



Secure attachments
Robust learners • Building futures



Essential Training for Mental Health Leads

Your Space Therapies are pleased to present their Autumn 2021 and Spring/Summer 2022 **LIVE conferences in WEST SUSSEX.**

We are a counselling and play therapy service that work holistically with schools and other professionals supporting vulnerable children. We help children and their communities to have good mental health, resilience to learn and be the best they can be.

£80 1 course

£140 any 2 courses

£180 any 3 courses

A delicious lunch and refreshments will be included!

To book please email:

bookings@yourspacetherapies.org

(For the multi-ticket offer any combination of courses can be booked for the same or different delegates.)



Tuesday 16th Nov 9.30am-2pm

Strategy Toolbox for Good Mental Health in Schools

Delegates will leave this course with a toolbox of strategies to help support our most vulnerable and troubled children who are struggling to thrive in school. This course offers practical strategies for professionals to implement for children who display challenging behaviour presenting in anger, separation anxiety, controlling behaviours, excessive attention seeking, generalised anxiety, low self-esteem and more. (This course is a perfect partner with 'More Strategies for your Toolbox')

Tuesday 7th Dec 9.30am-2pm Emotional Recovery Kit

On this course delegates will learn about the development of emotional regulation and experiment with techniques that provide emotional recovery and the fundamental ability to overcome feeling overwhelmed in order to live, learn and love to our full potential.

This course will provide strategies to aid recovery from traumatic experiences like COVID-19 that can be used to support adults and children; parents, carers and professionals.



Tuesday 8th March 9.30am-2pm

Supporting Professionals' Mental Health

Pressures on teachers, social workers and those in caring professions to manage their workloads and teach our most vulnerable and challenging children are increasing. This training provides practical exercises and knowledge for school staff to support one another and themselves in their management of stress, overwhelming workloads and holding traumatic information. This training includes a roll-out model for professional's peer supervision.



Tuesday 5th April 9.30am-2pm

More Strategies for your Toolbox

Due to popular demand and fantastic feedback from delegates who have attended 'Strategy Toolbox for Good Mental Health in Schools' we will offer further therapeutic strategies to be used by professionals to support the emotional well-being of vulnerable children.

This training will offer a toolbox of practical strategies including de-escalation and emotional attunement, managing anxiety and exam stress, helping children build secure attachments, creating therapeutic behaviour plans and much more!

Tuesday 10th May 9.30am-2pm Facilitating Therapeutic Wellbeing Groups in Schools

Wellbeing groups are a fundamental support for vulnerable children in school. This learn by doing, experiential course offers a scheme of work that can be rolled out in schools to provide a therapeutic group provision for the development of nurture groups and enhancement of emotional well-being in the school community.



Tuesday 14th June 9.30am-2pm

Supporting Children with Endings, Loss and Transitions

Loss can come in many forms and have a profound effect on ourselves and our relationships; this experiential training explores the impact of grief and loss on children's brain development, emotional states and behaviours. Delegates will be offered interventions and creative pathways to help manage the overwhelming feelings that come with loss that enable them to grieve well and manage life the best they can after challenging transitions.

About the trainer:

Emma Connor, finalist in the FPM International Medical Writing awards 2020 invites you to attend Your Space Therapies 2021/22 child mental health conferences to aid emotional recovery for children and adults.



Emma is a Child Psychotherapist, MA, UKCP, Director, Consultant and Trainer for Your Space Therapies and a senior lecturer at the Institute for Arts and Therapy in Education. Emma practices in various schools providing psychotherapy for children and therapeutic support for families.

Once you have received a booking confirmation from Your Space Therapies we are unable to cancel the booking but delegates names may be changed at any time.

Bookings can be made at

bookings@yourspacetherapies.org

Here are what some recent delegates had to say about our training:

"Please thank Emma for this amazing course – it was wonderful today and might have changed my life! I can think of so many children this will help too."

Primary School Senco

"This is the best CPD we have EVER had"
KS2 Senco

"A highly engaging and inspiring training"

Primary School Headteacher

Did you know **Your Space Therapies** can also provide bespoke trainings for your school or organisation? Please contact bookings@yourspacetherapies.org to enquire.

Venue:

The Rosie, Oak Grove College
The Boulevard, Worthing, West Sussex
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