

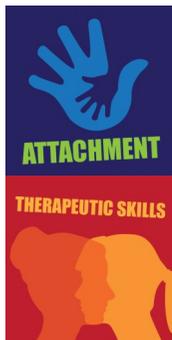


# HeadSight Services

## Quality Training for Professionals

Doncaster Schools Programme 2018

In partnership with



Rotherham Doncaster  
and South Humber  
NHS Foundation Trust

The CPD Standards Office  
CPD PROVIDER: 60026  
2016 - 2018  
[www.cpdstandards.com](http://www.cpdstandards.com)





Headsight training seeks to provide the highest quality training for organisations, professionals, parents and carers that has been designed and developed to be practical and meaningful for their work.

We offer a comprehensive range of training, qualifications and professional development opportunities for anyone working with, or caring for vulnerable children and young people.

Rather than simply raising awareness, our training is specifically designed to deepen understanding and develop skills.

All of our trainers are practicing clinical and mental health professionals and as such are uniquely equipped to meet the needs of those attending our events.

Commissioned by Rotherham Doncaster and South Humber

For more information visit our website:

**[www.headsightservices.com](http://www.headsightservices.com)**

## Introduction to Therapeutic Skills (QCF L2)

### Dates:

31st Jan & 1st  
February

22nd & 23rd  
February

25th & 26th  
April

14th & 15th  
May

### Times:

9.30am till  
4.30pm

### Refreshments:

Refreshments  
provided

### Venue

Holiday Inn  
Doncaster

### Introduction.

This two day training is aimed at professionals working with children and young people who want to increase their knowledge and skills in providing effective support to those in need.

### Who should attend:

- Pastoral leads, Teachers and Learning support staff, SEMH leads, SENCO, Safeguarding leads

### Course description.

Delivered over 4 modules this training offers participants an opportunity to deepen their understanding of mental and emotional health and; develop practical approaches to supporting children and young people.

### By the end of the programme participants will have:

- An understanding of the wider therapeutic framework and approaches.
- Explored the impact of adverse childhood experiences and developed a framework for promoting resilience.
- Practised therapeutic skills in the expression of empathy, congruence.
- Developed and practised skills in promoting self-regulation and distress management.

This programme carries 16 CPD points and is QCF accredited as a level 2 Award.

### Booking

To confirm a place please email [paula.cafferty@nhs.net](mailto:paula.cafferty@nhs.net)

Any other queries: [headsup@headsightservices.com](mailto:headsup@headsightservices.com)

## Applied Therapeutic Skills

(QCF L3)

### Dates:

9th, 10th Feb  
and 26th, 27th  
April

26th, 27th Feb  
and 12th, 13th  
March

14th, 15th June  
and 28th, 29th  
June

4th, 5th July  
and 16th, 17th  
July

### Times:

9.30am till  
4.30pm

### Refreshments:

Refreshments  
provided

### Venue

Holiday Inn  
Doncaster

### Introduction.

Delivered over 4 days this is an experiential course aimed to enable professionals to deepen their understanding and further develop their skills in working with children and young people in supporting their emotional health and wellbeing.

### Who should attend:

- Pastoral leads, Teachers, Learning support staff, safeguarding and SEMH leads, SENCO and senior leadership.

### Course description.

**Attachment Theory in Practice** - This unit focuses on the neuroscience of attachment, attachment theory and the relationship between the child and the adults attachment styles.

**Creating a Secure Alliance** - This unit focuses on strategies for creating a secure alliance including: attunement, providing holding and containment, communicating empathy and hope.

**Relational Listening Skills** - This practical unit will equip participants with in-depth skills in relational listening, including why these skills are important, how to listen relationally.

**Understanding and Reducing Effects of Shame** - In this unit participants will explore the purpose of shame and how courage, compassion and connection heal shame.

**Therapeutic Problem Solving Techniques** - During this unit, participants will be taught both solution focused and creative techniques for raising awareness and supporting the development of emotional literacy and resilience.

### Booking

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## Managing Crisis in Children and Young People (QCF L2)

### Dates:

19th & 20th  
March

21st & 22nd  
May

18th & 19th  
June

### Times:

9.30am till  
4.30pm

### Refreshments:

Refreshments  
provided

### Venue

Holiday Inn  
Doncaster

#### Introduction.

This two day training is aimed at professionals working with children and young people who challenge. With particular focus on vulnerable individuals who experience high levels of distress and difficulty.

#### Who should attend:

- Pastoral leads, Teachers, Learning support staff, Safeguarding and SEMH leads, behaviour support staff , SENCO and Senior leadership.

#### Course description.

Delivered over 4 modules this training offers participants an opportunity to deepen their understanding of crisis and distress in children and young people.

#### By the end of the programme participants will have:

- An understanding of emergency placements both in terms of accommodation and school.
- Examined the impact of acute anxiety and distress of mind and body and subsequent communication challenges.
- A deeper understanding of the legal systems in England and how children and young people might be involved.
- Examined the nature and difficulties of managing allegations that arise from highly challenging incidents.

This programme carries 16 CPD points and is QCF accredited as a level 2 Award.

### Booking

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## Mental Health First Aid

**Dates:**

14th & 15th  
March

12th & 13th  
April

**Times:**

9.30am till  
4.30pm

**Refreshments:**

Refreshments  
provided

**Venue**

Holiday Inn  
Doncaster

**Introduction.**

Delivered over 2 days this is an internationally recognised programme to help support and improve the emotional and mental health of young people, specifically designed and promoted for those working in schools.

**Who should attend:**

- Pastoral leads, Teachers, Learning support staff, Safeguarding and SEMH leads, SENCO and Senior leadership. (Secondary only)

**Course outcomes**

- Understanding of common mental health problems in young people
- Strategies for increasing resilience
- Skills for promoting positive mental health
- An understanding of issues affecting mental health including cyber bullying, body image and poor relationships.
- Developing self-help strategies for young people.
- Working with parents and carers

**Booking**

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## Strategies for managing self-harm

**Dates:**

4th June

**Times:**

9.30am till

4.30pm

**Refreshments:**

Refreshments  
provided

**Venue**

Holiday Inn

Doncaster

**Introduction.**

This one day training is aimed at professionals working with children and young people who are concerned about managing risks presented by young people, including self-harm, suicidal thoughts and behaviour.

**Who should attend:**

Pastoral leads, Teachers, Learning support staff, SENCO, safeguarding and SEMH leads and senior leadership.

**By the end of the programme participants will have:**

- An understanding of why young people harm themselves
- An understanding of what makes suicide and self-harm different
- A psychological framework for formulating the needs of young people who self-harm
- A basic toolkit for assessment and management of risk
- Reflected on ways to cope with their own emotions and needs when working with young people who self harm.

**Booking**

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## Understanding and supporting grief, loss and bereavement.

**Dates:**

13th June

**Times:**

9.30am till

4.30pm

**Refreshments:**

Refreshments  
provided

**Venue**

Holiday Inn

Doncaster

**Introduction.**

Children and young people are often severely impacted by grief and loss in a wide range of ways. This training day is intended to increase confidence in professionals to effectively support those in need

**Who should attend:**

Pastoral leads, Teachers, Learning support staff, safeguarding and SEMH leads, SENCO and senior leadership.

**By the end of the programme participants will have gained an understanding of:**

- The stages and processes of grief
- Blocks to recovery
- Behaviours associated with grief and loss
- Skills for supporting those experiencing grief

**Booking**

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## Supporting Staff Well-Being

**Dates:**

9th February

And

8th March

**Times:**

9.30am till

4.30pm

**Refreshments:**

Refreshments  
provided

**Venue**

Holiday Inn

Doncaster

**Introduction.**

This one day training will explore the importance of staff well-being and strategies for promotion within a school environment. It will look to develop individual and whole-school approaches to well-being and seek to identify and overcome barriers.

**Who should attend:**

Head teachers, heads of department and senior leaders

**By the end of the programme participants will:**

- Understand the importance of staff well-being
- Explored the concept of compassion fatigue and its impact
- Identified self-help strategies
- Developed a 'helping hands' approach to self-care and supporting others.

**Booking**

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## Managing stress and anxiety

**Dates:**

11th April

**Times:**

9.30am till

4.30pm

**Refreshments:**

Refreshments  
provided

**Venue**

Holiday Inn

Doncaster

**Introduction.**

This training day will explore the role and impact of stress and anxiety for both staff and students and promotes positive strategies for the management and reduction of overwhelming feelings.

The day will also offer a framework for understanding factors affecting stress and anxiety to help formulate helpful responses.

**Who should attend:**

Pastoral leads, Teachers, Learning support staff, safeguarding and SEMH leads, SENCO and senior leadership.

**By the end of the programme participants will:**

- Understand the physiological and psychological impact of stress and anxiety
- Examined the internal and external factors involved in the development of stress
- Developed approach and strategies for supporting others and promoting self-regulation

**Booking**

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## Social media, sex and relationships and bullying

### Dates:

26th January

And

15th June

### Times:

9.30am till

4.30pm

### Refreshments:

Refreshments  
provided

### Venue

Holiday Inn

Doncaster

### Introduction.

Social media and its impact on mental health is a common theme in almost all discussions surrounding the well-being of children and young people. This training day will explore the links between young people's use of social media platforms and potential for the negative impact on their lives.

### Who should attend:

Pastoral leads, Teachers, Learning support staff, safeguarding and SEMH leads, SENCO and senior leadership.

### By the end of the programme participants will:

- Understand the range of platforms available popular with young people
- Explore where and how young people commonly experience negative connections via the internet
- Understand the links between on-line activity and bullying, body image and self-harm
- Develop strategies for the promotion of safe and positive engagement with social media
- Ensure readiness for new relationships education legislation

### Booking

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## Working with Autistic Spectrum Conditions

### Dates:

4th May

and

13th July

### Times:

9.30am till

4.30pm

### Refreshments:

Refreshments  
provided

### Venue

Holiday Inn

Doncaster

### Introduction.

This is a cutting edge one day training course combining the latest neuro-scientific research into autism with experiential exercises that will help you to understand what it might be like to live with some of the characteristics of autism.

### Who should attend:

Pastoral leads, Teachers, Learning support staff, safeguarding and SEMH leads, SENCO and senior leadership.

### By the end of the programme participants will:

- Have explored the history of autism, including the latest changes in the DSM-V
- Understand the new diagnostic criteria and how the triad of impairments has become a Dyad
- Have considered the impact of genetic and environmental factors in the 'explosion' of autism
- Understand how the brain of someone with autism may differ from a neuro-typical brain..
- Have explored strategies for supporting young people who experience symptoms of an Autistic Spectrum Condition.

### Booking

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## Learning Disabilities & Mental Health

### Dates:

18th May

And

29th June

### Times:

9.30am till

4.30pm

### Refreshments:

Refreshments  
provided

### Venue

Holiday Inn

Doncaster

### Introduction.

This one day training course aims to give an introduction into how mental health issues can affect the lives of children and young people with learning disabilities.

### Who should attend:

Pastoral leads, Teachers, Learning support staff, safeguarding and SEMH leads, SENCO and senior leadership.

### By the end of the programme participants will:

- Know the latest statistics and have explored the prevalence of mental health within the learning disability community
- Look at what we know about mental health services for young people with learning disabilities
- Learn about mental health law with regards to learning disabilities
- Explore possible causes, assessment and treatment of mental illness for people with learning disabilities.

### Booking

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## Understanding & Working with ADHD

### Dates:

9th May

And

11th July

### Times:

9.30am till

4.30pm

### Refreshments:

Refreshments  
provided

### Venue

Holiday Inn

Doncaster

### Introduction.

This is a one day training course, which will provide participants with up-to-date knowledge and equipped with practical skills to use when working with young people with ADHD and associated conditions.

### Who should attend:

Pastoral leads, Teachers, Learning support staff, safeguarding and SEMH leads, SENCO and senior leadership.

### By the end of the programme participants will:

- Explore the history and context of ADD and ADHD
- Identify the key symptoms and indicators of ADHD
- Understand the process of diagnosis and treatment
- Developed and practiced skills and approaches to work with children and young people with ADHD.

### Booking

To confirm a place please email [paula.cafferty@nhs.net](mailto:paula.cafferty@nhs.net)

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## Further Information

### Qualifications

Participants are offered the opportunity to register and gain regulated qualifications for the following courses:

1. Managing Crisis in Young People (Level 2)
2. Introduction to Therapeutic Skills (Level 2)
3. Applied Therapeutic Skills (Level 3)

#### **Assessment.**

The required assessment for both level 2 qualifications is in the form of a workbook will be completed within the guided learning hours of the training events.

The level 3 qualification does require some distance learning with assignments being completed and submitted via e-book.

The logo for HeadSight Training is centered on a dark green rectangular background. The word "head" is in a white, lowercase, sans-serif font, with a light green circle replacing the letter 'o'. Below "head" is the word "sight" in a white, lowercase, sans-serif font. Below "sight" is the word "training" in a white, lowercase, sans-serif font.

head  
sight  
training

**Headsight Services Ltd**

**Unit 3**

**The Old Dairy**

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**Winchcombe**

**GL54 5JE**

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**headsightuk**