

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

Wednesday 4th February 2026 9.30am to 12.30pm

Living with self-criticism, shame, and self-loathing is deeply painful. This skill-based training day with Dr. Margot Sunderland explores how these feelings stem from trauma-based shame and/or unmet emotional needs, leaving children and young people feeling unlovable, unseen, and unworthy.

Through real-life case studies and practical interventions, Dr. Sunderland will show how emotionally available adults who provide empathy, connection and collaborative sense-making can transform self-hate into self-compassion. Participants will learn how to help young people reflect on their lives, in ways that build long-term embodied self-worth.

Join us for an inspiring and deeply moving session on how compassionate, relationship-based interventions can truly change lives.



Trainer

Dr Margot Sunderland
Director of Innovation
and Research TISCUK

Director of Education and Training Centre for Child Mental Health. Over 30 years experience as a child and adolescent psychotherapist. Award winning books in child mental health, Neuroscience scholar.

To book: £49

More information and how to apply:

www.trauma-informed.uk

info@traumainformedschools.co.uk

01752 686247

