

Centre for Child Mental Health proudly present their



# 2026 to 2027 Event Programme

Vital CPD for anyone working in  
child and adolescent mental health

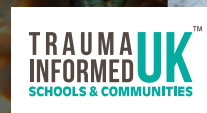
**Conferences**  
**Training days**  
**Courses**



SO FAR YOU HAVE SURVIVED  
100% OF YOUR WORST DAYS  
**THIS  
TOO  
SHALL  
PASS**

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.artspsychotherapy.org](http://www.artspsychotherapy.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)



# Timetable of CCMH events 2026 to 2027



---

## 2026

---

### Thursday 17th September

3.30pm to 5.30pm

[ONLINE LIVE-STREAMED CPD TRAINING](#)

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

Trainer: Dr Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

---

### Thursday 22nd October

3.30pm to 5.30pm

[ONLINE LIVE-STREAMED CPD](#)

#### **Anxiety in Children and Teenagers: The Neuroscience, Psychology and Interventions for Recovery**

Trainer: Dr Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

---

### Thursday 4th November

9.30am to 4pm

[ONE DAY ONLINE SKILLS TRAINING](#)

#### **Children, Teenagers and Adults Locked in Anger: Connecting with Core Underlying Pain and Pathways to Healing**

Presenter: Dr Dan Hughes

[Book on TISCUK](#)

[Book on Eventbrite](#)

---

### Thursday 3rd December

3.30pm to 5.30pm

[ONLINE TWO HOUR TRAINING](#)

#### **Working with Depression and Suicidal Ideation**

Speakers: Dr Margot Sunderland, Katie Malley and David Coleman

[Book on TISCUK](#)

[Book on Eventbrite](#)

---

### Saturday – Sunday 5/6th December

10am to 5pm

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

#### **Positive Ways of Working with Challenging Teens**

Presenter: Dr David Taransaud

[Book on Eventbrite](#)

---

---

## 2027

---

### Thursday – Friday 14/15th January

11.30am to 6pm

[ONLINE TRAINING](#)

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

Presenter: Dr Dan Hughes

[Book on Eventbrite](#)

---

### Saturday 20th March

10am to 5pm

[ONLINE TRAINING](#)

#### **How to Help Children and Teenagers Tell Their Story So That a New Coherent Narrative Can Emerge**

Presenter: Dr Dan Hughes

[Book on Eventbrite](#)

---

### Saturday 15th May

10am to 5pm

[LIVE EVENT](#)

#### **Unlocking the power of Cognitive behavioural Therapy**

Presenter: James Binnie

[Book on Eventbrite](#)

---

### Saturday – Sunday 4/5th December

10am to 4pm

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

#### **Positive Ways of Working with Challenging Teens**

Presenter: Dr David Taransaud

[Book on Eventbrite](#)

---

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

**Thursday 17th September 2026 3.30pm to 5.30pm**

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: £39**

## **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



ON-LINE LIVE-STREAMED CPD: Thursday 22nd October 2026



# 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)

3.30pm to 5.30pm

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

£39 per person

## Booking



info@traumainformedschools.co.uk  
01752 278477

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

## 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.



**ONLINE ONE DAY TRAINING** with International acclaimed psychologist and author Dr Dan Hughes (USA) Founder of PACE and Dyadic Developmental Psychotherapy (DDP)

**TRAUMA  
INFORMED UK**  
SCHOOLS & COMMUNITIES

## Children, Teenagers and Adults Locked in Anger: Connecting with Core Underlying Pain and Pathways to Healing

**Thursday 4th November 2026 9.30am to 4pm**

Anger is often misunderstood. While it may appear as defiance, hostility, persistent meltdowns, highly disruptive behaviour, anger is actually a protective response to deeper emotional pain. Beneath chronic anger there are always unprocessed painful life experiences: shame, fear, grief, rejection, loneliness, helplessness.

In this powerful and thought-provoking training day, internationally renowned clinical psychologist and DDP founder, Dr Dan Hughes, explores how children, teenagers and adults can become trapped in anger that masks profound emotional distress. Drawing on attachment theory, neuroscience and decades of therapeutic experience, Dan will demonstrate how practitioners can move way beyond behaviour management to understanding and healing the pain that drives it.

Participants will learn how anger develops as a survival strategy and why traditional approaches fail, often tragically leading to school-to-prison pipeline. Then most importantly they will learn how connection, curiosity and compassion can help people access and process the underlying emotions that fuel such negative ways of being in relationship.

### Key themes include:

- Understanding anger as a protective response
- Learn how difficult attachment issues and trauma lead over time to chronic anger
- Understand why shame often sits at the heart of angry behaviour
- Help children, teenagers and adults tell their stories in safe ways (whether directly or through metaphor)
- Learn how DDP principles and PACE can promote healing and connection
- Be moved by powerful case studies of anger to transformation
- Take away practical relational interventions

**Who should attend:** This training is ideal for teachers, mental health workers, counsellors, therapists, social workers, and anyone supporting children, young people or adults who struggle with chronic anger.

Join one of the world's leading attachment and trauma experts for an inspiring day of learning that shifts the focus from trying to control a person's anger to understanding, healing and transformation.

**Fee: £89 (includes booking fee)**  
[www.trauma-informed.uk](http://www.trauma-informed.uk)  
[info@traumainformedschools.co.uk](mailto:info@traumainformedschools.co.uk)



# Working with depression and suicidal ideation

Thursday 3rd December 2026, 3.30pm to 5.30pm

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

£39 per person

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

## 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.

# Positive Ways of Working with Challenging Teens with David Taransaud

**Saturday and Sunday 5 & 6th December 2026**

10.00am to 5.00pm

Teenagers are often misunderstood and labelled as ‘monsters’. But behind their challenging behaviours lie histories of pain and survival. These young people are not soulless savages – they are emotionally wounded children who have learned to expect pain from relationships. Their so-called ‘monstrous’ behaviour is a survival strategy, masking deep shame and hurt. To support them effectively, adults must be willing to look beyond the surface and explore the emotional abyss where these wounds reside.

So, this training day invites participants on a journey into the inner world of emotionally scarred teens. It will empower you to befriend their raw energy and find the beauty within the beast. You’ll learn how to understand and connect with hard-to-reach teenagers, using tools such as pop culture and the superhero myth to access their complex internal narratives.

More than anything, the training encourages self-reflection. It is not just about managing challenging behaviour but about recognising and working through our own hidden fears and emotional triggers. As Bernstein (2001) suggests, “the true challenge lies not in the adolescent’s outward defiance, but in how we confront and manage our internal responses.”

## Key benefits for attending

Participants will learn and explore:

- The role of pop culture in understanding adolescent psychology
- Techniques for decoding non-verbal communication
- Ways to bypass defensive behaviours and access deeper emotions
- How to balance vulnerability with emotional strength
- How to help them give voice to their unspoken hurt and re-author their painful life experiences into a new narrative that is no longer about shame and hurt, but about self-compassion, hope, and triumph.

## About David Taransaud

UKCP Reg. Psychotherapeutic counsellor for teenagers, author, and trainer with over 20 years’ experience supporting challenging youth in London’s most deprived boroughs. International speaker on how to connect with and heal troubled teenagers. Worked in Karachi, Pakistan, and set up an Art Therapy service in Uganda for former child soldiers/traumatised teenagers. Books include “*You Think I’m Evil (Practical strategies for working with aggressive and rebellious adolescents)*”, “*I, Monster*”, and “*The Rage for Life*”.



**To book: £198 (both days) / £99 (per day)**  
**[www.childmentalhealthcentre.org](http://www.childmentalhealthcentre.org)**  
**tel: 0207 704 2534**  
**email: [info@childmentalhealthcentre.org](mailto:info@childmentalhealthcentre.org)**





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

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

**Thursday 14th and Friday 15th January 2027**

11.30am to 6.00pm (UK time)

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: £189**  
**www.childmentalhealthcentre.org**  
**tel: 0207 704 2534**  
**email: 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*



Presented live online by Dr Dan Hughes

# How to Help Children and Teenagers Tell Their Story So That a New Coherent Narrative Can Emerge

**Saturday 20th March 2027 10am to 5pm**

## With Dr Dan Hughes, Clinical Psychologist and Founder of Dyadic Developmental Psychotherapy (DDP)

Children and teenagers who've experienced trauma, loss, rejection, neglect and betrayal struggle to make sense of what's happened to them. Their experiences remain fragmented, confusing and emotionally overwhelming. And when there's been abuse by parent figures, many move into betrayal blindness, blaming themselves for the cruel acts they've suffered. All this leaves them with an incoherent story about their lives. The fallout of this manifests in anxiety, anger, withdrawal, challenging behaviour, self-hate, relationship problems and sometimes suicidal despair.

In this very moving and practical training day, Dr Dan Hughes will explore how emotionally available adults can help children and teenagers gradually tell their story in ways that are safe, manageable and healing. Drawing on attachment theory, interpersonal neuroscience

and decades of his therapeutic work with children and parents, Dan will demonstrate how PACE (playful engagement, acceptance, curiosity, empathy) can create the conditions in which young people begin to reflect on their experiences and develop a more integrated sense of self.

Participants will gain a deeper understanding of why traumatic memories are so often difficult to access and articulate, how emotional safety makes it safe enough to talk so that what is shareable becomes bearable, and how collaborative storytelling fosters self-compassion and psychological healing.

**Who should attend:** Counsellors, teachers, pastoral staff, foster carers, adopters, therapists, social workers, and all professionals supporting children and young people who've experienced trauma.



**Fee: £89 (excludes booking fee)**  
[www.childmentalhealthcentre.org](http://www.childmentalhealthcentre.org)  
[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 15th 2027** 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)

**Fee: £89 (excluding booking fee)**

[www.childmentalhealthcentre.org](http://www.childmentalhealthcentre.org)  
[info@childmentalhealthcentre.org](mailto:info@childmentalhealthcentre.org)



# Positive Ways of Working with Challenging Teens with David Taransaud

**Saturday and Sunday 4 & 5 December 2027**

10.00am to 4.00pm

Teenagers are often misunderstood and labelled as ‘monsters’. But behind their challenging behaviours lie histories of pain and survival. These young people are not soulless savages – they are emotionally wounded children who have learned to expect pain from relationships. Their so-called ‘monstrous’ behaviour is a survival strategy, masking deep shame and hurt. To support them effectively, adults must be willing to look beyond the surface and explore the emotional abyss where these wounds reside.

So, this training day invites participants on a journey into the inner world of emotionally scarred teens. It will empower you to befriend their raw energy and find the beauty within the beast. You’ll learn how to understand and connect with hard-to-reach teenagers, using tools such as pop culture and the superhero myth to access their complex internal narratives.

More than anything, the training encourages self-reflection. It is not just about managing challenging behaviour but about recognising and working through our own hidden fears and emotional triggers. As Bernstein (2001) suggests, “the true challenge lies not in the adolescent’s outward defiance, but in how we confront and manage our internal responses.”

## Key benefits for attending

Participants will learn and explore:

- The role of pop culture in understanding adolescent psychology
- Techniques for decoding non-verbal communication
- Ways to bypass defensive behaviours and access deeper emotions
- How to balance vulnerability with emotional strength
- How to help them give voice to their unspoken hurt and re-author their painful life experiences into a new narrative that is no longer about shame and hurt, but about self-compassion, hope, and triumph.

## About David Taransaud

UKCP Reg. Psychotherapeutic counsellor for teenagers, author, and trainer with over 20 years’ experience supporting challenging youth in London’s most deprived boroughs. International speaker on how to connect with and heal troubled teenagers. Worked in Karachi, Pakistan, and set up an Art Therapy service in Uganda for former child soldiers/traumatised teenagers. Books include “*You Think I’m Evil (Practical strategies for working with aggressive and rebellious adolescents)*”, “*I, Monster*”, and “*The Rage for Life*”.



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

**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: Sat 10th Oct 2026
  - Day 2: Sat 7th Nov 2026
  - Day 3: Sun 29th Nov 2026
  - Day 4: Sat 16th Jan 2027
  - Day 5: Sat 6th Feb 2027
  - Day 6: Sat 6th March 2027
  - Day 7: Sat 20th March 2027 (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.artspsychotherapy.org](http://www.artspsychotherapy.org)  
[info@iate.uk](mailto:info@iate.uk)  
**Fees: £1,195**

# 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**



This training builds on the foundations of Rogerian counselling with powerful therapeutic interventions that help children and teenagers develop psychological insight and safely process painful life experiences within a warm, empathic relationship. Drawing on Dyadic Developmental Psychotherapy, Emotion-Focused Therapy, Mentalization, Gestalt therapy, Memory Reconsolidation and therapeutic storytelling, delegates will also learn collaborative sense-making, big empathy drawings, when to work in metaphor and when directly, and how to address “unstoried” emotions. A wealth of moving case studies throughout, show journeys from distress to recovery, bringing the learning vividly to life.

## 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. But you will need to pass assessments from Part One and Two to gain the award.

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

- Time commitment**
- Six weekend dates (online),
  - 10am – 5pm each day:
    - Sat 10 and Sun 11 October 2026
    - Sat 21 and Sun 22 November 2026
    - Sat 16 and Sun 17 January 2027
  - Two additional child counselling skills webinars (watch in your own time).

• The final day (Sun 17 January 2027) will include an assessment. You can attend the training without doing the assessment and gain a Certificate of Attendance not the award.

## Admissions

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

## For more information

[www.artspsychotherapy.org](http://www.artspsychotherapy.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



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.



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

## Helping Teenagers Understand their Mental Health

CARDS

A key resource for supporting teenagers with vital knowledge (psychology and brain science) in one-to-one sessions, small groups and mental health lessons.

Dr Margot Sunderland

Illustrated by Nicky Armstrong

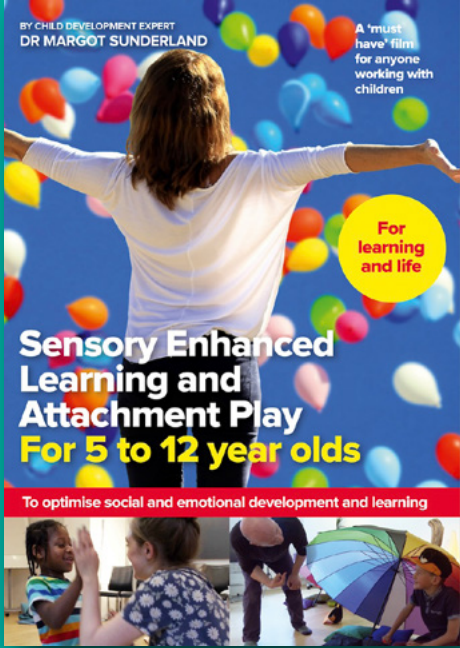
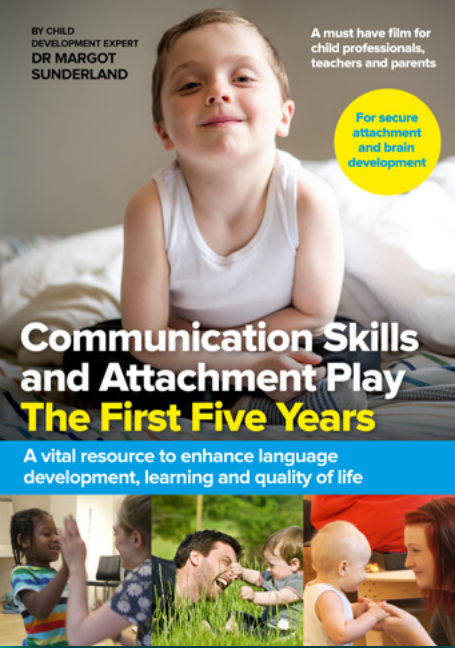


Available from [amazon.co.uk](http://amazon.co.uk)



# 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)