Centre for Child Mental Health proudly present their

2026 to 2027 Event Programme

CCMH
The Centre for Child Mental Health

Vital CPD for anyone working in child and adolescent mental health

Conferences
Training days
Courses







For any enquires:
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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
2026 to 2027

2026

Saturday 28th November
10am to 5pm

LIVE ONLINE – OR WATCH THE RECORDING AFTERWARDS

Why Some Conversations Change Us
Presenters: Dr Bruce Ecker, Dr Dan Hughes, Matt Ball and Dr Margot Sunderland

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
11am to 5pm

LIVE ONLINE – OR WATCH THE RECORDING AFTERWARDS

Working with Children and Parents Together (Dyadic Developmental Psychotherapy)
Presenter: Dr Dan Hughes

Book on Eventbrite

Thursday 21st January
3.30pm to 5.30pm

LIVE ONLINE – OR WATCH THE RECORDING AFTERWARDS

What Needs to Happen in a Therapeutic Relationship for Lasting Change? (Children, teenagers, adults)
Trainer: Dr Margot Sunderland

Book on TISCUK
Book on Eventbrite

Saturday 30th January
10am to 5pm

LIVE ONLINE – OR WATCH THE RECORDING AFTERWARDS

From Insecure to Secure Attachment: The Relational Path from Loving in Torment to Loving in Peace
Presenters: Dr Suzanne Zeedyk, Dr Dan Hughes, Dr Amanda Jones, Dr Margot Sunderland and Dee and Cassie Bamford

Book on Eventbrite

Thursday 4th March
3.30pm to 5.30pm

LIVE ONLINE – OR WATCH THE RECORDING AFTERWARDS

Depression in Children and Young People: The Brain Science, Psychology and Pathways to Healing
Speaker: Dr Margot Sunderland

Book on TISCUK
Book on Eventbrite

Saturday 20th March
12pm to 5pm

LIVE ONLINE – OR WATCH THE RECORDING AFTERWARDS

How to Help Children and Teenagers Tell Their Story So That a New Coherent Narrative Can Emerge
Presenter: Dr Dan Hughes

Book on Eventbrite

Tuesday 6th April
3.30pm to 5.30pm

LIVE ONLINE – OR WATCH THE RECORDING AFTERWARDS

Anxiety in Children and Young People: The Brain Science, Psychology and Pathways to Healing
Trainer: Dr Margot Sunderland

Book on TISCUK
Book on Eventbrite

Saturday 15th May
10am to 5pm

LIVE EVENT

Unlocking the power of Cognitive behavioural Therapy
Presenter: James Binnie

Book on Eventbrite

Thursday – Friday 20/21st May
9.30am to 5pm

LIVE TWO-DAY TRAINING: LONDON

Working with Attachment Difficulties and Trauma through a Dyadic Developmental Lens
Presenter: Dr Dan Hughes

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

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ONLINE TRAINING

Certificate in Mental Health Education
Neuroscience, Psychology and Applied Practice

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On Demand

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

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

ON DEMAND WEBINARS

Two Essential Films on Attachment Play
For professionals working with children aged 5–12 and/or infants

Book on TISCUK

Attending our events

All events can be attended live, either online or in person (where available).

If you purchase a ticket for an online event, you will also receive a recording afterwards.

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Recordings of our online events are available to purchase after the event has taken place.



LIVE ONLINE – OR WATCH THE RECORDING AFTERWARDS

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TRAUMA INFORMED UK™ SCHOOLS & COMMUNITIES

Why Some Conversations Change Us

Saturday 28th November 2026 10am to 5pm

The Science and Art of Conversations That Heal

Why can one conversation leave us unchanged, while another stays with us for years – changing how we feel, how we see ourselves and what becomes possible? What is actually happening when we feel deeply heard and understood? Why do some conversations calm the nervous system, stop shame, open up new ways of thinking and help us make sense of painful experiences?

This conference brings together leading thinkers and practitioners from psychotherapy, attachment, neuroscience and relational practice to explore what makes a conversation genuinely therapeutic. Presenters will look beyond techniques and scripted responses to the qualities that make human connection transformative. They will explore what happens in the mind, brain, body and relationship during a healing conversation – from co-regulation and psychological safety to meaning-making, emotional processing and moments of genuine relational connection.

They will also ask important practical questions. What words help – and what words shut people down? How do we respond to distress without rushing to fix it? What enables someone to speak about experiences they have never been able to put into words before? And how can a single conversation become a turning point?

Speakers

Dr Bruce Ecker

The Science and Psychology of Why Some Conversations Change Us

Pioneer of **memory reconsolidation**, an evidence-based mechanism of therapeutic change. Bruce will explore how particular conversational experiences within therapeutic relationships can unlock and permanently update the emotional learnings that drive anxiety, depression, trauma responses and lifelong patterns of distress. He is co-founder of **Coherence Therapy** and author of numerous books and articles, including **Unlocking the Emotional Brain**.

Dr Dan Hughes

Conversations That Heal: How Do We Get to the Place Where the Deeper Stuff Sits?

Internationally renowned clinical psychologist and founder of **Dyadic Developmental Psychotherapy (DDP)**, an attachment-focused approach to healing children and families in distress. He is the author of many influential books on attachment, trauma and therapeutic relationships. He is particularly known for **PACE – Playfulness, Acceptance, Curiosity and Empathy** – a way of being in therapeutic conversations that helps people reach core emotional pain, process previously unbearable experiences, so they are no longer burdened by them.

Matt Ball

Conversations with People Experiencing Suicidal Distress

Internationally acclaimed psychotherapist, **Australia's Mental Health Nurse of the Year**, and co-founder of **The Humane Clinic** and **Suicide Narratives**, initiatives that place people's own stories and lived experience at the heart of understanding extreme distress. A former psychiatric patient himself, Matt's personal and professional experiences have shaped his commitment to understanding distress through relationship, meaning and human connection. He will explore the power of empathic conversation with people experiencing suicidal distress, rather than prediction, risk assessment and pathology. (Recorded interview)

Dr Margot Sunderland

The Art of Therapeutic Conversation: What to Say and How to Be

From over 40 years of therapeutic, supervisory and training practice, drawing on conversations that have really moved her, Margot will explore the words, responses and ways of being that can make a conversation genuinely therapeutic. Author of the book **Conversations That Matter**, she offers a wealth of tools to empower practitioners to connect with people through conversation in life-changing ways. Co-founder of the Institute for Arts in Therapy and Education and Centre for Child Mental Health, London, neuroscience scholar and author of over 20 books in child mental health.



Fees: £129
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TWO-DAY LIVE EVENT LONDON

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)
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LIVE ONLINE – OR WATCH THE RECORDING AFTERWARDS

Amazing Opportunity!

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THE INSTITUTE FOR ARTS IN THERAPY & EDUCATION

Two-day online training with Dr Dan Hughes

Working with Children and Parents Together (Dyadic Developmental Psychotherapy)

Thursday 14th and Friday 15th January 2027

11am to 5pm

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.

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 addresse 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.

To book: £189
www.childmentalhealthcentre.org
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Admissions:
Mental health workers, therapists, counsellors

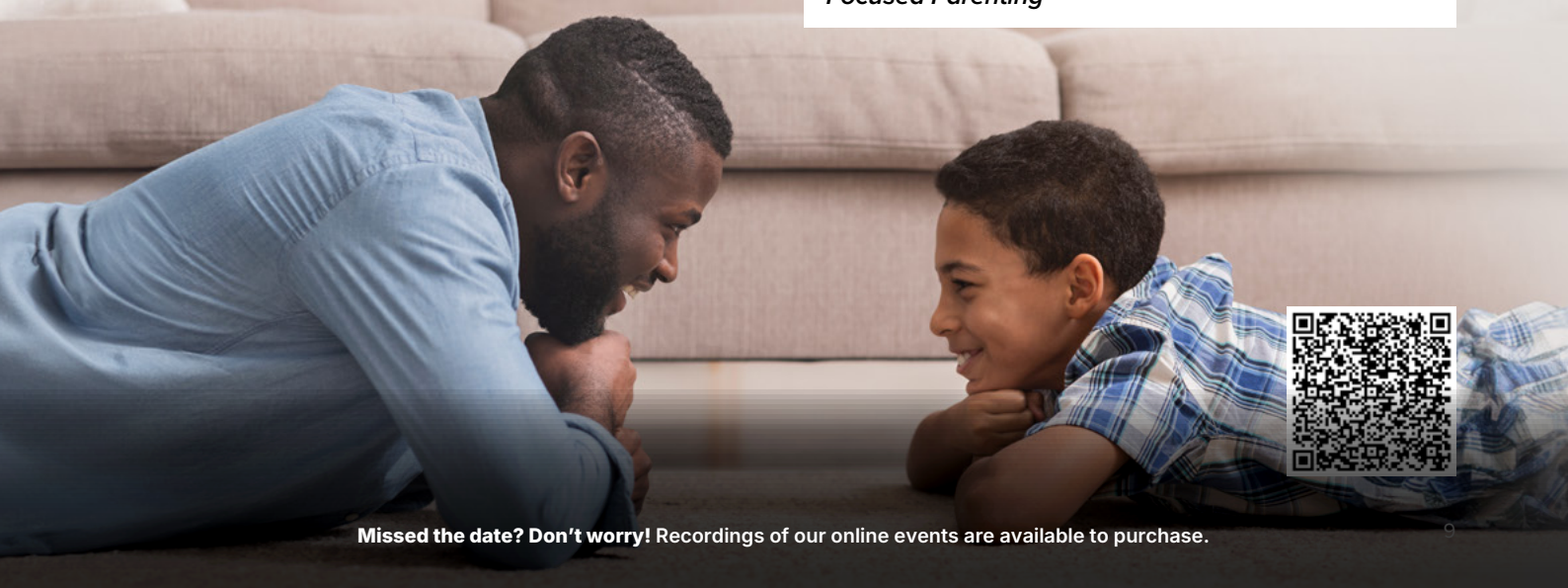
Places are limited – early booking is recommended.



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*



Missed the date? Don't worry! Recordings of our online events are available to purchase.

2HR ONLINE SKILLS TRAINING



What Needs to Happen in a Therapeutic Relationship for Lasting Change?

(Children, teenagers, adults)

Thursday 21st January 2027 3.30pm to 5.30pm

Delivered live online · Recording available for 30 days

Why do some therapeutic relationships bring about profound, lasting change, while others offer only temporary symptom relief? What needs to happen between practitioner and client for deep emotional healing to take place?

Drawing on attachment theory, Dyadic Developmental Psychotherapy (DDP), affective neuroscience, Emotion-Focused Therapy and trauma-focused approaches, this training explores the science and art of therapeutic relationships that transform lives, grounded in evidence-based theories of change.

Dr Sunderland will explore how emotional safety, attunement, empathy and co-regulation create the conditions for change, but why corrective emotional experiences without deeper emotional processing and empowerment can leave people trapped in defensive patterns and persistent symptoms.

Through compelling real-life examples of therapeutic transformation with children, teenagers and adults, alongside cutting-edge research, she will demonstrate how therapeutic conversations can move beyond symptom management to address the underlying emotional wounds and relational patterns that sustain psychological distress.

Who should attend: Anyone working in mental health, education or therapeutic settings who already supports children, young people or adults through therapeutic conversations.

What you will take away

A clear, practical understanding of what practitioners need to say, do and offer within any relationship that is therapeutic in order to facilitate deep, lasting psychological change.

You will leave with evidence-informed strategies you can apply directly to your work, helping people move beyond coping with symptoms towards meaningful emotional and relational transformation.



Trainer

Dr Margot Sunderland

Director of Innovation and Research TISCUK

Author in mental health and neuroscience, and psychotherapist and trainer for over 30 years.

Fee: £39

More information and to book:

www.trauma-informed.uk

info@traumainformedschools.co.uk

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TRAUMA INFORMED UK™ SCHOOLS & COMMUNITIES



From Insecure to Secure Attachment: The Relational Path from Loving in Torment to Loving in Peace

Children • Teenagers • Adults • Parent-Child Relationships • Couples

Saturday 30 January 2027 10am to 5pm

This inspiring conference brings together leading voices in attachment, trauma, neuroscience and relational practice to explore how relationships can become powerful agents of healing. Presenters will explore how, without effective intervention, insecure attachment and blocked trust in childhood can result in deeply painful patterns of relating throughout life, and relational trauma can be passed from one generation to the next.

At the heart of the day is one vital question: **how can these deeply embedded relational patterns change?** Through cutting-edge theory, neuroscience, moving case material and practical interventions, speakers will show how **cycles of relational trauma can be interrupted** and trust, connection and secure attachment can result.



Dr Suzanne Zeedyk

Internationally recognised speaker and trainer, her events have reached more than 150,000 people. Research scientist. Honorary Fellow in the School of Psychology at the University of Dundee. PhD from Yale University with extensive academic background in developmental psychology. Work focuses on infant development, trauma, attachment, emotional connection and the developing brain. Founder of Connected Baby, translating scientific research into practice for parents and professionals. Selected publications: *Sabre Tooth Tigers & Teddy Bears: The Connected Baby Guide to Attachment. Dances of Connection. Connected Baby. Short film series.*



Dr Dan Hughes

Founder of Dyadic Developmental Psychotherapy with children/families. Originator of PACE. International acclaim for changing the way people work therapeutically with children and families. Selected publications: *Building the Bonds of Attachment. Healing Relational Trauma. Attachment Focused Family Therapy. Attachment Focused Parenting. Brain Based Parenting.*



Dr Amanda Jones

Consultant Perinatal Psychotherapist and former Strategic & Clinical Lead, Perinatal Parent Infant Mental Health Service, North East London NHS Foundation Trust and Warwick Medical School. Expert in parent-baby attachment and psychodynamic parent-infant treatment. With the Anna Freud Centre, Amanda was the therapist in the Channel 4 documentaries *'Help me love my baby'*. Also featured in five documentaries '*Breakdown or Breakthrough: pregnancy, birth and the first 18 months of life'* (with NSPCC).



Dr Margot Sunderland

Director of Innovation and Research at Trauma Informed Schools and Communities UK. Neuroscience scholar and child, adolescent, and adult psychotherapist with over 30 years' experience, including intensive work with traumatised teenagers in residential care. Author of more than 20 books on child mental health. Selected publications: *The Science of Parenting* (First Prize winner, British Medical Association Book Awards) *Conversations That Matter.* She is also Director of Education and Training at the Centre for Child Mental Health and a founding director of the Institute for Arts in Therapy and Education.



Dee and Cassie Bamford

Dee Bamford – Senior Integrative Arts Psychotherapist; Cert. in CBT Skills; CATT (Children's Accelerated Trauma Treatment). Over 20 years, Dee has provided intensive psychotherapeutic work for families and individuals from diverse backgrounds. In the presentation, Dee and her care-experienced adopted daughter Cassie will share a lived perspective on their therapeutic relationship, showing how safety, attunement and emotional regulation within a parent-child bond can foster healing from early relational trauma.

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LIVE ONLINE – OR WATCH THE RECORDING AFTERWARDS

Depression in Children and Young People: The Brain Science, Psychology and Pathways to Healing

Thursday 4th March 2027, 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.

Speaker

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.

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:
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Tel: 01752 278477

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LIVE ONLINE – OR WATCH THE RECORDING AFTERWARDS

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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 12pm 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)
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LIVE ONLINE – OR WATCH THE RECORDING AFTERWARDS

Anxiety in Children and Young People: The Brain Science, Psychology and Pathways to Healing

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

Tuesday 6th April 2027, 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.[1]

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.

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.

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



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THE INSTITUTE FOR ARTS IN THERAPY & EDUCATION

CBT Training Day with James Binnie

Unlocking the Power of Cognitive Behavioural Therapy

An interactive day of practical learning and psychological insight

Saturday 15th May 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)

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LIVE MASTERCLASS WITH DAN HUGHES, LONDON

LIVE IN LONDON!









LIVE IN LONDON TWO-DAY TRAINING

Working with Attachment Difficulties and Trauma through a Dyadic Developmental Lens

Thursday 20th May and **Friday 21st May 2027**

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 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 Family Therapy; 'Attachment Focused Parenting; 'Brain Based Parenting'.*

To book: £189
www.childmentalhealthcentre.org
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email: info@childmentalhealthcentre.org
www.eventbrite.co.uk

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

TWO-DAY LIVE EVENT LONDON

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
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email: info@childmentalhealthcentre.org

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

ONLINE TRAINING

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
info@iate.uk
Fees: £1,195

ONLINE TRAINING

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
info@iate.uk
Fees: £995

Certificate in Mental Health Education

Neuroscience, Psychology and Applied Practice*

A complete evidence-based qualification and done-for-you implementation package for an emotionally healthy school culture: Train your staff. Transform your school.

Learn Anytime Anywhere



For website and any enquiries:
www.artspsychotherapy.org
Email: admissions@iate.uk

*Awarded by The Institute for Arts in Therapy and Education Higher Education College London UK and Academic Partner of University of East London. Materials written by Dr Margot Sunderland, Senior Psychotherapist with over 24 published books/resources in mental health, including British Medical Book Awards.

THE INSTITUTE FOR ARTS IN THERAPY & EDUCATION



Cutting-Edge, Evidence-Based Mental Health Education Resources and Certificated Training: Neuroscience, Psychology and Applied Practice

Awarded by The Institute for Arts in Therapy and Education, Higher Education College and Academic Partner of the University of East London, UK.

Why These Resources and Training Matter

In an age obsessed with mental health, it is astonishing how many children and teenagers leave school understanding almost nothing about how their brains, minds, emotions and relationships actually work. They may learn coping strategies, breathing exercises and anti-stigma messages – but rarely the deeper psychology and neuroscience of why people feel good and why they suffer, what drives feelings such as panic, shame, heartbreak or despair, and what genuinely helps people heal from mental health problems. Yet it is this knowledge they need to live life well.

So, these resources and this powerful and accessible training move far beyond superficial wellbeing approaches. Informed by over 1000 research papers, they blend key knowledge from neuroscience, psychology and psychotherapy to offer the emotional education children and teenagers urgently need. At a time of rising emotional distress, deep emotional understanding is no longer optional – it's life-protecting.

Furthermore, research shows that standardised mental health programmes focused primarily on coping strategies alone, don't work (Foulkes 2024)*. This is hardly surprising. We would never accept physics being taught without physicists or biology without biologists, yet much mental health education remains disconnected from the rich knowledge of psychology, affective neuroscience, attachment research and trauma recovery.

*Foulkes (2024) The problem with mental health awareness. The British Journal of Psychiatry

What's Included in Your Done-for-You Whole-School Wellbeing Implementation Package

Everything you need to deliver a high-quality, evidence-informed mental health education programme that enhances student wellbeing and emotional health. Designed to make implementation simple and impactful, this comprehensive package provides all the resources, tools, and guidance needed to embed a whole-school approach to wellbeing with confidence.

- **10 engaging webinars** exploring what we mean by good mental health and then the causes of mental health and relationship difficulties, and pathways to healing. Full access for any member of staff in your school or organisation.
- **Professional presentation slides for all topics** (see the full list of topics in this brochure).
- **Full-length mental health film**, performed by teenagers for teenagers (one-year licence included).
- **Powerful film clips** bring the learning to life through real-life case studies of journeys from stress to recovery.
- **The Belonging Audit:** A toolkit to ensure all staff and students feel known, valued and seen
- **Detailed lesson plans**, teaching resources and facilitator

Fees £1975 | Apply now

Or for free webinar about the training and resource package and any other queries please email margot@childmentalhealthcentre.org

Includes Done-for-You implementation package for whole school wellbeing enhancement



notes for every topic.

- **Mental health resource cards** and 'Talking About Feeling' cards, with accompanying booklets essential to support teenagers to talk freely in student small-group discussions and one-to-one sessions.
- **Beautiful printable handouts for students.**
- **Qualification for two members of staff. Certificate in Mental Health Education, Neuroscience, Psychology and Applied Practice.** Assessment for two members of staff who wish to attain the award: (Additional staff members may undertake the assessment for an additional fee.) Please see details of the assessment in this brochure.

Course Modules (Webinars)

For all your staff: watch anytime, anywhere (available for a year)

1. Your emotional brain. The science of feeling good and feeling bad.
2. What are mental health problems and how do they develop?
3. Making sense of specific mental health symptoms.
4. How people heal and recover from mental health problems.
5. Relationship Intelligence: Having the best relationships you can.
6. Whole school implementation of psychology and neuroscience informed practice to promote mentally healthy cultures.
7. Key listening skills and therapeutic interventions for vulnerable children.
8. Using arts and imagery to help people talk about their lives.
9. Using storytelling and story listening as therapeutic tools with children and teenagers.
10. Use of emotion cards with children and teenagers to help them talk about their feelings.

Why Schools and Other Settings Choose This Programme

- **A complete, evidence-based mental health education programme** that equips schools with the knowledge, resources and confidence to transform how children and young people understand emotional wellbeing, mental health struggles and recovery.
- **Engaging and entirely relatable to** – resources are designed to connect with children and young people at a deeply human level.
- **Practical and immediately applicable** – translates complex neuroscience into everyday accessible language to inform effective interventions.
- **Relational wellbeing** – recognises the profound impact of positive relationships on mental health and how to optimise this in your setting.
- **Culturally responsive and globally relevant** – adaptable to diverse cultural contexts and schools and other communities.
- **Promotes inclusion, belonging and connection** – helping every child feel seen, valued and understood.

Outcomes for Your School or Organisation

By implementing this programme, your school or setting can expect:

- **A reputation for excellence in wellbeing and mental health education**, demonstrating a commitment to evidence-informed practice and whole-child development.
- **A school community where children**, young people and staff have a deeper understanding of emotions, relationships, mental health – creating the conditions for better learning, belonging and flourishing.
- **Increased staff confidence**, knowledge and capability in supporting children's emotional wellbeing and mental health.
- **Improved emotional literacy** and enhanced pupil psychological awareness so they are more able to reflect instead of reacting.
- **Reduction in challenging behaviours** through a deeper understanding of underlying distress and its causes.
- **Earlier identification and support for emotional difficulties**, helping prevent problems from becoming entrenched.
- **Eligible to apply for the Mentally Healthy School Award** (please write in for details)



Fees £1975 | Apply now

Or for free webinar about the training and resource package and any other queries please email margot@childmentalhealthcentre.org

Your package includes: Exclusive licence to show full length film performed by teenagers for teenagers

What Every Teenager Needs to Know About Mental Health

Mental Health Education Film and Resource Card Packs

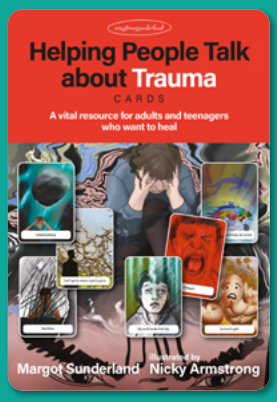


About this Mental Health Education Film

- A powerful one-hour professional film, performed by teenagers for teenagers.
- Grounded entirely in evidence-based neuroscience and psychology, the film helps young people understand what's happening in their brains, minds and bodies when they experience mental health difficulties – in ways that feel accessible, relatable and deeply validating.
- Through moving true stories of teenage distress to recovery, teenagers are helped to feel seen, heard and less alone.
- Teenagers who have watched the film tell us they feel immense relief in realising they are not 'mad' or 'bad', but struggling with understandable responses to painful life experiences.
- The film explores the causes – and healing – of common mental health difficulties including anxiety, panic attacks, social phobias, depression and complex PTSD. It aims to help teenagers think psychologically about themselves and others.
- Watch the film trailer by clicking here.









Your package includes the above card packs. These are key for group discussions and/or one-to-one sessions (you can also order more).

These resources support children and teenagers to have meaningful conversations in small safe groups about their lives. This so often brings a real shift from self-help to seeking help and on to living a more fulfilling life with self-awareness, self-esteem and psychological knowing. The resources also give children and teenagers the knowledge and language they need to fully understand the causes of mental health symptoms: why they act and feel the way they do. Then most importantly how they can enjoy a symptom-free life.

The resources are informed by our years of experience in 6000 schools and settings across the UK and internationally with children and young people.

Fees £1975 | Apply now

Or for free webinar about the training and resource package and any other queries please email margot@childmentalhealthcentre.org

Topics covered on the training

What you will learn on the training. From this vast menu, you can simply pick and choose the topics with resources that you want to include in your programme.

Your Emotional Brain: The Science of Feeling Good and Feeling Bad

- How can understanding my brain's emotion chemicals help me live life better?
- What does good mental health feel like?
- What's the brain science of feeling good?
- Can good mental health lead to good physical health?
- Why does being with people I like feel so good?
- If human connection is so powerful in releasing feel good chemicals, will texting do the same thing?
- Why does being creative with people I like feel so good?
- What's the brain chemistry of contentment, fun, joy, love?
- What brain chemicals drive energised engagement in life and how can you activate them more?
- Do celebrities have more powerful feel-good chemicals than me?
- Why do I often feel low until I've eaten some proper food?
- When I'm happy, why can't I just keep the feeling going?
- Why is emotional pain so painful?
- Why does feeling shamed or disapproved of feel so awful?
- Why does rejection and heartbreak hurt so much?
- What can I do to ease the pain of loss?
- I've suffered losses that I know I've never really mourned – does it matter?
- Can I get ill by pushing down my feelings?
- Why does emotional pain lead some teenagers to risky behaviour?
- What's the difference between fear and anxiety?
- What's healthy anger and what's destructive anger?
- Why do certain little things upset me so much?
- Why do I sometimes suddenly get angry, then regret it afterwards?
- When I'm upset, why can't I 'just calm down'?
- Sometimes I feel so tired, then I have a power nap and feel amazing. What's going on in my brain?



What are mental health problems and how do they develop?

- What are mental health problems and how do they develop?
- Are mental health problems illnesses?
- Do mental health problems come from a chemical imbalance that medication can fix?
- Am I weak for having mental health problems? Shouldn't I just be more resilient?
- Do labels like "disorder" help and bring recovery?
- Was Freud right about what he said about mental health problems?
- Why do some painful life experiences turn into mental health problems while others don't?
- Surely the past is past – just get on with life, focus on the present and the future – right?
- What's the difference between good stress and bad stress?
- What has stress got to do with mental health problems?
- So many different sorts of stress – everyday stress, post-traumatic stress (PTSD), Complex PTSD. What's the difference?
- Can a parent's painful life experiences affect their child's mental health?
- Can relationships with parents shape mental health – for better or worse?
- Why do some people use health-harming behaviours (self-harm, drugs, vaping, alcohol, food restriction) to numb emotional pain and other people don't?
- I've had bad things happen in my life that I've never really told anyone about. Does it matter?
- How can I move from mental health struggles to good mental health?

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Or for free webinar about the training and resource package and any other queries please email margot@childmentalhealthcentre.org

Making sense of specific mental health symptoms

- Why does depression hurt?
- What causes depression?
- What's the difference between feeling low and major depression?
- When I can't find the motivation to do anything, is it laziness or trauma?
- Why do I have problems sleeping?
- Some people say depression is a coping mechanism – is that right?
- What childhood experiences make you vulnerable to depression in later life?
- If you've had them, how can you make yourself not vulnerable now?
- What causes anxiety?
- How do I know if my anxiety is normal or whether it's a mental health problem?
- What's the brain science behind rumination, catastrophising, panic attacks, phobias, obsessive-compulsive rituals?
- Why can't I just snap out of my phobias, obsessive rituals? How can I stop them?
- Why do I sometimes have frightening or disturbing thoughts – even though I know I would never act on them?
- Why am I frightened of places with lots of people in them?
- Why am I repeatedly worried that something is terribly wrong with my body?
- Why am I obsessed with body flaws? I know I look in the mirror far too much.
- Will I always be anxious?
- Why do some people hurt their bodies?
- Why don't I like myself?
- What causes the negative voices in my head that criticise me so much?
- Why do I sometimes feel detached from reality or myself?
- Why do I sometimes hear voices? Does it mean I'm mad?
- Why is food such a big deal for me: eating it/not eating it?
- Are eating disorders just a case of getting better habits around food?
- How can I move from mental health struggles to good mental health?

How people heal from mental health problems

- Can't I just heal my own mental health problems?
- Can't I just talk to a friend or read self-help books or go on social media?
- Can't I just think myself out of emotional pain?
- What helps people get better – because 'take a bath' or 'just meditate' feel like a joke?
- Will antidepressants fix things?
- How do minds in torment get better through a therapeutic relationship?
- I've heard people say, 'What is shareable is bearable' – is that right and who should I tell?
- What makes a relationship therapeutic?
- What happens in an effective therapeutic relationship?
- How can a therapeutic relationship change my brain, mind, and body long-term?
- Isn't it dangerous telling someone about your painful life experiences?
- What actually happens in a therapy/counselling session or group session?
- Do I really need therapy, or am I just overreacting?
- Do I have to talk about things I'm not ready to talk about?
- Is something wrong with me because I need therapy?
- Will my friends think I'm weird if they find out?
- How long does it take before you trust a therapist?
- What if the therapist thinks I'm weird? Will they judge me? Will they like me?
- Can they cope with how bad I really feel? What if I'm too much for them?
- Can someone really understand me if they've never lived my life?
- How do you know if a therapist/counsellor is any good?

Having the best relationships you can

- What can I say in a conversation with someone I really like, when I don't know what to say?
- How do good relationships work?
- Are painful relationships bad for my health and lovely relationships good for my health?
- How do people make up well after a bad argument?
- When a relationship goes wrong, how can I repair it?
- When someone important in my life asks me what I feel, why don't I know?
- How do I know if someone genuinely cares about me?
- How do I leave a bad relationship when part of me still wants to stay?
- How can I deepen my emotional connection with someone?
- Why can't I say no in case I upset them?
- How can I stand up for myself more?
- Why do I find it so hard to trust people?
- Why do I always need reassurance that the person I like, likes me?
- Why do I push people away when I care about them?
- Why do I want closeness, then feel suffocated by it?
- Why do I choose people who make me feel bad about myself?
- Why do I get so anxious if they take hours to reply to my texts?
- Why do I fear getting close to people?
- Why do I compare myself to everyone else?

Fees £1975 | Apply now

Or for free webinar about the training and resource package and any other queries please email margot@childmentalhealthcentre.org

About the training award

Certificate in Mental Health Education Neuroscience, Psychology and Applied Practice

Awarded by Higher Education College and Academic Partner of University of East London UK, The Institute for Arts in Therapy and Education.

Included in your package are places for two of your members of staff to gain this prestigious award. They will watch the webinars just like the other staff members but then go on to take an assessment. They will be asked to write 300 words on their understanding of each of the ten modules, focusing on key concepts, practical strategies and their takeaways from the case material. As this is a work-based learning programme, they will also be asked to send in a 20-minute recorded case study showing how they have implemented some of the resources in their school or setting.

It is possible to purchase additional places so that more staff in your school or setting can attain the award.

What delegates say:

"I can honestly say that it was, by far, the best, most insightful, profoundly moving, endlessly fascinating, relevant and – as I am sure will become clear in time – the most useful training I have received in my teaching career."

Thomas Mann

"This training has changed the way I understand children, people and myself. It's hugely influenced how I am with the people in my life and with children and colleagues at school."

Sophie Bell

"An exceptional training experience. The knowledge, skills and personal insights I gained have influenced every aspect of my work and enriched my relationships with my family."

Fatima Al-Mansouri

Meet the author of the materials



Dr Margot Sunderland: neuroscience scholar, award-winning author and leading psychotherapist. British Medical Association award winning author. Author of 20 published books in the field of child mental health, translated into 18 languages and published in 24 countries. Author of Master's Degree Programmes in Child Psychotherapy.

- Author of the internationally acclaimed **The Science of Parenting** (Dorling Kindersley), First Prize winner of the British Medical Association Medical Book Award, endorsed by internationally acclaimed affective neuroscientist **Professor Jaak Panksepp**.
- Director of Education and Training, **The Centre for Child Mental Health**, London (disseminating the latest research on child mental health for over 25 years).
- Co-Director, **Trauma-Informed Schools UK (TISUK)**, whose training has reached **over 6,000 schools and organisations** and more than **20,000 professionals** across the UK.
- Chief Executive and Founding Director of **The Institute for Arts in Therapy and Education (IATE)**, academic partner of the **University of East London**, and author of the **Master's Degree in Child Psychotherapy**.
- Former member of the **Early Years Commission**, **Centre for Social Justice**, and co-author of the influential cross-party report **The Next Generation**.
- International keynote speaker, lecturer, and media contributor on child development, parenting, trauma, attachment, neuroscience, and mental health.
- Passionate about bringing the latest brain science and psychology to parents, educators, and mental health professionals to help children and young people thrive.

Fees £1975 | Apply now

Or for free webinar about the training and resource package and any other queries please email margot@childmentalhealthcentre.org



DR DAN HUGHES PRESENTS:

TRAUMA INFORMED UK™
SCHOOLS & COMMUNITIES

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

Available On Demand

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
info@traumainformedschools.co.uk

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

Available On Demand

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
info@traumainformedschools.co.uk
01752 686247

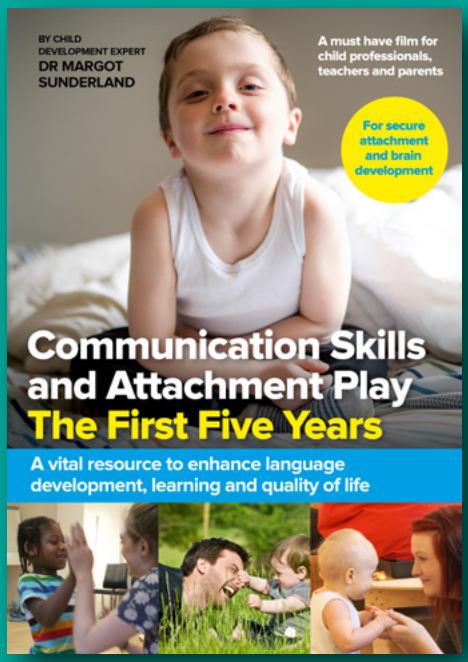


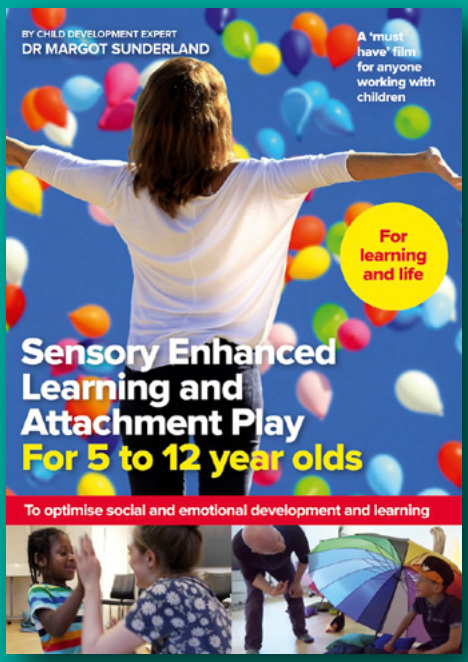
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TRAUMA INFORMED UK™ SCHOOLS

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