

# Vital CPD webinars on child mental health, child trauma and effective interventions

Presented by Trauma Informed Schools UK and Centre for Child Mental Health

**Webinar**

**Conversations That Matter: From racial trauma and discrimination in schools and communities, to respecting and celebrating difference and diversity. (Policy to implementation)**




Directed and Produced by Trauma Informed Schools UK and Wellbeing Education

**Webinar**

**Helping Children Heal from Painful Life Experiences**

Presenter: Dr Margot Sunderland



TRAUMA INFORMED SCHOOLS

**Webinar**

**Attachment Play: the science, psychology and a wealth of interventions for one to one sessions in schools (aged 4 to 11)**

Presenter: Dr Margot Sunderland



TRAUMA INFORMED SCHOOLS CCMH

**Webinar**

**What every child mental health professional needs to know about giving psychiatric drugs to children and young people**

Presenter: Dr Margot Sunderland, Education and Training Centre for Child Mental Health London



CCMH THE CENTRE FOR CHILD MENTAL HEALTH

**Webinar**

**Key Causes of Child and Adolescent Mental Health Difficulties**

Presenter: Dr Margot Sunderland



TRAUMA INFORMED SCHOOLS

**Webinar**

**How to interrupt the trajectory of ACEs (adverse childhood experiences) leading to long term mental health, physical ill-health, and misery**



TRAUMA INFORMED SCHOOLS

**Webinar**

**Working with children who've been sexually abused by a member of their own family. Rising up from tangled trauma to recovery.**



By Dr Valerie Sinason, child psychiatrist

**Webinar**

**Whole school implementation of trauma informed practice to promote mental health and wellbeing in schools**



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# Section one: Working with traumatised children and young people



## Presenter: Dr Margot Sunderland

Please note that this webinar includes some film footage that viewers may find distressing.

This webinar is essential viewing for anyone working or living with children or young people who have experienced abuse or neglect. Firstly, Dr Sunderland will define the concept of developmental trauma. She will then explore how developmental trauma impacts on the brain, which without relational interventions, can leave a whole raft of blocks to quality of life – e.g. compromised reward neurochemical and memory-processing systems in the brain, an overactive threat response system, poor emotional regulation, blocked trust, seeing relationships as being about power and control, low self-esteem, re-victimisation as a defence against unbearable pain.

Dr Sunderland will then discuss how to enable child professionals, foster carers, adoptive parents and school staff to be aware of the very particular unmet emotional needs in children who have experienced abuse or neglect. She will also explore how emotionally available adults can gain the trust of these vulnerable children, responding in ways that heal in times of intense emotion and to behaviours that challenge. Dr Sunderland will then discuss how to meet those needs, including key relational interventions that aid healing and recovery and support the process of repair in the brain (known as neuroplasticity and neurogenesis).



## Presenter: Dr Dan Hughes (expert clinician, prolific writer, and founder of Dyadic Developmental Psychotherapy).

In this webinar, Dan demonstrates his amazing model of relating to children and young people, called PACE (playfulness, acceptance, curiosity, and empathy). PACE brings a wonderful sense of psychological safety for even the most defended of children, meaning that profound human connection that heals can become a reality.

For the past 20 years, Dr Hughes has specialised in working with children and young people who have considerable difficulty establishing and maintaining good relationships, due to the level of betrayal, trauma, abuse and neglect they have suffered. In the webinar he will demonstrate how PACE can bring transformational change to so many of these children, as well as empowering their carers to be emotionally available and to stay regulated under stress.

PACE is informed by strategic and structural family therapy, Ericksonian hypnotherapy, psychodynamic principles, psychodrama, interventions congruent with Theraplay, and narrative work. In this webinar Dan will use a wealth of actual case examples to demonstrate PACE.



## Presenter: Dr Valerie Sinason

In this webinar, Dr Sinason talks about working with children who have experienced incest, which she defines as *'the diminishing of a child through toxic violation and hurt, by an adult who is supposed to be caring for them.'*

Through moving case material, Dr Sinason addresses the agonising inner conflicts of those who have suffered in this way. She addresses the central dilemma: how can they rise up from 'the tangled roots' when they love the person who is also hurting/raping them?

It is easy for professionals who work with these children to focus on the cruelty and the betrayal, with many believing they are helping 'rescue' this child from a 'bad offender'. In so doing they so often unwittingly silence and shame the child who loves his or her abuser, an extremely common occurrence. Dr Sinason will discuss how too many children go through a Section 47 enquiry with no one ever being curious as to what they feel towards the person who hurt them or helping them to process the ambivalence.

Dr Sinason also addresses a phenomenon she has seen so many times in her work: *'The child understands the vulnerability and splits in the toxic parent more than most of the professionals involved. The child is the professor of the disturbance in the family.'* Delegates will also learn about Fairbairn's (psychoanalyst) concept of the 'moral defence', namely, *'This is only happening to me because I am bad.'* Dr Sinason will address what to do/say when children take the burden of their parent's abuse onto themselves – to allow a child to survive and to keep their love for their parent alive.



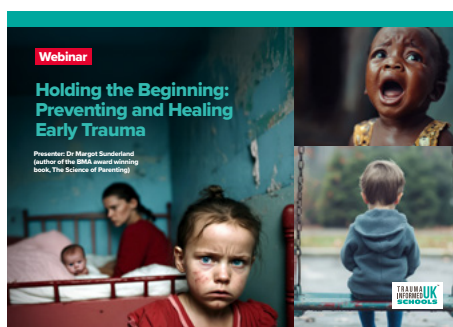
**Presenter: Dr Dan Hughes**

In this webinar, Dr Hughes addresses how to relate to a child or young person who doesn't trust anyone. He will explore how to enable them to make that essential shift from avoidant, anxious or disorganised attachment to secure attachment.

*Blocked trust* results when children and young people have been catastrophically let down, hurt and betrayed by the people who are supposed to care for them. As a result, some will just feel emotionally numb. Some will re-victimise, treating others as they themselves have been treated. Others will retreat from the social world, relating to technology rather than people. Sadly, blocked trust often leads to these children being intensely disliked so receiving the responses of hate and rejection they know so well.

Dr Hughes will offer theory, practice and moving case material to show how to reach out and connect with these children and young people.

*Blocked care* happens when the parent or carer no longer enjoys being with a child with blocked trust, due to just too many rejections, angry and/or indifferent exchanges. As a result, their brain systems responsible for feelings of nurturance and care shut down, so they no longer seek out lovely connection with the child but instead respond out of duty. Viewing their child's behaviours as bad or selfish, as well as seeing themselves as parenting failures. With moving illustration, Dr Hughes will discuss how to help parents to re-ignite their love, affection and care using the vital healing process of PACE (playfulness, acceptance, curiosity, and empathy).



**Presenter: Dr Margot Sunderland**

This webinar is a must for anyone who works in early years settings. It addresses the latest neuroscience and psychology on the impact of trauma, abuse and neglect under-fives, with a focus on presenting symptoms, prevention, and intervention.

There are two webinars.

**Part One: Traumas of Omission**

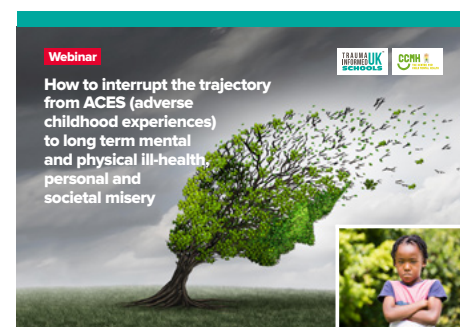
These happen when the infant has missed out on vital relational experiences key for language development, learning and the capacity to relate to others in ways that are truly enriching. It also refers to a lack of sufficient caring comforting and playful interactions which research shows establish stress-regulatory systems in the brain. These are key for the capacity to feel calm and at ease and for social joy and an energised engagement in the world.

**Part Two: Traumas of Commission**

These traumas include parental unprocessed trauma, intrusive parenting, shaming discipline, witnessing or being a victim of violence.

In both webinars there is central focus on both evidence-based prevention and intervention. Relational interventions can be highly successful due to the brain's neuroplasticity at this young age.

Finally, the films are designed to empower practitioners to support parents who are struggling to connect with their infants and also parents who want to parent differently to how they were parented when they were a child.



**Presenter: Dr Margot Sunderland**

This webinar takes adverse childhood experiences (ACEs) as its central theme. Dr Sunderland will explore the impact on quality of life, when people suffer multiple ACEs with no protective factors (known as social buffering) in their lives. Then, most importantly, Dr Sunderland discusses the wealth of research showing how one emotionally available adult (vital protective factor) can interrupt the trajectory from ACEs to long term physical and mental illness, early death and for some, involvement in the criminal justice system. She addresses exactly what an emotionally available adult has to do, to say and how to be on a consistent basis in order to be truly emotionally available.

The webinar includes moving case studies and specific practical interventions to support the recovery process of children and young people who have known the shock and agony of traumatic life experiences.

## Section two: Practical interventions, tools and techniques for working with vulnerable children and young people



### Presenter: Dr Margot Sunderland

In this webinar you will learn how to use the big empathy drawing with children, teenagers and adults. It's a key intervention to be used by trained emotionally available adults to help a child or teenager process painful life events in a safe, engaging, creative way. Mental health problems result from painful life experiences that haven't been properly processed (felt, reflected on, put into words, made sense of).

The big empathy drawing, is a mode of collaborative sense-making (see Psychological Formulation, British Psychological Society) to convey empathic understanding, visually and with images and metaphors. Without engaging in the meaning-making process of telling their story of painful life events to someone trained to listen and understand, too many children and young people will develop debilitating mental health symptoms.

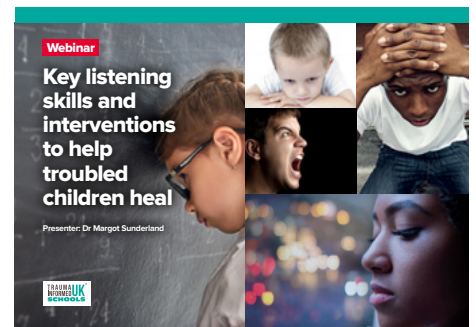
By and large the big empathy drawing is an intervention to use when a child/teenager pours their heart out to you. There are many examples of this on the webinar. That said, there is also an example of how to use a b.e.d., with a child whose behaviour and learning have gone downhill due to disturbing incidents in their life but who doesn't want to talk directly about it.



### Presenter: Dr Margot Sunderland

Without organising painful memories into narrative form, too many children and young people are held hostage to frightening emotions and debilitating mental health issues, often for years and sometimes for life. It really doesn't have to be this way. This presentation is about how we can support children and young people to tell their story about key events in their life, to someone trained in active listening. The webinar will focus on the power of using images and art media as a hugely effective and psychologically protective way of collaborative sense-making.

Case material will be used throughout to illustrate the healing power of sandplay art, emotion cards and big empathy drawings as communicative tools. The interventions discussed are all evidence-based, namely mentalisation-based treatment (MBT) (Peter Fonagy), emotion-focused counselling (EFC) (Leslie Greenberg), Dyadic Developmental Psychotherapy (DDP) (Dan Hughes), psychological formulation (British Psychological Society, Clinical Psychology Division).



### Presenter: Dr Margot Sunderland

This webinar is all about optimising the skill set of the emotionally available adult, through active listening skills and creative interventions, key to the healing process.

Many children and young people are desperate to be listened to and to talk to someone about painful events that have happened to them. They are also very discerning. They seek out adults who are naturally 'talkable to'. So, in the webinar, Dr Sunderland will address in detail how to become 'talkable to', what brings connection with a child/young person, and what to avoid ensuring against misattunement and misconnection.

In attending you'll also learn the difference between active listening and passive listening, how to express empathy, and you'll hear how to make creative interventions when appropriate, using puppets, sandplay, big empathy drawings, therapeutic stories. These are all designed to empower children and young people to safely reflect on key events in their lives and to think psychologically a key skill in being able to live life well.



**Presenters: Ellie Baker, Sonya Anjari, Tracy Godfrey, Margot Sunderland**

This webinar, presented by four senior child and adolescent psychotherapists, offers a wealth of creative ideas and interventions to support work with vulnerable children. The presenters will demonstrate how the use of images and the arts are powerful communicative tools. Saying to a child 'Can you show me?' rather than 'Can you tell me?' brings psychological safety as well as ease of expression, when everyday words so often do not do justice to what children want to say. Literal words can misrepresent and underplay, and frequently offer only approximations to any lived experience. With the use of symbols and images, children can stand back and reflect instead of simply reacting.

So, presenters will explore many ways that children and young people can be enabled to share what they want to talk about, what they need witnessed, and what needs to be grieved and protested about, as well as what needs to be delighted in, laughed about and savoured. Without help to talk about key life events, all too often, children are left simply reacting, with all manner of fallout in terms of behaviours that challenge, physical complaints, learning difficulties and mental health problems. It doesn't have to be this way. Research shows that with a trained practitioner, the act of collaborative sense-making is highly preventative of long-term mental and physical ill-health. The webinar aims to demonstrate the power of this.



**Presenter: Dr Margot Sunderland**

In this webinar, Dr Sunderland will explore why sandplay therapy as a symbolising reflective process, can be so effective in trauma recovery. In sandplay, children and young people create scenes of miniature worlds, using figures, sand and water to communicate their inner world, namely their thoughts, feelings, memories, worries, hopes, fantasies, perceptions, inner voices. Many children and young people are totally unused to talking about their inner world, so being offered sandplay can be a lifeline and far more effective than everyday words. Moreover, in the context of an ongoing therapeutic relationship with an emotionally available adult, children and young people feel safe to address painful life experiences in this way, because it's 'out there' in a miniature world, instead of swirling round their heads as often unnamed pain and anguish.

After the sandplay is completed, the child/young person and practitioner undertake collaborative sense-making. By making changes in their sandplay world, they often feel empowered to make similar changes in their real world.

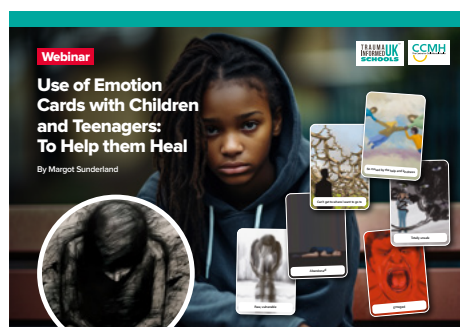
In the webinar, Dr Sunderland will present moving case material showing how supporting children/young people to communicate through sandplay can enable transformation. She will demonstrate how using sandplay to process painful past experience, can result in the child/young person's inner world becoming far more benign, devoid of persecutory figures, catastrophic fantasies, harsh images, negative self-talk, emotional bleakness etc. In short, sandplay can be a key facilitative tool in trauma recovery resulting in living with your mind in peace instead of in torment.



**Presenter: Dr Margot Sunderland**

Too many children and teenagers are held hostage to the fall-out from their 'un-storied emotions', namely debilitating mental health issues and behaviours that challenge. So, this webinar provides 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. The presenter explores how to develop 'narrative competence' and how to become 'talkable to'. She also discusses how to create big empathy drawings as response, to honor and validate the stories told to you and to provide essential opportunity for collaborative sense-making. The presenter will also talk about research evidence, proving that telling your story to people with narrative competence, can bring transformational change to body and mind. Finally, the webinar explores how to tell therapeutic stories (published or made up by you) in your work. Telling therapeutic stories offers the child/teenager new ways of thinking about their lives and new options when they are stuck in negative patterns. The presenter will discuss what to do after you've told the story in order to support the child/teenager to respond in a truly creative and reflective way. In short, this webinar will convince you of the amazing power of using story, image and metaphor to bring recovery and healing.

## Section two: Practical interventions, tools and techniques for working with vulnerable children and young people



### Presenter: Dr Margot Sunderland

This webinar is about supporting vulnerable children and teenagers to find a language for their mental states that is sophisticated enough to support the process of long-term therapeutic change. Research shows that accurately labelling your emotions in reflective process, is key for recovery from traumatic life experience. It can prevent depression, anxiety and the developing of mental health symptoms (Diamond 1988; Rieffe et al., 2012)

Most people who find it difficult to accurately name their emotions come from childhood homes where people don't/didn't really talk about feelings. So, they grow up with an inability to process powerful life experiences. They might use words like 'difficult' or 'stressful' or 'depressed' that fail to accurately describe what they are actually feeling. As a result, unstored emotions build up and up inside them, resulting in significant mental health problems. As Leslie Greenberg, (founder of Emotion Focused therapy) says, "Mental health problems are emotional processing problems."

In this webinar, Margot Sunderland explains how to use the emotion cards in one-to-one talk time. She uses powerful case material as illustration throughout. You will learn how to use the cards as conversation starters to help children and teenagers to move into a deeper level of experiencing, where life events can be made sense of and feelings safely felt and worked through. For so many young people, the cards provide a vital door to becoming more engaged in and fascinated by the deeply enriching world of self-discovery.



### Presenter: Dr Margot Sunderland

The webinar is a vital resource for child professionals, and for parents who want to support their children to flourish. It will empower attendees with a wealth of practical ideas, tools, and techniques to support a child's communication skills and social, emotional and cognitive development.

With delightfully engaging adult-child footage throughout (of children aged from 3 months to 12 years), the webinar demonstrates many specific practical interventions on how to be and what to say to engage infants and children in attachment play, proven to develop both mind and brain and to enhance confidence, social skills, language and learning. The underpinning neuroscientific and psychological evidence of benefits for brain/body/mind and long-term mental health, is explained throughout (fully referenced).



### Presenter: Dr Margot Sunderland

Firstly, the presenter, Margot Sunderland explains the neuroscience of shame and how the body responds to the wounding of shame in the same way as it does to a physical wound. She discusses how living with an ongoing sense of shame blights life, as so much emotional energy is taken up in defending ourselves, keeping small and safe, and avoiding situations which are perceived as dangerous, because they are potentially shame-inducing.

Margot then focuses on the evidence-based research which shows how trauma-based shame is a core underlying pain, fuelling many mental health symptoms, e.g. depression, hopelessness and anxiety. She addresses how to help children, young people and adults recover from trauma-based shame. She presents fascinating case material of people who felt they were worthless and defective and whose lives were blighted by shame. She demonstrates how they were able to heal, in the safety of therapeutic relationship. She describes the importance of addressing unmet emotional needs for connection and validation and from there to move from shame to healthy emotions: empowered anger, grieving and self-compassion.

# Section three: How people change: Healing and Recovery



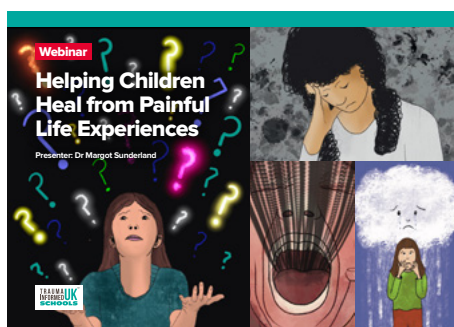
## Presenter: Professor Leslie Greenberg

In this webinar Professor Leslie Greenberg's talks about his extraordinary research on the role of emotion in transformational change and healing. His evidence on how people change spans decades with clear results that anyone working in a helping profession should take heed of.

In the webinar, he emphasises that much of what is offered to address mental health issues are simply coping skills. Whereas order to live a deeply fulfilling life, we need deep transformational change not just symptom alleviation. As Greenberg states, 'CBT teaches coping skills – it is excellent at that, but it doesn't get to core pain. Coping skills are not transformation, they are two totally different enterprises but often meshed together as if they are the same thing. My hope is that somewhere in the future we will have that as a clear distinction.'

In the webinar Professor Greenberg explores the essential components of the therapeutic journey that leads to transformational change. Mental health practitioners will learn how to help people access core emotional pain in a psychologically very held and safe way, how to become aware of what they are feeling, to change emotion with emotion, and to provide corrective emotional experience through active listening and empathy. All these result in people being free to live life to the full no longer blighted by pain from their past.

Please note: The webinar requires some prior psychological knowledge.



## Presenter: Dr Margot Sunderland

This webinar is all about helping children recover from painful life events that were not made sense of and worked through at the time. When this vital processing doesn't happen, children are held back with fall out in terms of both physical and mental health. Evidence-based research will be discussed to identify what needs to happen in a child's relationship with a trusted adult in order for that child to heal from painful life experiences.

Specific focus will be given to practical evidence-based interventions to help children heal. These include active listening techniques, helping the child to know what they are feeling, how to support them to safely experience and think about the core feelings underneath their defences, how to tell the story of their painful life events, how to help them make sense of what happened and vitally how to provide them with ongoing corrective emotional experience that leads to memory re-consolidation.

The webinar is enriched throughout with moving film footage and case material, designed to empower delegates to feel confident – to relate to children and young people in ways that alleviate their distress long term.



## Presenter: Dr Margot Sunderland

In this webinar Margot Sunderland describes the therapeutic journey of a young person who suffered from utterly debilitating anxieties, phobias, relationship problems and a range of other mental health issues. Margot will walk you through the journey from beginning to end, in order to illustrate the key evidence-based therapeutic models and theories that informed this therapeutic work. She makes specific reference to the following: emotion focussed counselling (Leslie Greenberg) psychological formulation, mentalisation, mental state talk and The Power Threat Meaning Framework (British Psychological Society). Using actual verbatim transcripts, art images and big empathy drawings, she demonstrates how the theoretical underpinnings referred to are vital to inform effective intervention leading to transformational change.

Viewers will learn how the young person was enabled to become aware of what he was feeling and to understand, for the first time, how his unprocessed painful memories were entirely colouring his perception of the present. With the provision of corrective emotional experience, empathy, attunement, narrative competence, collaborative sense-making and use of imagery and the arts, viewers will understand how the young man not only became symptom free but also developed self-esteem, self-awareness, self-compassion and could finally love in peace instead of in torment.

Please note: The webinar requires some prior psychological knowledge.

# Section four: Working with parents and the impact of parental mental health on child mental health



**Presenter: Dr Margot Sunderland**

*'In every nursery there are ghosts. There are visitors from the unremembered past of the parents. The intruders from the parental past break through, and the parent and child find themselves re-enacting a moment or a scene from another time with another set of characters' (Fraiberg, et al., 1975 Ghosts in the Nursery).*

Through powerful case material and evidence-based research, this webinar explores how a parent's unprocessed painful life experience can become a major contributory factor in their child/teenager suffering from mental health problems. The webinar will also explore how transfer of parental chronic unrelieved stress can impact on how genes are expressed in their child's brain (known as epigenetics). This means that the child is very vulnerable to suffering from anxiety and depression, now or in later life.

But the webinar is not about blaming parents, rather it aims to give both professionals and parents a real insight into how children can be affected by their parent/s' unprocessed trauma and then how to prevent this from happening. So, the webinar will focus on the research on trauma reflective functioning, namely that when parents reflect on, feel and process what's happened to them with an emotionally available adult/ counsellor/ therapist it is protective against intergenerational transmission of what they suffered to their own children. Actual parent-child relationships will be referred to throughout, so this webinar will move hearts as well as minds.

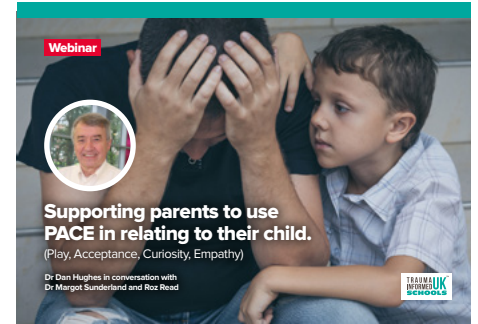


**Presenter: Dr Margot Sunderland**

This webinar is specifically designed for parenting practitioners and people working directly with parents in schools or organisations. It offers a wealth of hands-on tools, techniques and interventions to support optimum parent-child relationships.

When parents have not been consistently parented themselves with empathy, attunement and playfulness, why should they know how to parent in this way with their own children? Yet when this lived experience so vital for child wellbeing is missing, habitual negative ways of relating can all too easily set in, resulting in parents and children having an entirely preventable miserable time together, often for years. But with vital practical knowledge about the art and science of relational interactions, it's never too late to change the direction of a parent-child relationship into wellbeing for both parties.

Dr Sunderland will demonstrate how to stay connected in the difficult times, how to stay regulated in the face of behaviours that challenge, how to give boundaries in a non-shaming way, how to connect with social joy, and how to relate in ways that develop children's emotional and social intelligence. The webinar is illustrated throughout with film footage of effective relational interventions between parents, children, and young people. The webinar is also informed by over 800 research studies (neuroscience and psychology) on the long-term impact, for better or worse, of parent-child interactions on the child's developing mind and brain.



**Presenter: Dr Dan Hughes**

If you are working to support parents in a school or other setting, this webinar will give you a wealth of skills that you can pass on to parents in terms of lovely ways to be with a child/young person which bring meaningful connection, and in the difficult times, how to be and *'the words to say it.'* Dan beautifully models empathically attuned responses in the face of common stressful parent-child interactions and challenging behaviours, when a parent's first instinct may be to move into anger and control.

The webinar is designed to teach practitioners how to help parents to develop the art of PACE (playfulness, acceptance, curiosity, and empathy) as a consistent mode of relating. This can be so effective in enabling a child or young person to move from insecure to secure attachment. This doesn't mean perfect parenting as it doesn't exist, but rather supporting parents in the relational art of repairing both attachment ruptures and moments of misconnection.

Dan Hughes will also discuss how to support parents to create a family atmosphere which is calm and enriching for all, as opposed to one repeatedly blighted with stress, arguments, people being in separate rooms/on their devices or in states of cold withdrawal.

# Section five: Mental health, psychiatric diagnoses and medication

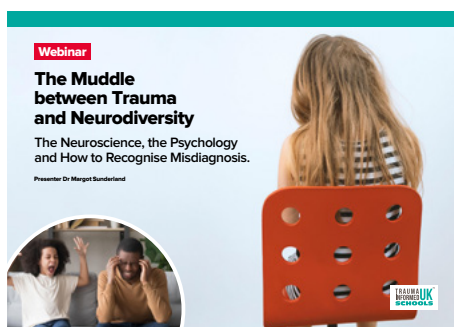


**Presenter: Dr Margot Sunderland**

Every child mental health professional needs to know about the effects and side effects of psychiatric drugs administered to vulnerable children and young people. In this webinar, particular focus will be given to the use of psychostimulants such as methylphenidate for ADHD, antipsychotics for teenagers diagnosed with bipolar disorder, borderline personality disorder, teenage psychosis, and then antidepressants given to children and young people who are suffering from depression and/or anxiety. (At the moment in the UK there are over 200,000 children aged 5 to 16, who are taking antidepressants.)

Parents are often told, *'Well there are only two choices, leave your child behaving/feeling this way or take medication.'*

This is so often not the case and relational options are not considered. The presenter will explore other non-medical interventions that can be more effective than prescribed psychiatric drugs without the side effects. Audio and film footage of teenagers talking about what it is like to take these drugs is included.



**Presenter: Dr Margot Sunderland**

Many children and young people who've suffered traumatic life experiences are given the label of ADHD and/or ASD and sometimes medication without anyone ever asking what has happened to them in their life or hearing their story. The trouble is, there are many overlapping presenting symptoms between these two diagnoses and living with traumatic stress and a mind in torment. Being wrongly diagnosed then often results in yet more suffering for the traumatised child/young person as they are left with the fallout from their trauma, without appropriate intervention to help them heal.

There are two separate webinars available: **Part One:** ADHD and **Part Two:** Autism Spectrum, Fetal Alcohol Spectrum Disorder, Dyslexia. In each webinar, Dr Sunderland will explore how to differentiate the behavioural, relational and emotional manifestations of trauma (misdiagnosis) from those of accurate diagnosis. Additionally, moving case material illustrates what can happen when a misdiagnosis has taken place, focusing on prevention and intervention. Dr Sunderland will also speak of the importance of holding in mind the wider social context of children's lives and the relational causes of their emotional distress.

Finally, there is discussion of how to support children – whether their diagnosis is accurate or potentially a misdiagnosis – who are living with extreme dysregulation and for whom relating to others is difficult and stressful. Examples are given of ways to foster connection that feels safe, pleasurable, and relationship-enhancing.



**Presenter: Dr Margot Sunderland**

Many courses on child mental health have a key underlying message, namely, to spot the symptom and refer on. For anyone working with vulnerable children, this is entirely inadequate as both an intervention and a knowledge base. With such simplistic thinking about the human mind, brain and the process of healing and recovery, we will fail far too many children leaving them with misdiagnosis or on medication they don't need, proven to be damaging to developing brains, minds, and bodies. If mental health leads, pastoral teams, child psychologists, and emotionally available adults are going to work effectively with vulnerable children, they need to know a great deal more about mental health.

So, this webinar covers key knowledge about the history of psychiatry which provides vital context for current-day mental health interventions and treatment, including understanding of psychiatric diagnoses, and the explosive birth of psychopharmacology. Knowing all this, brings essential understanding and key competencies to the work of any child mental health professional. The webinar also covers what child professionals need to know about current concerns at the heart of the mental health profession today including the stigma of psychiatric labels, their lack of scientific validity and diagnostic inflation.

Overall, the webinar aims to replace a feeling of pseudo-competency with competency for child mental health practitioners when reflecting on mental health problems, causes and interventions.



**Presenter: Dr Lucy Johnstone (British Psychological Society, Clinical Psychology Division)**

This webinar is a must for anyone who works in the helping or teaching professions, and, more generally, for anyone who cares deeply about child and adult mental health and the alleviation of human suffering. Watching the webinar will bring attendees up to date with current alternatives to psychiatric diagnosis when helping people in ongoing emotional distress.

Dr Johnstone will explore the appeal of psychiatric diagnosis for some people whilst presenting concerns about the medicalising of distress – about seeing *patients with illnesses* rather than people with problems. Additionally, Dr Johnstone will focus on how we can help people who have been stuck in the psychiatric system for years; with an endless cycle of medication and diagnosis and no one ever hearing their story.

As an alternative to psychiatric diagnosis, Dr Johnstone presents the British Psychological Society's (Clinical Psychology Division) Power Threat Meaning Framework (PTMF) acclaimed by psychiatrists and psychologists internationally. This trauma-informed model shows how, given the person's traumatic past, and the meaning they gave to the bad things that happened, their mental health issues make perfect sense. Dr Johnstone will describe how PTMF is a superb model when working relationally with people, backed by a mass of evidence-based research.

There will also be a focus on the need to be honest with people about what medication can and cannot do, and the impact on mind, brain, and body, with specific reference to the use of psychiatric drugs with children and young people.



**Presenter: Dr Margot Sunderland**

In the press and on social media, so much is written about mental ill-health and its symptoms but remarkably little is written on its causes. In some circles, myths abound: *'It's faulty genes'* or *'It's a biochemical imbalance in the brain.'* There is no scientific evidence for these opinions. In fact, all those who have done their neuroscience homework no longer adhere to genetic fundamentalism, knowing that genes can be turned off or on by life experience (a mechanism known as epigenetics).

Dr Sunderland will address the evidence for one of the commonest causes for mental ill-health, namely unresolved traumatic experience. In light of this, she will discuss the mass movement away from the medical/disease model of mental ill-health to a trauma-informed model. This means seeing people with problems rather than patients with illnesses.

Dr Sunderland will also discuss other key contributory causes of mental health problems including early life stress, living with a parent with mental health issues, stress-inducing parenting choices. Most importantly, she will address prevention as well as intervention. Finally, she will explore two established frameworks for making sense of mental health problems and for recovery, namely Psychological Formulation and The Power Threat Meaning Framework (British Psychological Society, Clinical Psychology Division). Through moving case material, she will demonstrate how these can be applied to creative art interventions with children.



**Presenter: Dr Margot Sunderland**

This webinar explores the neuroscience and psychology of attachment, and why it matters that all professionals who work with children are thoroughly grounded in this knowledge for prevention of mental ill-health and intervention. Bowlby didn't have the neuroscience and psychological research to support his profound model. We do now. So, this webinar is underpinned by over a hundred cutting-edge research papers on attachment (all available at the back of the webinar booklet).

The webinar focuses specifically on how securely attached children develop effective stress-regulatory systems in the brain and body that enable them to emotionally regulate well. With insecure attachment, children suppress or repress their feelings, so stress-regulatory systems are not established. This leaves them in chronic stress states, with all the fallout of mental/physical ill-health symptoms now and in later life. That said, with an emotionally available adult, it is never too late for a child or adult to move from insecure to secure attachment and in so doing establish effective stress-regulatory systems.

With powerful film footage, Dr Sunderland will also unpack the emotional responsiveness needed to ensure secure attachment and how professionals who work with children can provide this or support parents to do so.

Finally, Bowlby's term 'internal working model' will be explored in light of the fact that professionals working with children can bring such positive change to a child or young person's negative views about self, others and the world.

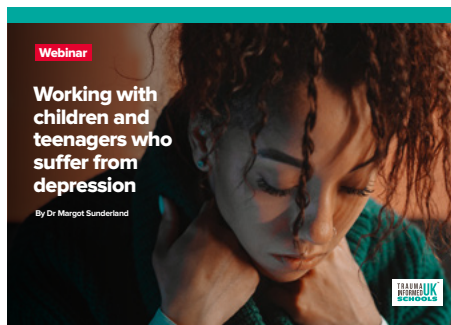
# Section six: Working therapeutically with teenagers



## Presenter Dr Margot Sunderland

This webinar presents a vital body of knowledge on the neuroscience of emotion designed for practitioners to include in their psychoeducation with teenagers. Without this knowledge, we are in danger of failing to psychologically safeguard teenagers. This is because when they don't understand their mind neurochemically, they are far more likely to make uninformed decisions which have major costs to mental health, wellbeing and sometimes to life itself.

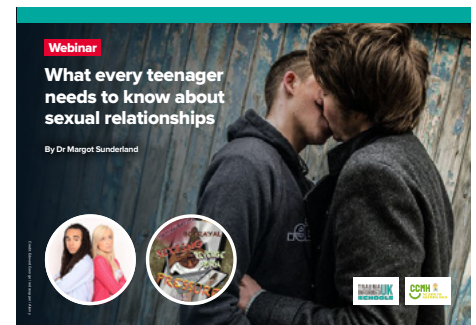
The webinar takes as its focus, what's going on neurochemically in anxiety, depression, the agony of being rejected, when you're having a panic attack, when you don't want to live anymore, when you're sleep deprived, when your self-harm. It also explores the impact of food on mood. The webinar will also focus on the fact that '[In our brain], each of us has his or her own... finest drugstore available at the cheapest cost – to produce all the [neurochemicals] we ever need to run our body-mind.' (Candice Pert). There will be discussion on how you can tap into this without resorting to drugs along with the impact of sensory regulation, how to master the skill of happiness and why 'getting stuff' doesn't work. Finally, and most importantly viewers will learn why relationships with emotionally available adults can bring about long-term change neurochemically, neuroanatomically and physiologically.



## Presenter: Dr Margot Sunderland

Some people feel afraid of working with depressed children and young people. They feel unskilled and very anxious about the possibility of suicide and so quickly refer on to CAMHS. But research shows that thousands of young people attempt suicide whilst on CAMHS waiting lists, one in four in one study (Young Minds, End the Wait Campaign) and many never get seen. So we need to skill far more child professionals to connect with and alleviate the psychological pain of CYP in despair. So, this webinar provides evidence-based interventions for reaching out and connecting with deeply distressed and traumatised CYP, in ways that enable them to feel heard, seen and valued. This is so key as we know that hopelessness about ever feeling truly loved or truly valued underpins so much depression. The importance of compassionate human responses is addressed, alongside vital knowledge about the neuroscience and psychology of depression.

The presenter will discuss causes of depression. She makes the point that depression is a symptom not a cause and how important it is to address the core pain fuelling the depression, in the safe holding context of a relationship the CYP finds therapeutic. Using a moving case study as illustration, the presenter demonstrates the process of transformational change using principles from evidence-based Emotion Focused Counselling. She addresses how organisations and schools can do so much to prevent CYP becoming depressed in the first place.



## Presenter: Dr Margot Sunderland

The webinar aims to empower supportive adults to help teenagers navigate the veritable minefield of sexual relationships: how to know when they are ready, how to have sex safely, consent, assertiveness, self-care, sexting, peer pressure, social media, hook-ups, harassment, revenge porn and how to know the difference between sex that brings true connection and dehumanising sex that can leave you in acute emotional pain. Without our help, young people will continue to get their education from sources such as Pornhub or Instagram.

We need to empower teenagers with the psychological knowledge of human relationships so they can step back to reflect from an informed position, before entering this important stage in life. So, this webinar will support professionals who want help teenagers to do just that. The webinar is not about moralising but rather a fascinating look into the human condition, how we hurt or heal each other, and how trauma can play out in sexual relationships as can relational health through fun, play, love and caring.

So, the webinar is a must for those who want to provide teenagers with the best navigational skills to ensure that are not 'thrown against the rocks' in these crucial years and to make a successful transition to adulthood. Without the psychological safeguarding covered in the webinar, teenagers can all too easily move from innocent allure to intense emotional pain, making mistakes they regret for a lifetime.

# Section seven: Mental health in schools: from theory to practical intervention and transformational change



## Presenters: Tanayah Sam in conversation with Dr Margot Sunderland

We are so privileged to have Tanayah Sam in conversation in this webinar. Tanayah has dedicated his working life to helping children and young people in schools turn away from the allure of crime or violence to complete their GCSEs and/or follow their particular dream in life.

From his own lived experience, Tanayah is in a unique position to do this work. He fired his first gun age 14; his father had given it to him. In year 8, he was a top student in maths and English. In year 9, he was violent in school and shouted at to get out of the classroom. He was, in his own words, still reachable then, and he had key teachers who meant a lot to him. But tragically, no teachers ever sat down and asked Tanayah to help them understand the dramatic change in both his learning and behaviour – no one took the time to listen to his story. Instead, Tanayah was excluded from school. He then spent years running with gangs, carrying guns and knives, and dealing drugs. He served time in 13 different prisons.

Tanayah explores the whole notion of criminal exploitation and how gangs and county lines are superb at meeting all of the vulnerable young person's fundamental emotional needs. He talks about how schools need to get far better at meeting those needs, so that gangs are not so alluring. He also talks of the essential importance of engaging vulnerable young people at school in meaningful relationships with key adults, who must themselves be culturally informed.



## Presenter Dr Margot Sunderland

At the moment schools are doing their part in addressing the child mental health crisis. But due to models of intervention that are not working, so many staff and parents are left angry, frightened, and hopeless and many children and young people remain in states of extreme distress. Lots of courses for Mental Health Leads in schools give the basic message, '*Learn to spot the symptom/ the disorder and refer on.*' To whom? CAMHS waiting lists in some areas are over 1000 days. Some children/young people take their own lives whilst waiting. Schools provide PSHE, but research shows that children/young people say this does not address the reality of their lives. They want to make sense of what has happened to them, not just 'manage their feelings' (PSHE) or be told they have a mental health disorder.

So, in this webinar the presenter argues that schools need to re-think their fundamental underlying models for mental health. She will demonstrate that children/young people don't heal by being given a psychiatric diagnosis and medication or lessons on '*how to manage your feelings*'. She will evidence the fact that schools need to take on board the tsunami of evidence-based research out there on how children heal from painful life experiences, with entirely do-able tried and tested whole school approaches to make this happen. She provides relational models that are time preserving not time consuming. People are drawn to be teachers because they want to change children's lives. This model will support them to do just that through the use of moving film footage throughout. This webinar will impact on hearts as well as minds.



## Presenter: Dr Margot Sunderland

*Available for whole-school purchase only.*

In this webinar, Dr Sunderland explores what we mean by mentally well and mentally unwell cultures. She draws on actual examples internationally of emotionally healthy and unhealthy cultures in schools, youth offending institutions and prisons. She discusses the key discernible features of any emotionally healthy culture, whether we are talking about families, schools, prisons or communities. Using powerful film footage, Dr Sunderland also discusses key research from psychology and neuroscience showing why people in unhealthy cultures become ill both physically and emotionally, burn out, feel hopeless and worthless, with some becoming violent.

With a specific focus on school cultures, Dr Sunderland then discusses many examples of good practice which ensure emotional health for all. To support this, she will introduce Trauma Informed Schools UK's (TISUK's) Implementation checklist for emotionally healthy school cultures, which is provided as a key training resource for this webinar. Using film footage and case material she explains, point by point, how schools can implement the checklist to ensure the wellbeing of both staff and students.

Overall, the webinar is designed to inspire, support and galvanise staff and senior leads to work together to bring about an emotionally healthy culture for all.



**Presenter: Dr Margot Sunderland**

Research shows that children and young people with mental health difficulties are far more likely to get excluded. Often the exclusion results, in part, because they are hyper-aroused which manifests in behaviours that challenge. So, this webinar looks at why some children and young people are so agitated, impulsive, anxious, angry, and just can't calm down. From her in-depth knowledge of the research (neuroscience and psychology) the presenter will look at what has happened in their lives. What is going on in their mind, brain and body? Emphasis will be given to stress response systems in the brain and body and how certain life experiences (starting from the womb) can set these on high alert.

The presenter will then move on to demonstrate evidence-based interventions, namely what can we do to change things, so that these children and teenagers can find, often for the first time, ease and calm. There will be focus on the power of emotionally available adults, whose impact can be so great that their relationship with the child or young person results in long-term neurochemical, neuroanatomical and physiological changes. Due to plasticity in the brain, this involves these children and young people developing effective stress regulatory systems in brain and body.

Particular focus will be given to the evidence-based interventions of yoga, drumming, using nature, attachment play games, sensory attachment intervention (Eadaion Bhreathnach) sensory rooms, light, music.



Very few schools have safe spaces for teachers to reflect and process the extremely stressful and painful experiences that happen to them in schools, and also to celebrate what's going really well. Access to reflective supervision, safe spaces to discuss issues and problems, remains extremely low at only 8% of schools (Teacher Wellbeing Index 2020). So, staff take their stress home, often to off-load on a distracted partner who may not be that good at active listening anyway. As a result, all too many teachers end up with stress related illness, secondary trauma, mental health problems and burn out. Many leave the profession as a result.

This webinar will discuss how this safe, confidential space empowers staff to talk frankly about their work in school with a trained psychologist or therapeutically trained senior educationalist. It takes a trauma informed approach, the child at the centre, but with a helicopter view, starting with the staff member and then widening to think about the school setting as a whole and the parent community. It's not a therapy group, but it's absolutely therapeutic to process stress-inducing relational experiences, share the challenges of school life and how to resolve tricky situations, explore how a particular child has triggered a traumatic memory, and gain new relational skills (that staff say hugely improve their home life as well as school life). Without this support in schools, which are essentially now front-line mental health services, we are guilty of emotional neglect for the very people who can make such a huge difference to the lives of our children.



**Presenters: Dexter Dias QC (prominent human rights lawyer – crimes against humanity, terrorism, war crimes, human trafficking, modern slavery, and genocide); Expert trainers – psychotherapists, Senior Educators in equality, diversity, and racial trauma, as well as experts by lived experience**

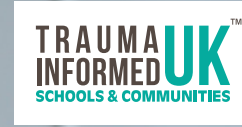
The aim of the webinar is to raise awareness of issues related to racial trauma, inequality, intersectionality, discrimination, power, positioning and social injustice. The objective is to support attendees to promote anti-discriminatory practice and implement anti-oppressive practice in their schools and organisations and to ensure that all staff are truly trauma-informed and culturally competent.

The webinar brings together a range of deeply moving voices to reflect and articulate in dialogue about the complexities relating to structural inequalities, institutional racism, and systemic discrimination. The presenters also discuss their own experiences of racial trauma when they were schoolchildren, and what schools and organisations can do differently. Additionally voices of children and young people who themselves have suffered repeated microaggressions talk about the impact these have had on their lives. Additionally, Dexter Dias QC (prominent Human Rights lawyer) discusses the origins, history and psychology of racism including the horrific macro-aggressions he has dealt with in the courts. He then discusses prevention and intervention.

Overall, the webinar brings awareness in ways that will touch the hearts and minds, inspiring action for social change, with a wealth of ways of doing so.

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