Healing Relational Trauma; Attachment Focused Parenting*



# Working with depression and suicidal ideation

**Wednesday 28th January 9.30–12.30pm or Saturday 7th March 10.00–1.00pm**

This training is designed to equip mental health professionals/trauma informed practitioners with essential knowledge, relational skills, and confidence to support children and teenagers who are at rock bottom and don't see the point of going on. The training will address causes, vulnerabilities and what makes a difference long-term, in terms of bringing back hope and meaningful human connection.

To quote the Samaritans (2024) "The majority of people who feel suicidal do not actually want to die; they just want the situation they're in and the way they are feeling to stop." They are desperate for the emotional pain to stop but they can't think of another way to stop it. This training will focus on those other ways, namely proven interventions to bring vulnerable children, teenagers and young adults back from the brink.

## Training content includes:

- In depth understanding of entrapment, thwarted belongingness, perceived burdensomeness, insecure attachment, early life stress and epigenetic changes.
- The particular dangers for teenagers: their developing brain, teenage heartbreak, dangers of social media.
- Vital psychoeducation on brain chemistry so people in despair can have their emotions rather than their emotions having them.
- How to psychologically safeguard your school or setting.
- Suicide prevention policies, safety plans and safeguarding
- Case Studies, Q&A and Resources

## Speakers

### **Dr Margot Sunderland**

Expert in affective neuroscience and child/adolescent psychotherapist for over 30 years. Director at the Centre for Child Mental Health. Author of over 20 books, including award-winning *The Science of Parenting*. Studied with Professor Jaak Panksepp, Founder of Affective Neuroscience.

### **Katie Malley**

Strategic Safeguarding Lead at Trauma Informed Schools UK, 20 years' experience in safeguarding and mental health. Former Assistant Principal. NSPCC and Safer Recruitment Accredited trainer. Specialist Leader in Education, Child Exploitation Practitioner, and Certified MHFA England Instructor.

### **David Coleman**

Expert by lived experience: PTSD, anxiety, depression, suicide attempts. Age 18, deployed to the front line of Afghanistan. Blown up by a grenade. Lost many close friends. Flipped negatives into a positives. Now supports young people in dealing with adversity and setback.



For enquiries contact:  
[info@traumainformedschools.co.uk](mailto:info@traumainformedschools.co.uk)  
Tel: 01752 278477

# Causes of Low Self-Esteem and Self-Hate: Helping Children and Teenagers Heal

**Wednesday 4th February 2026 9.30am to 12.30pm**

Living with self-criticism, shame, and self-loathing is deeply painful. This skill-based training day with Dr. Margot Sunderland explores how these feelings stem from trauma-based shame and/or unmet emotional needs, leaving children and young people feeling unlovable, unseen, and unworthy.

Through real-life case studies and practical interventions, Dr. Sunderland will show how emotionally available adults who provide empathy, connection and collaborative sense-making can transform self-hate into self-compassion. Participants will learn how to help young people reflect on their lives, in ways that build long-term embodied self-worth.

Join us for an inspiring and deeply moving session on how compassionate, relationship-based interventions can truly change lives.



## Trainer

**Dr Margot Sunderland**  
Director of Innovation  
and Research TISCUK

Director of Education and Training Centre for Child Mental Health. Over 30 years experience as a child and adolescent psychotherapist. Award winning books in child mental health, Neuroscience scholar.

**To book: £49**

**More information  
and how to apply:**

[www.trauma-informed.uk](http://www.trauma-informed.uk)  
[info@traumainformedschools.co.uk](mailto:info@traumainformedschools.co.uk)  
01752 686247



# Half-Day Training: How to Be and What to Say to Connect with Teenagers

**Wednesday 11th March 9.30am to 12.30pm**

## What you will learn from attending

By the end of the training, delegates will have key knowledge of how to:

- Use tried and tested communication frameworks such as PACE (Playfulness, Acceptance, Curiosity, Empathy) and WINE (Wonder, Imagine, Notice, Empathise) to melt teenage defensiveness and build emotional connection.
- Understand the major changes in the teenage brain and hormonally, so you don't take personally what is not personal.
- Set boundaries in ways that elevate the teenager's dignity and invite cooperation.
- Understand the impact of trauma on teenage behaviour, and how to respond with curiosity, supporting their ability to reflect not react.
- Use language that validates, empowers, and inspires teenagers – especially those locked in anger, shame, or fear.
- Avoid common communication pitfalls that can escalate conflict/make them withdraw from you.
- Bring about relationship repair.

## Training content includes:

- Fascinating case material showing how relational interventions can bring about lasting change to vulnerable teenagers.
- The adolescent brain, why it's vital you know.
- Understanding how trauma can result in distressed behaviour and what to do.
- PACE and WINE: Demonstration of effective use and case examples (including film).
- Language that lands: What to say and what not to say.
- The art of active listening and empathic response.
- When a teen shuts down: why, and how to stay connected.
- Boundaries: how to set them without shaming.
- Empowering teens: encouragement, affirmation, and regulation.

## Who should attend

This training is ideal for:

- Educators and school staff
- Youth workers and social workers
- Mental health practitioners and therapists
- Parents, carers, and foster carers
- Anyone who supports or lives with teenagers

## Trainer: Dr Margot Sunderland

Child and Adolescent Psychotherapist with over 30 years experience. Author of over 20 mental health books including *The Science of Parenting* (First Prize winner British Medical Association Book Awards). Director of Innovation and Research Trauma Informed Schools UK. Neuroscience scholar, studied under Professor Jaak Panksepp (Founder of Affective Neuroscience).



# **Silent Scars – The Lasting Impact on Children Growing Up in a Violent Home**

**Tuesday 24th March 2026 9.30am to 12.30pm**

**Behind closed doors, many children live with fear and chaos in homes marked by violence. Even when they aren't the direct target, their bodies and brains absorb the threat, reshaping how they think, feel, and relate to the world. This training highlights those silent scars – changes in the developing brain, heightened stress responses, and emotional wounds that can echo across a lifetime without support.**

Led by presenters with decades of therapeutic expertise in this area, including one with lived experience, the session examines the deep physiological and psychological effects of disrupted attachment and chronic hypervigilance. Just as importantly, presenters will focus on how compassionate, timely intervention empowering children and teens can restore safety, resilience, and healing. Thanks to neuroplasticity, minds and bodies can recover. Through actual life stories and practical tools, participants will learn how to help children talk about and process their experiences. This event is for all who work to protect and uplift children and create environments where they can truly thrive.

## **Presenters**

### **Catherine Lawler**

Catherine is a childhood survivor of domestic abuse; she has over 30 years' experience of directly supporting children and families experiencing domestic abuse and coercive control. See has worked as a specialist domestic abuse children's counsellor helping children and young people identity and work through their trauma experiences, she is a certified trauma informed practitioner and a qualified IDVA. Catherine has written three children's books designed for young children and multiple professional guides. Catherine develops a variety of training for organisations concentrating on domestic abuse and coercive control, abuse within young people's intimate relationships, the risks to children accessing pornography.

### **Dr Margot Sunderland**

Neuroscience scholar and child, adolescent and adult psychotherapist with over 30 years of experience. Worked for over a decade with looked after children who had grown up in violent homes. Author of more than 20 books on child mental health. Founding Director of IATE, Higher Education College (academic partner University of East London) training child psychotherapists. Her acclaimed work makes complex neuroscience and psychology accessible for both personal use and therapeutic work with vulnerable children and young people.

**To book: £59 per person**

**Contact: [info@traumainformedschools.co.uk](mailto:info@traumainformedschools.co.uk)**

**Group bookings: [www.trauma-informed.uk](http://www.trauma-informed.uk)**



# Anxiety in Children and Teenagers: The neuroscience, psychology and interventions for recovery

(Including insomnia, phobias, panic attacks, emotional flashbacks, OCD, safety behaviours, and emotionally based school avoidance)

**This training provides delegates with an understanding of why children, teenagers, and adults develop anxiety-related problems and how they can heal.**

Delegates will also learn about the neuroscience and psychology of chronic anxiety. This includes understanding of what happens in the brain, mind and body during phobias, obsessive thoughts, compulsive rituals, catastrophising, panic attacks, insomnia, and emotionally based school avoidance (EBSA).

Most importantly there will be focus on how relationships with emotionally available adults in schools/other settings can heal troubled minds. This is based on the research that appropriately trained and supported professionals – including teachers, school nurses, counsellors, and teaching assistants – can deliver interventions with outcomes comparable to those of trained therapists, for mild to moderate mental health issues such as anxiety.<sup>1</sup>

The training also features powerful, real-life stories of children and young people whose education and wellbeing have been disrupted by anxiety – and how they were able to heal through relationships with emotionally available adults in their setting. As part of this there will also be discussion of studies that evidence actual changes to brain, mind and body as a result of therapeutic relationships, allowing children and young people to reclaim joy and quality of life.

## Trainer

Dr Margot Sunderland. Director of Education and Training Centre for Child Mental Health. Over 30 years experience as a child and adolescent psychotherapist. Award winning books in mental health, Neuroscience scholar.

## Cost

£49 per person

## Booking

[info@traumainformedschools.co.uk](mailto:info@traumainformedschools.co.uk)  
01752 686247

## Benefits of Attending

- Understand the Origins of Mental Health Challenges:**  
Learn how anxiety and related problems are understandable responses to difficult life experiences and/or stress-inducing relationships – not an illness or chemical imbalance.
- Every Symptom Tells a Story:**  
Understand the power of relationships to help a child/teenager find the words to talk about their inner world and address the personal stories fuelling mental health difficulties.
- Attachment and Its Impact:**  
Learn about the influence of secure and insecure attachments on brain development and the capacity to emotionally regulate, and how it's never too late to become securely attached.
- The Power of Connection and the Science of Healing Relationships:**  
Discover the therapeutic value of helping children process intense emotions with a trusted, curious, and compassionate adult. Understand how trauma-informed, therapeutically trained staff can promote healing of mind, brain and body.



<sup>1</sup>. Government Green Paper, 'Transforming Children and Young People's Mental Health Provision' (December 2017)

# Trauma in the Early Years: Prevention and Intervention

**Tuesday 5th May 2026 9.30am to 12.30pm**

**This training is essential for early years practitioners and anyone seeking a deeper understanding of how early life adversity affects later mental, physical, and relational health. The training also aims to empower practitioners to support parents who are struggling to connect with their infants and who wish to parent differently from their own upbringing.**



Drawing on current neuroscience and psychological research, the training will explore how difficult early experiences shape infant development, with a focus on recognising signs of distress, prevention, and effective intervention. The training is deeply enriched throughout, by moving film footage of actual parent-infant relational interactions to vividly illustrate key learning points.

Importantly, the presenter will explore traumas of omission, where infants have missed out on vital relational experiences necessary for language, cognitive development, emotional regulation, capacity for attention and concentration, and secure attachment. She also examines traumas of commission, including intrusive or shaming adult-child interactions and exposure to violence, and their long-term impact on the developing brain, sense of self, and relationships.

The session offers a strong message of hope. Due to the brain's capacity for change (neuroplasticity), healing adult-child relationships can positively impact on neuroanatomy, neurochemistry, mind, and body. Evidence-based prevention and intervention strategies are highlighted to support genuine recovery.



## **Presenter: Dr Margot Sunderland**

Neuroscience scholar and Child, Adolescent and Adult Psychotherapist with over 30 years' experience. Author of over 20 books in child mental health including The Science of Parenting (First Prize winner British Medical Association Book Awards). Director of Education and Training, Centre for Child Mental Health. Director of Innovation and Research, Trauma Informed Schools UK.

**For booking and further enquiries  
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[info@traumainformedschools.co.uk](mailto:info@traumainformedschools.co.uk)**

**£49 pp (No VAT)**



# **Psychoeducation: Emotions, Relationships and Mental Health**

(for therapy/counselling sessions, PSHE lessons or just for you)

**Saturday 16th May 2026** 10.00am to 2.00pm

While physical education teaches how the body works, psychoeducation explores how your life experiences shape how you are in the world: emotionally and relationally. This day goes way beyond information, offering insight that reduces fear and confusion, and helping you understand persistent struggles – like recurring panic attacks, relationship struggles or fear of judgment. Whether you're attending for personal reasons or as a mental health professional, you'll gain a wealth of knowledge laying the groundwork for important life changes.

## **Content (all evidence-based research) includes:**

### **Emotions**

- What are emotions, and why using them well, is key to good mental health?
- Why is emotional pain so painful and what you can do to lessen it?
- Why trying not to feel emotional pain causes emotional pain?
- Why being shamed is so bad for your mental health and how to stop people shaming you?
- Understand your brain's anti- anxiety chemicals, what blocks them, what activates them.
- How stress hormones colour perception and recognising when it's happening.
- Why bottling up feelings impacts on how long you're going to live.
- What Freud was right about and how to use his wisdom to enhance your life.

### **Relationships**

- Why some conversations just flow, whereas others stumble from the start.
- Key relational skills that bring lovely connections with people who matter.
- What damages and destroys important relationships and how to stop it.
- How to stop the rows and engage in sophisticated conflict resolution instead.
- What are psychological games and how they mess up relationships?

- Skills for relationship repair after an argument.
- Why falling in love doesn't mean happy ever after, but sometimes, something really good instead.

### **Mental health**

- What does good mental health feel like?
- How does a painful life event become a mental health problem?
- Mental health problems are emotional processing problems – what does processing mean?
- Causes of anxiety and depression: How to heal.
- How to know the difference between healthy and unhealthy anxiety.
- Why mental health problems are not a disorder but an understandable response given what's happened in your life.
- Cognitive distortions e.g. catastrophising, black-and-white thinking and reframing.
- Why being able to name your emotions is key for good mental health.
- Emotional regulation, over-regulation and the window of tolerance.
- Self-help versus seeking help: how both impact on health and happiness.
- What's a trauma trigger and how to recognise when you're having one?
- How therapeutic relationships shift mind in torment to mind in peace.
- The importance of assertiveness and how to feel it in your gut.

- Self-esteem: impact of how you were parented, school experiences, social media.
- Good stress and bad stress: their impact on your mental and physical health.
- The causes of negative self-talk and how to stop it.
- Not why the addiction but why the pain. (Gabor Mate)

### **About Dr. Margot Sunderland**

Neuroscience scholar and psychotherapist with over 30 years experience. Author of more than 20 books on mental health. Founding Director of IATE, higher education college training psychotherapists. Her acclaimed work makes complex neuroscience and psychology accessible for both personal use and therapeutic practice.



**To book: £59**

[www.childmentalhealthcentre.org](http://www.childmentalhealthcentre.org)

**tel: 0207 704 2534**

**email: [info@childmentalhealthcentre.org](mailto:info@childmentalhealthcentre.org)**



**CBT Training Day with James Binnie**

# Unlocking the Power of Cognitive Behavioural Therapy

An interactive day of practical learning and psychological insight

**May 16th 2026** 10.00am to 5.00pm

## Discover how CBT can be a vital resource in living life well

Cognitive Behavioural Therapy (CBT) is a powerful, evidence-based talking therapy that empowers people to change unhelpful thinking patterns and behaviours. Unlike some traditional approaches, CBT focuses on the *here and now* – helping people tackle current challenges and gain greater control over their emotional wellbeing.

Join us for this dynamic one-day training event where **James Binnie**, expert clinician and academic, will bring CBT to life through engaging case studies, insightful discussion, and hands-on techniques.

## What you'll gain from this training:

- A solid understanding of the core principles and theory behind CBT
- Practical tools to help others manage distressing thoughts and behaviours
- Effective strategies for addressing anxiety and depression
- Techniques to promote a calmer, more balanced state of mind – especially relevant for young people navigating emotional challenges
- Teenagers, in particular, often describe CBT as a relief – a way to take back control over negative thinking and make meaningful, positive changes in their lives.

## About the presenter: James Binnie

- MSc in CBT (Enhanced Practice)
- Senior Lecturer in Counselling Psychology, London South Bank University
- 18+ years of clinical experience across NHS mental health services
- BABCP Accredited Psychotherapist, Supervisor, and Trainer
- Published researcher and frequent conference speaker
- Registered Mental Health Nurse and Senior Fellow of the Higher Education Academy

James brings a rare blend of academic depth and real-world experience. Whether you're new to CBT or looking to refine your skills, this training will leave you informed, inspired, and ready to apply CBT in your own setting.

## Location:

London Sugar House  
Island E15 2QS  
(lots of tube links)



**CBT**



**LIVE IN LONDON!****AMAZING OPPORTUNITY: Two Day Training  
with Dr Dan Hughes (originator of DDP and PACE)****Working with PACE and Dyadic  
Developmental Therapy with  
vulnerable children and teenagers****Thursday May 21st and Friday May 22nd 2026****9.30am to 5.00pm****About the training**

A not-to-be-missed opportunity to train with internationally acclaimed clinical psychologist, Dr Dan Hughes in a beautiful setting in London. On the training, Dan will explore how to use PACE and key interventions from DDP to bring about transformational long-term change and trauma recovery.

Through live role plays and deeply moving case material, Dan will demonstrate exactly what is meant by enabling a child/young person to effectively process past traumas, so they no longer blight life and relationships. As Dan says, "Processing is the power of conversations and relationships. Conversations lead to coherent stories, stories that you don't need to be ashamed of, or afraid of anymore. Stories that make sense of your world and guide you to a life that's satisfying." In light of this, Dan will demonstrate interventions from DDP that enable children/young people to talk about their inner world when they have no words for it, then help them develop a coherent narrative about painful life events, grieve and find self-compassion, so that they are no longer haunted by past events.

**Admissions**

Mental health professionals, counsellors, therapists.

**Other benefits from attending:**

- Gain a wealth of tools and techniques to support you to respond therapeutically when a child/teenager tells you a very important story about their life.
- Learn new ways to help children/teenagers to think about their lives.
- Watch Dan demonstrate how to talk with children/teenagers using an affective-reflective dialogue.
- Learn about Dan's model of Dyadic Developmental Psychotherapy in which the child gains new relationship experiences to heal, changing their relationship to self and others.
- Watch Dan demonstrate therapeutic conversations based on his model of PACE, through case material and live role play.

**About Dan Hughes****Dr Dan Hughes**

Internationally acclaimed Clinical Psychologist. Founder of Dyadic Developmental Psychotherapy. Originator of PACE used by practitioners/parents all over the world. Decades of groundbreaking profoundly moving therapeutic interventions with vulnerable children and their families. **Prolific author including:** *Building the Bonds of Attachment; Healing Relational Trauma; Attachment Focused Family Therapy; 'Attachment Focused Parenting; 'Brain Based Parenting'*

**To book: £189****[www.childmentalhealthcentre.org](http://www.childmentalhealthcentre.org)****tel: 0207 704 2534****email: [info@childmentalhealthcentre.org](mailto:info@childmentalhealthcentre.org)****[www.eventbrite.co.uk](http://www.eventbrite.co.uk)**

**Venue:** The Institute for Arts in Therapy and Education. Sugar House Island, 1 Danes Yard, Stratford, London E15 2QD



# **Working with extreme distress: healing through relationships (violence, suicidal ideation, self-harm, dissociation, eating disorders, somatization)**

**Saturday 23rd May 2026 10am to 5pm**

**Presenters will discuss therapeutic work with children, teenagers and adults who've experienced such overwhelmingly painful life experiences that they have developed extreme defences to protect them from the pain.**

Without therapeutic intervention, these defences impact adversely on all aspects of life. The presenters will discuss what mind, brain and body do with extreme trauma, when no one was there to help you process what happened. They will discuss the healing process and trauma recovery in terms of evidence-based theories of change. Through moving case material, they will illustrate how collaborative sense making in the safety of the therapeutic relationship, can enable people to create coherent narratives for what has happened, grieve, find self-compassion so they can move on in their lives.

#### **Adah Sachs**

Attachment-based psychoanalytic psychotherapist specialising in extreme trauma. Decades of experience with teens/adults in psychiatric care. Former consultant at the Clinic for Dissociative Studies and Head of NHS Psychotherapy, Redbridge. Expert in trauma-based disorders. Author/co-editor of numerous publications, including *Forensic Aspects of DID* and *The Abused and the Abuser*.

#### **Vicky Smith**

Expert in complex trauma, eating disorders, dissociative identity disorders in acute mental health settings and a specialist in complex trauma services. Programme Director MA Integrative Arts Psychotherapy, UKCP and HCPC Integrative arts psychotherapist with extensive experience working in forensic services (both in HMPPS including the therapeutic prison Grendon, UK's only therapeutic prison community)

#### **Margot Sunderland**

Adult and Child Psychotherapist. Director of Education and Training: Centre for Child Mental Health. Child and adult psychotherapist for over 30 years including looked after children in residential care. Over 20 published books on child mental health including: *Conversations that Matter; Helping People Talk About Trauma; Science of Parenting*.

#### **Dan Hughes**

Internationally acclaimed Clinical Psychologist. Founder of Dyadic Developmental Psychotherapy. Originator of PACE. Decades of ground-breaking therapeutic interventions with vulnerable children and their families. Prolific author including: *Building the Bonds of Attachment; Healing Relational Trauma; Attachment Focused Family Therapy; Attachment Focused Parenting; Brain Based Parenting*.

#### **To book: £89**

[www.childmentalhealthcentre.org](http://www.childmentalhealthcentre.org)

tel: 0207 704 2534

email: [info@childmentalhealthcentre.org](mailto:info@childmentalhealthcentre.org)

[www.eventbrite.co.uk](http://www.eventbrite.co.uk)



**Venue:** The Institute for Arts in Therapy and Education. Sugar House Island, 1 Danes Yard, Stratford, London E15 2QD

# Online Certificate in Art Therapy Skills (for work with children and young people)

Includes second award: Certificate in Child and Adolescent Mental Health



A training programme co-run by The Institute for Arts in Therapy and Education (Academic Partner of the University of East London) and Centre for Child Mental Health.

**Part One**

(leading to the award of Certificate in Child and Adolescent Mental Health)

As this is a rolling programme, you can complete part one at any time during your part two. Once accepted, you will be given access to all 10 x 2 hours sessions (recorded) and two additional webinars. There is then a mostly multiple-choice assessment.

**Early booking highly recommended as limited places**

**Part Two of the programme**

**ONLINE (10am to 4.30pm)**

Day 1: Saturday Jan 31st 2026  
Day 2: Saturday March 14th 2026  
Day 3: Sunday April 26th 2026  
Day 4: Saturday May 9th 2026  
Day 5: Saturday May 30th 2026  
Day 6: Saturday June 20th 2026  
Day 7: Saturday July 4th 2026  
(assessment)  
OR  
**LIVE in London (10am to 5pm)**

Day 1: Saturday Feb 21, 2026  
Day 2: Sunday Feb 22, 2026  
Day 3: Saturday March 21, 2026  
Day 4: Saturday April 18, 2026  
Day 5: Sunday April 19, 2026  
Day 6: Saturday May 2, 2026  
Day 7: Saturday June 6, 2026  
(assessment)

2 x additional Art Therapy Skills webinars (to watch in your own time).

All days must be attended for the award. If you miss a day, you can join the next cohort to complete that day. The trainings are run twice yearly.

**Admissions**

Application form and attending part one. You will need to pass both part one and part two assessments to get the award.

**For more information**

[www.artpsychotherapy.org](http://www.artpsychotherapy.org)  
[info@iate.uk](mailto:info@iate.uk)

**Fees: £995**

# Certificate in Child and Adolescent Counselling Skills (Online)

Includes second award: Certificate in Child and Adolescent Mental Health

**Early booking highly recommended as limited places**

A flexible rolling training programme co-run by The Institute for Arts in Therapy and Education (Academic Partner of the University of East London) and Centre for Child Mental Health.

**Part One (leading to the award of Certificate in Child and Adolescent Mental Health)**

Part One comprises 10 x 2 hour recorded sessions on the causes and healing of child and adolescent mental health problems. You will be given access to these recordings when you are accepted on the training. You can complete Part One at any time, before, after or during Part Two.

Part One includes moving case material throughout and covers key topics such as self-harm, depression, anxiety, EBSA, somatic symptoms, panic attacks, hearing voices. After you have watched all the sessions, there is a multiple-choice assessment plus some open questions to ensure you have assimilated the content. By asking you to do Part One, we are ensuring that you understand what causes mental health problems and how people heal. Without such knowledge, mental health practitioners are usually far less effective in work with children and young people.

**Part Two: From Mental Health Theory to Therapeutic Practice (Child and Adolescent Counselling Skills and Interventions)**

February 2026 to April 2026

**Time commitment**

- Six weekend dates (online), 10am – 5pm each day:
  - Sat 7 and Sun 8 February 2026
  - Sat 7 and Sun 8 March 2026
  - Sat 25 and Sun 26 April 2026
- Two additional child counselling skills webinars (watch in your own time).
- The final day (Sunday 26 April) will include an assessment. You can attend the training without doing the assessment and gain a Certificate of Attendance not the award.
- You will need to pass assessments from Part One and Two to gain the award.

**Admissions**

Application form. Experience in working with children or teenagers or experience as a parent.

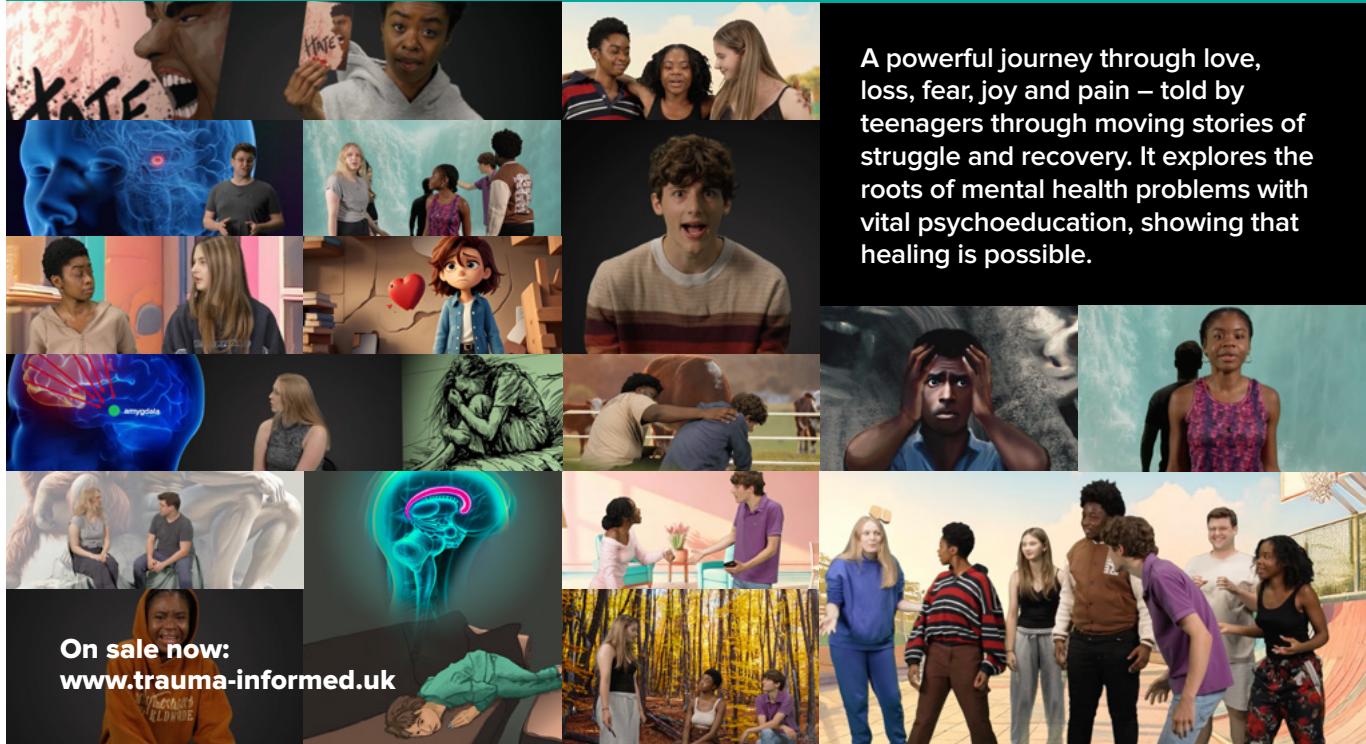
**For more information**

[www.artpsychotherapy.org](http://www.artpsychotherapy.org)  
[info@iate.uk](mailto:info@iate.uk)

**Fees: £995**

# What Every Teenager Needs to Know About Mental Health

## Our groundbreaking mental health resources (film, lesson plans, PowerPoints) for secondary schools

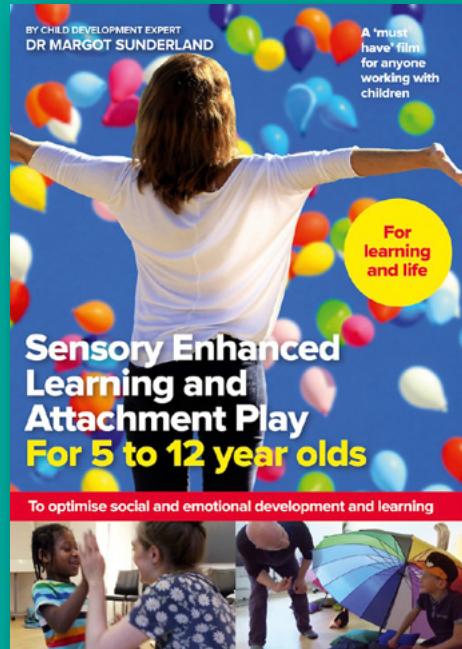


**On sale now:**  
[www.trauma-informed.uk](http://www.trauma-informed.uk)

A powerful journey through love, loss, fear, joy and pain – told by teenagers through moving stories of struggle and recovery. It explores the roots of mental health problems with vital psychoeducation, showing that healing is possible.



## Two Essential Films on Attachment Play for Professionals Working with Children Aged 5-12 and/or Infants



These films are designed to empower and inspire child professionals, teachers and parents to engage children in attachment play, sensory play and games that will enhance language development. Illustrated throughout with delightful footage of a wealth of adult-child attachment play and ideas for sensory enhanced learning. Both are proven to enhance confidence, social skills, ability to trust and actual brain development.

**Fees:**

One month full access: £30 each

[www.trauma-informed.uk](http://www.trauma-informed.uk)