

Emotional Health & Wellbeing Online Training



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| 1. Mental Health & Wellbeing | | |
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| Session | Overview | Length |
| <u>Mental Health & Wellbeing</u> | This session is aimed at a universal audience and aims to help practitioners to describe mental health and well-being and identify the wider social determinants which protect vulnerable children | 30 mins |
| <u>What Goes Wrong?</u> | Children may present with mental health difficulties in a wide variety of ways that differ according to their age and developmental stages, the session describes the broad presentations that tend to be seen and give a broad view of some of the influences that bring about these difficulties. | 30 mins |
| <u>Mind & Body: The Interface</u> | This session describes how mental health problems in children can affect physical health, how emotional and behavioural problems are sometimes the first presentation of brain disorders, and how mental health disorders can develop as a consequence of poor physical health. | 20 mins |
| 2. Feeling and Emotions | | |
| <u>Mood Swings & Muddled Thinking</u> | This session describes the effects of difficulties that young people might have with their thoughts, feelings and emotions may show themselves in what they say or do; covering symptoms young people might describe, how you might assess the risk these pose, and what you could do to help and what could happen next. | 20 mins |
| <u>The Loner</u> | The session describes the reasons why children and young people may struggle to interact with their peers and offers guidance as to how best to support them. | 20 mins |
| <u>Flashbacks, Trauma, Bullying</u> | This session focuses on single, one-off traumas such as accidents and assaults; and on bullying; and will help practitioners recognise and understand the range of reactions to childhood trauma, including bullying and involvement in a disaster. | 30 mins |
| <u>Sad, Bored or Isolated</u> | This session will help you to recognise the difference between clinical depression and normal emotional experiences of sadness; and will review ways to respond to and help those who are distressed but not depressed. | 30 mins |

| 3. Anxiety | | |
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| <u>The Worried Child</u> | This session describes anxiety and worry in children and teens and discusses how to react to them. | 20 mins |
| <u>Avoiding School & Social Isolation</u> | This session aims to help practitioners recognise and understand the anxiety difficulties that can make it difficult for a child or young person who suffer from school phobia or social isolation and find it difficult to get into school or social settings. | 30 mins |
| 4. Autism | | |
| <u>Autism & Related Problems</u> | This session will help you to recognise the signs associated with autism, aspergers and related problems and symptoms associated with autism and related problems. | 25 mins |
| 5. Sleep Difficulties | | |
| <u>Sleep Difficulties</u> | This session describes sleep in young people; what normal sleep is and what common sleep difficulties may occur. | 30 mins |
| <u>Sleep Issues in Teenagers</u> | This session outlines what sleep is and why it is particularly beneficial for young people. The short and long-term consequences of not getting enough good quality sleep are discussed, how sleep health can be assessed and maximised for good health and wellbeing. | 30 mins |
| 6. Anger and Aggression | | |
| <u>Aggressive / Difficult Child</u> | Focuses on identifying the causes, symptoms and likely consequences of troublesome and antisocial behaviours in children and young people. Assessment and interventions are explored including an action plan and referral. | 30 mins |
| <u>Working with Strong Emotions</u> | The session will help practitioners work with children and young people who are angry, very distressed and resisting contact; exploring how to work with parents and families where strong emotion is overwhelming. | 30 mins |

| 7. Self Harm | | |
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| <u>Self-harm & Risky Behaviour</u> | This session will provide the background to self-harm, common associated conditions, and the optimal approach to managing it in the community. | 40 mins |
| 8. Bereavement | | |
| <u>Loss & Grief</u> | The session will address mainly loss of parents or others by death or separation/divorce, but the bereavement or mourning reactions can be seen to some degree in the other losses mentioned. | 25 mins |
| 9. Substance Misuse | | |
| <u>Substance Misuse</u> | This session will focus on identifying the presentation and underlying causes of substance misuse and exploring the treatment options available to young people. | 20 mins |
| 10. Physical Issues | | |
| <u>Tics & Twitches</u> | This session will help to recognise tics and related behaviours, such as OCD, in children. | 30 mins |
| <u>Unexplained Physical Symptoms</u> | This session will describe common physical symptoms and their associations with psychological problems. General management principles will be provided for use by both non-medical and medical practitioners. | 20 mins |
| 11. Eating Disorders | | |
| <u>Eating Problems</u> | This session describes eating problems, explaining how to recognise anorexia nervosa, bulimia and binge eating disorders. It concludes by illustrating how to screen for eating disorders in primary care and discussing the possible interventions that can be applied. | 20 mins |
| 12. Concentration | | |
| <u>Poor Concentration & Overactivity 1</u> | The session looks at the nature of childhood inattentiveness and impulsiveness and how adults may react to these behaviours in children. | 20 mins |

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| <u>Poor Concentration & Overactivity 2</u> | This session looks at the origins of problems in concentration and activity control and the treatments available. | 20 mins |
| 13. Sexuality | | |
| <u>Sexualised Behaviour</u> | This session focuses on identifying and responding to sexualised behaviour in children and young people. | 30 mins |
| <u>Sexuality and Mental Health</u> | This session looks at how sexuality can influence mental health. It will help you to provide information and guidance on problems that may arise. | 20 mins |
| 14. Online Safety | | |
| <u>Children & Young People's Digital Lives</u> | Describes how the use of digital & online technologies is a major part of children's and young people's lives, outlining some of the risks they may encounter and what to do in relation to them. | 25 mins |