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**Booking Form**

**Wakefield CAMHS**

**Future in Mind Training**

Please return this completed form to the email address below

[WakefieldCAMHS.Training@swyt.nhs.uk](mailto:WakefieldCAMHS.Training@swyt.nhs.uk)

**All fields are mandatory to book on to training courses.**

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| --- | --- | --- | --- |
| **Contact Information** | | | |
| **Name:** |  | | | |
| **Job Title:** |  | | | |
| **Organisation:** | |  | | |
| **Email Address:** *\*\*\*this email address will be used for all correspondence \*\*\** | | |  | |

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| --- | --- | --- |
| **Manager Information** | | |
| **Name:** |  | | |
| **Email Address:** | |  | |

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| **Course Information** | | |
| **Course Title(s):** |  | | |
| **Date of Course(s):** | |  | |
| **Venue** (if known)**:** | | **Microsoft Teams** | |

Most sessions will be provided via Microsoft Teams, with a small number being held face to face.

If you are interested any of these modules, please email the booking form

attached to this leaflet to [WakefieldCAMHS.Training@swyt.nhs.uk](mailto:WakefieldCAMHS.Training@swyt.nhs.uk)

and we will be happy to place you on our list.

We will be in touch with you once your booking is received

and 1 week before the training to ensure that you are still able to attend.

**An Introduction to…Depression and Low Mood in Children and Young People**

**Date: Wednesday 24th January 2024**

**Time: 13:30pm – 16:00pm**

**Face to Face Meeting – Wellbeing & Learning Centre, Fieldhead Hospital**

* To explore what mental health is and how it impacts on children and young people that we work with.
* To identify signs and symptoms of children and young people who are experiencing low mood or depression.
* To develop strategies for working with children and young people with low mood or depression

**An Introduction to Child and Adolescent Mental Health**

**Date: Thursday 15th January 2024 -**

**Time: 10:00am – 12:00pm**

* To explore what mental health is and how it impacts on children and young people that we work with.
* To be able to recognise early indicators of mental health issues in children and young people.
* To think about different ways that you and other people can support children and young people with their emotional wellbeing.
* To gain more insight into CAMHS and when to access support from different aspects of the service.
* To think about the impact that Coronavirus may have had on an individual’s mental health

**Spring 2024 Training Dates**

**Understanding and working with Anxiety in Children and Young People**

**Date: Thursday 8th February 2024**

**Time: 09:30-12:00pm**

**Face to Face Meeting – Wellbeing & Learning Centre, Fieldhead Hospital**

* To explore what anxiety is and how it impacts on the children and young people that we work with.
* To think about different ways that you and other people can support children and young people with anxiety.
* To explore strategies to support children and young people with anxiety during the current Coronavirus pandemic

**Supporting Children and Young People who have experienced Bereavement or Loss**

**Date: Monday 19th February 2024**

**Time: 10:00am-12:00pm**

* To develop our understanding of the impact that loss and change has on those affected.
* To be able to recognise physical and emotional signs of distress when children are experiencing change and loss in their lives.
* To learn strategies and activities that can help children to manage change and loss.
* To think about how to respond when someone has experienced a bereavement during the Coronavirus pandemic.

**An Introduction to Self Harm**

**Date: Monday 11th March 2024**

**Time: 10:00am – 12:00pm**

* Develop an understanding of self-harm and why it might happen.
* Consider the difference between helpful and unhelpful attitudes towards self-harm.
* Consider strategies that we can use to support children and young people who are at risk of self-harming.
* Develop confidence when approaching the issue of self-harm.

**An Introduction to Suicide Awareness and Prevention**

**Date: Wednesday 20th March 2024**

**Time: 13:00pm-15:00pm**

* Consider our thoughts and attitudes about suicide.
* Think about and recognise the signs that someone is struggling with their mental health and considering suicide.
* Learn how to support young people where suicide may be a presenting issue.
* Learn where to access further support and next steps.

**Introduction to…Attachment in Children and Young People**

**Date: Thursday 07th March 2024**

**Time: 13:00pm-15:00pm**

* To explore and think about the key messages of attachment theory.
* To consider different attachment styles and identify associated trauma presentations.
* To explore strategies, we can use when working with children affected by attachment difficulties.

**The Impact of Sleep on Emotional Wellbeing**

**Date: Wednesday 28th February 2024**

**Time: 10:00am-12:00pm**

* To explore the importance of sleep and develop an understanding of how the body clock works.
* To develop an understanding of the links between sleep, resilience, and mental health.
* To develop an understanding of the strategies to optimise the chances of getting a good night’s sleep.
* To explore resources available to use with children, young people, and their families in everyday practice.
* To think about links between Coronavirus pandemic and sleep difficulties in children.

**Spring 2024 Training Dates Continued**