

# Understanding Child & Adolescent Mental Health



## Background

This multi-disciplinary course, over two days, will enable participants from a wide range of backgrounds to consider how, through their role; they can support and promote the mental health and wellbeing of children and young people, identify early mental health problems and work together with others to improve access to services and support.

Participants must commit to both sessions for certification.

## Day ONE: Theory Learning Outcomes

At the end of this course, you will be able to:

- Apply current conceptual models for thinking about mental health, mental health problems and disorders in teenagers.
- Describe current theories and research relating to attachment, brain development, risk and resilience to deepen your understanding and develop your practice.
- Understand your own perspective on children and young people's mental health, alongside the perspectives of others including the voices of young people, in order to establish a foundation for further learning.

## Day TWO: Practice

This interactive half day learning builds on the theory session and enables participants to explore practical application of supporting children and young people in their mental health.

## Learning Objectives:

Participants will gain opportunities to:

- Share therapeutic skills
- Explore solution focused therapy approach
- Setting up the therapeutic space
- Creating an alliance
- Goal setting
- Scaling

## BLENDED LEARNING

### Level 3

### Facilitator

Julie Quincey, Independent Trainer

### ONLINE (DAY ONE – Long course)

**Tuesday 09/01/24**

09:45	Registration
10:00	Start
16:30	Finish

### CLASSROOM (DAY TWO – Half day)

**Wednesday 10/01/24**

Committee Room 2, [Redbridge Town Hall](#)

09:15	Registration
09:30	Start
13:00	Finish

You can **book your place** using our [online booking form](#). Details of course fees and our cancellation policy can be viewed [here](#).

