

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

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

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

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

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

Cost

£49 (3hr session) £39 (1.5hr session) per person

Booking



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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.

