

Primary Mental Health Service

The Primary Mental Health Service are providing **FREE** Mental Health Workshops for professionals in Coventry. These workshops will address three key areas of child and adolescent mental health, including **Mood**, **Attachment**, **Self-Harm**, **Eating Disorders** and **Boomerang**.

Mood 9am-1pm
Tues 8th Oct 2019
Tues 14th Jan 2020
Tues 10th March 2020
Tues 9th June 2020

Boomerang 9am-1pm
Tues 29th Oct 2019
Tues 24th March 2020

Self-Harm 9am-1pm
Tues 12th Nov 2019
Tues 28th Jan 2020
Tues 28th April 2020
Tues 23rd June 2020

Eating Disorders 9am-1pm
Tues 10th Dec 2019
Tues 25th Feb 2020
Tues 5th May 2020

Attachment 9am-1pm
Tues 26th Nov 2019
Tues 11th Feb 2020
Tues 19th May 2020

Venue: Paybody Building, behind City of Coventry Health Centre, 2 Stoney Stanton Road, Coventry, CV1 4FS

Places on the workshops are subject to availability.
To book your place on a workshop or request a bespoke training session please email Coventry.PMHS@covwarkpt.nhs.uk
(You will then receive a booking form to complete and return)

In partnership with:



Primary Mental Health Service

Workshop objectives:

Mood

- To consider the definitions of anxiety and depression
- Explore the physical symptoms of anxiety and depression - what do they look like? What are the warning signs?
- To consider how anxiety and depression develop and are maintained over time
- To consider strategies you can use to support a child or adolescent with an mood related disorder
- Understand when & how to access specialist services in relation to anxiety and depression

Attachment

- To provide an overview of attachment
- To highlight the difference between attachment difficulties and attachment disorders
- To discuss the consequences of maltreatment, including trauma
- Explore how attachment difficulties impact upon learning, education and social development
- Strategies for working with CYP
- To discuss support available for signposting CYP

Self-Harm

- To develop knowledge and understanding of self-harm behaviour in young people
- To explore the reasons why young people self-harm.
- To understand how to respond to a disclosure.
- To explore alternative coping strategies for reducing self-harm behaviour.
- To identify support available for CYP and when to refer on.

Eating Disorders Awareness

- To consider the definitions of an eating disorder
- To explore the symptoms of an eating disorder
- To explore risk and protective factors which may impact upon eating disorders
- Explore positive messages and helpful ways to talk about eating disorders
- To explore real life case studies
- To understand when and how to access specialist services in relation to eating disorders

Boomerang Training

- The Boomerang course is a resilience intervention aimed at children in school years 3—11
- This interactive intervention is deliverable over 5 consecutive weeks
- It focuses on understanding thoughts, feelings and behaviours, self- esteem, friendships and useful strategies to help build resilience To be eligible to attend the course you **must** have attended the PMHT Mood workshop and be actively working with children and young people
- The course will be outlined and the expectation is that you will be able to deliver it independently
- We will provide you with all the course materials to enable you to deliver the course
- We will provide support to you whilst you deliver this course in your own setting
- You will agree to share data with us in regards to this intervention.