

# Building resilience using CBT with children and young people

Course Code: 1617/25/33

“Getting your head above the crowd.”

# Building resilience using CBT with children and young people

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**Suitable for:** All staff that work with children, young people

Half of all mental health issues start in childhood and we all have a collective responsibility to support children's emotional, psychological and social well-being. Early and targeted intervention is key to avoiding long term mental health issues. CBT is one of the most effective tools in developing resiliency and fostering emotional well-being.

The course will help to develop your own skills and knowledge of cognitive behavioural therapy (CBT) and enable you to apply the tools of CBT to develop children and young people's emotional wellbeing in a range of settings.

## **Aims of the course:**

To clarify the nature of attachment disorders and trauma and the impact that they have upon development and learning in the classroom.

- Understand how emotional, psychological and social well-being impacts on children and young people's lives
- Understand the key factors of building resiliency
- Understand the main theoretical concepts underpinning cognitive behavioural therapy
- To be able to run a short intervention programme using the tools of CBT with children and young people
- To be able to apply the key concepts of CBT within your professional role working with children and young people

## **When & Where**

### **Course Code: 1617**

Date: 8<sup>th</sup> November 2016

Time: 09.30 - 15.30

Holiday Inn, Canterbury Rd,  
Ashford

### **Course Code: 1625**

Date: 31<sup>st</sup> January 2017

Time: 09.30 - 15.30

Angel Centre, Angel Lane,  
Tonbridge

### **Course Code: 1633**

Date: 18<sup>th</sup> May 2017

Time: 09.30 - 15.30

Holiday Inn, Abbots Lane,  
Eight Ash Green

## **Course Code:**

1617

1625

1633

## **Tutor:**

Dr. Tina Rae

## **Date:**

08.11.2016

31.01.2017

18.05.2017

## **Time:**

09.30 - 15.30

## **Cost:**

£85.00 pp

## **Venue:**

**08.11.2016**

Angel Centre

Angel Lane

Tonbridge

**31.01.2017**

Holiday Inn

Canterbury Rd

Ashford

**18.05.2017**

Holiday Inn

Abbots Lane

Eight Ash Green

**Cost: £85.00 per person**

For further details please contact:

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