

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

**Thursday 17th September 2026 3.30pm to 5.00pm**

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:**

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