



Vital CPD for anyone working in child and adolescent mental health

Conferences
Training days
Courses



Timetable of CCMH events

October 2025 to May 2026



2025

Tuesday 4th November

9.30am to 12.30pm

[ONLINE HALF-DAY TRAINING](#)

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

Presenter: Dr Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

Wednesday 26th November

10.30am to 12.30pm

[ONLINE HALF-DAY TRAINING](#)

How to Be and What to Say to Connect with Teenagers

Presenter: Dr Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

Saturday 29th November

10am to 5pm

[LIVE ONE DAY CONFERENCE: LONDON](#)

Holding the whole story: Responding to social injustice in therapeutic work

[Book on Eventbrite](#)

Saturday – Sunday 6/7th December

10am to 5pm

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

Positive ways of working with Challenging Teens

Presenter: Dr David Taransaud

[Book on Eventbrite](#)

2026

Saturday 10th January

10am to 2pm

[ONLINE HALF-DAY TRAINING](#)

Psychoeducation: Emotions, Relationships and Mental Health

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

Presenter: Dr Margot Sunderland

[Book on Eventbrite](#)

Thursday – Friday 15/16th Jan

9.30am to 5pm

[ONLINE TWO-DAY TRAINING](#)

Working with Children and Parents Together (Dyadic Developmental Psychotherapy)

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

[Book on Eventbrite](#)

Wednesday 28th January

9.30am to 12.30pm

[ONLINE HALF-DAY TRAINING](#)

Children, Teenagers and Young Adults who Don't Want to Live Anymore. The Neuroscience, Psychology and Interventions for Recovery.

Presenters: David Coleman, Katie Malley, Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

Saturday 21st February

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

Using Art in Therapeutic Conversations with Children and Teenagers

Presenter Ellie Baker

[Book on Eventbrite](#)

Sunday 22nd February

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

Using Clay in Therapeutic Conversations with Children and Teenagers

Presenter Ellie Baker

[Book on Eventbrite](#)

Saturday 7th March

10am to 1pm (Repeat of 28th January)

[ONLINE HALF-DAY TRAINING](#)

Children, Teenagers and Young Adults who Don't Want to Live Anymore. The Neuroscience, Psychology and Interventions for Recovery.

Presenters: David Coleman, Katie Malley, Margot Sunderland

[Book on TISCUK](#)

[Book on Eventbrite](#)

Saturday 21st March

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

Enabling Children/Teenagers to Speak About Feelings Through Sandplay therapy

Presenter: Ellie Baker

[Book on Eventbrite](#)

Saturday 18th April

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

Therapeutic Storytelling: Helping Children and Teens Process Life Events

Presenter: Ellie Baker

[Book on Eventbrite](#)

Sunday 19th April

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

Empathic Attunement through the Arts, including The Big Empathy Drawing

Presenter: Ellie Baker

[Book on Eventbrite](#)

Saturday 2nd May

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

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

Presenter: Ellie Baker

[Book on Eventbrite](#)

Saturday 16th May

10am to 5pm

[LIVE TRAINING DAY: LONDON](#)

CBT Principles in Working Therapeutically with Adults and Teenagers

Presenter: James Binnie

[Book on Eventbrite](#)

Thursday – Friday 21/22nd May

9.30am to 5pm

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

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

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

[Book on Eventbrite](#)

Saturday 23rd May

10am to 5pm

[LIVE ONE DAY CONFERENCE: LONDON](#)

Working with extreme distress: healing through relationships

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

[Book on Eventbrite](#)

Art therapy training days

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

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



Saturday 21st February
10am to 5pm

Using Art in Therapeutic Conversations with Children and Teenagers

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

[Book on Eventbrite](#)



Sunday 22nd February
10am to 5pm

Using Clay in Therapeutic Conversations with Children and Teenagers

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

[Book on Eventbrite](#)



Saturday 21st March
10am to 5pm

Enabling Children/Teenagers to Speak About Feelings Through Sandplay therapy

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

[Book on Eventbrite](#)



Saturday 18th April
10am to 5pm

Therapeutic Storytelling: Helping Children and Teens Process Life Events

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

[Book on Eventbrite](#)



Sunday 19th April
10am to 5pm

Empathic Attunement through the Arts, including The Big Empathy Drawing

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

[Book on Eventbrite](#)



Saturday 2nd May
10am to 5pm

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

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

[Book on Eventbrite](#)

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



Ellie Baker

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

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

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)

Tuesday 4th November 2025 9.30am to 12.30pm

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.

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.

To book: £49

info@traumainformedschools.co.uk
01752 686247



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.



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

Wednesday 26th November 10.30am to 12.30pm

What you will learn from attending

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

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

Who should attend

This training is ideal for:

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

Trainer: Dr Margot Sunderland

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

Training content includes:

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



Holding the whole story: Responding to social injustice in therapeutic work

29th November 2025 – 10am to 5pm

Including private showings of
two incredible documentaries



Six women revisit the abandoned Holloway Prison to confront their pasts, share their stories, and seek healing through collective reflection.



A raw, personal chronicle of a family's descent into hidden homelessness as they navigate Britain's punitive rehousing system.

The work of any mental health practitioner extends beyond the person we are trying to help to the wider context in which they live. Social systems, culture, and community all play a powerful role in shaping mental health. If we overlook these factors, we risk reducing people's struggles to 'symptoms' or 'pathology.' And of course, mental health challenges are far more common among those who experience discrimination, stigma, exclusion, marginalisation, or micro-aggressions.

Join us for a profound and deeply moving conference day exploring how social injustice shapes mental health – and how mental health practitioners can respond with awareness, confidence, and care, creating therapeutic spaces where healing and empowerment can take root – come and be part of the conversation of how, together, we can contribute to wider social change.

Speakers

Dr Margot Sunderland

Founding Director Institute for Arts in Therapy and Education

Presentation: Why training in social injustice matters for mental health professionals.



Aliyah Ali

CEO of Daddyless Daughters

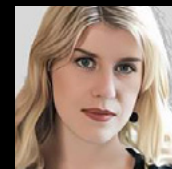
Presentation: What it was like to be in the film *Holloway*, her personal and professional journey and social injustice in the school system, care system and prison system.



Dr Eleanor Longden

SU Research Manager of Psychosis Research Unit and Co-Director of Complex Trauma and Resilience Research Unit, Greater Manchester Mental Health NHS Trust

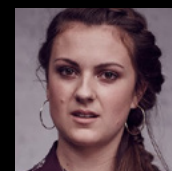
Presentation: Social injustice in the mental health system: Personal and professional journey.



Daisy-May Hudson

BAFTA Breakthrough Director of *Halfway* and also Co-Director of *Holloway*

Presentation: Homelessness and social injustice: What it was like making, living and directing *Halfway* in terms of her own and her family's experience of homelessness.



To book: £89

www.eventbrite.co.uk

Venue: IATE at Divisible, 1 Sugar House Lane, Sugar House Island, Stratford London E15 2QS
Many tube links: Central, Elizabeth, Jubilee lines, DLR, National Rail Stratford International

Positive Ways of Working with Challenging Teens with David Taransaud

Saturday and Sunday 6 & 7 December 2025

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

tel: 0207 704 2534

email: info@childmentalhealthcentre.org

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



Psychoeducation: Emotions, Relationships and Mental Health

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

Saturday 10th January 2026 10.00am to 2.00pm

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

Content (all evidence-based research) includes:

Emotions

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

Relationships

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

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

Mental health

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

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

About Dr. Margot Sunderland

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



To book: £59

www.childmentalhealthcentre.org

tel: 0207 704 2534

email: info@childmentalhealthcentre.org





Two-day training with Dr Dan Hughes, online

Working with Children and Parents Together (Dyadic Developmental Psychotherapy)

Thursday 15th January and Friday 16th January 2026

9.30am to 5.00pm

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

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

To book: £169

www.childmentalhealthcentre.org

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*



Children, teenagers and young adults who don't want to live anymore. The neuroscience, psychology and interventions that heal.

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

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

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

Training content includes:

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

Speakers

Dr Margot Sunderland

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

Katie Malley

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

David Coleman

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



For enquiries contact:
info@traumainformedschools.co.uk
Tel: 01752 278477

CBT Training Day with James Binnie

Unlocking the Power of Cognitive Behavioural Therapy

An interactive day of practical learning and psychological insight

May 16th 2026 10.00am to 5.00pm

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

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

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

What you'll gain from this training:

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

About the presenter: James Binnie

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

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

Location:

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



**LIVE IN
LONDON!**

**AMAZING OPPORTUNITY: Two Day Training
with Dr Dan Hughes (originator of DDP and PACE)**

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

Thursday May 21st and Friday May 22nd 2026

9.30am to 5.00pm

About the training

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

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

Admissions

Mental health professionals,
counsellors, therapists.

Other benefits from attending:

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

About Dan Hughes

Dr Dan Hughes

Internationally acclaimed Clinical Psychologist. Founder of Dyadic Developmental Psychotherapy. Originator of PACE used by practitioners/parents all over the world. Decades of 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

tel: 0207 704 2534

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



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

Saturday 23rd May 2026 10am to 5pm

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

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

Adah Sachs

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

Vicky Smith

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

Margot Sunderland

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

Dan Hughes

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

To book: £89

www.childmentalhealthcentre.org

tel: 0207 704 2534

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



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

Includes second award: Certificate in Child and Adolescent Mental Health



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

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

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

**Early booking highly
recommended as
limited places**

Part Two of the programme

ONLINE (10am to 4.30pm)

Day 1: Saturday Nov 8, 2025
Day 2: Saturday Dec 6, 2025
Day 3: Saturday Jan 10, 2026
Day 4: Sunday Feb 1, 2026
Day 5: Saturday Feb 28, 2026
Day 6: Saturday March 28, 2026
Day 7: Saturday April 25, 2026
(assessment)

OR

LIVE in London (10am to 5pm)

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

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

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

Admissions

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

For more information

www.artspsychotherapy.org

info@iate.uk

Fees: £995

Certificate in Child and Adolescent Counselling Skills (Online)

Includes second award: Certificate in Child and Adolescent Mental Health

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

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

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

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

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

February 2026 to April 2026

Time commitment

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



Admissions

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

For more information

www.artspsychotherapy.org

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

TRAUMA
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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.

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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

Key topics covered on the cards include:

- Mental health problems are an entirely understandable response to difficult life events. They are not an illness.
- When opiates and oxytocin are released, you feel calm, happy, and psychologically strong. "We feel well in you feel safe." Your inner world works better.
- Painful life experiences you've not processed, don't just sit nicely and quietly in the corner of your mind. On a daily basis, your thoughts, emotions, behaviour, decisions in ways that can make your life really difficult.
- When something is too big for you, you can't think, it's a battle, it's a fight.
- Just what the doctor ordered.
- Depression is a symptom not a cause. Can't motivate, emotional pain, feeling it's all hopeless, no energy, no interest in life, no fun, no motivation, no energy, no interest in life, no fun, no motivation.
- You don't have mental health problems like you catch a cold. Mental health problems are not like you catch a cold. Mental health problems are not like you catch a cold.
- Three key areas of your brain. The brain is the control centre of the body. It's the brain that tells the body what to do. It's the brain that tells the body what to do.
- When you are suffering from depression not just low mood. Depression is not just low mood. Depression is not just low mood.
- Orangutans and humans share 97 percent of their DNA. We don't have any different brain chemistry to other mammals. We have the same brain chemistry as other mammals. We have the same brain chemistry as other mammals.
- Complex post-traumatic stress (haunted by your past). Complex post-traumatic stress (haunted by your past). Complex post-traumatic stress (haunted by your past).
- Panic attacks. What to know about panic attacks. What to know about panic attacks. What to know about panic attacks.
- Using your hand to show what happens in the brain when someone "flips their lid" and has a meltdown. Using your hand to show what happens in the brain when someone "flips their lid" and has a meltdown.