

An introduction to using Cognitive Behavioural Approaches in Schools



Overview:

This course will provide an introduction to cognitive behavioural approaches and their evidence base. Cognitive behavioural approaches aim to reduce distress experienced by children and young people through helping them to recognise the links between *thoughts, feelings, and behaviours*. This helps them to develop a greater awareness of their thinking patterns and supports them to develop more balanced and rational ways of thinking.

Cognitive behavioural approaches can be used to support children and young people with emotional and mental health needs, including a range of difficulties such as:

- Low mood
- Worry and anxiety
- Social interaction
- Low self-esteem
- Stress
- Anger

This could also include students who may be **displaying difficulties attending school and/or lessons**.

The session will share information about cognitive behavioural approaches and what they involve. It will also share ideas of practical strategies that can be used to support children and young people with understanding how their thoughts, feelings and behaviours are linked, how to make positive change, and to cope better in school.

Who is it for?

This course is aimed towards staff working with children and young people from upper KS2 onwards; however, information shared could be adapted for supporting children in lower KS2.

This could be SENCos, class teachers, teaching assistants, learning mentors and pastoral support staff from both mainstream and specialist schools and settings.

Outcomes:

An improved understanding about cognitive behavioural approaches and how they can be applied to direct work with children and young people experiencing distress.

Date: Tuesday 11th June 2024

Time: 9:30am-12:30pm

Cost: £151 per delegate (or £115 per delegate if there is more than one delegate from the same setting).

Venue: Oakhill Education Centre, 31 Meadow Road, Birmingham, B17 8BB (parking is free and plentiful).

Bookings: To book a space on this training session please visit:

[An introduction to using Cognitive Behavioural Approaches in Schools | Birmingham Education Support Services](#)

If you have any questions, please contact:
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