

SOUTHWARK MHST

STAFF TRAINING OFFER



STAFF WELLBEING

One-off workshop providing effective ways to help with staff's own and each other's mental wellbeing whilst at work

ARC - ATTACHMENT, REGULATION & COMPETENCY

A 3-session trauma informed workshop covering Attachment, Regulation and Competency to support staff's understanding of how pupil's trauma may present in school and how to support their regulation to go on to become thriving individuals

GUIDE TO CBT - COGNITIVE BEHAVIOURAL THERAPY

1-2 session workshop providing an overview of Cognitive Behavioural Therapy, introduction to anxiety, low mood and depression and evidence based techniques to support pupils.

HOW TO TALK ABOUT MENTAL HEALTH AND SELF-HARM TRAINING

Workshop in supporting staff to know how to have these difficult conversations so we can look after our young people's mental health and identify those at risk

SUPPORTING PUPILS WITH ASD: SOCIAL COMMUNICATION SKILLS

Workshop delivered over 1-2 sessions to provide an overview of autism spectrum disorder, how autism changes the way we experience the world, how autism impacts social communication skills, why these skills are important and how to boost social communication skills within our classrooms and schools.

EMOTIONAL COACHING

A one-off workshop which encourages staff to consider children's emotional development and needs before guiding them through emotion coaching strategies. Emotion coaching puts the spotlight on the feelings and emotions which drive a child's challenging behaviour. When we are able to coach a child through their uncomfortable feelings, we often see improved behaviour outcomes as a result.

ADDITIONAL TRAINING AVAILABLE UPON REQUEST

