

# 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

- Apply current conceptual models for thinking about mental health, mental health problems and disorders in teenagers.
- Describe current theories and research to deepen your understanding and develop your practice.
- Understand your own and others perspective on children and young people's mental health

## 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)

**Monday 03/03/25**

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

### CLASSROOM (DAY TWO – half day)

**Tuesday 04/03/25**

[Ley Street Depot](#)

13:15	Registration
13:30	Start
17:00	Finish

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

