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**Wakefield CAMHS**

**Future in Mind MHST Training**

**Booking Form**

Please complete and return this form to [WakefieldCAMHS.Training@swyt.nhs.uk](mailto:WakefieldCAMHS.Training@swyt.nhs.uk) You will receive an email and invite confirming your booking.

**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 / Face to Face** | |

Sessions will be provided either via Microsoft Teams or Face to Face, all information will also be included in the invites.

If you are interested in 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 invites will be sent for the training sessions on receipt of the booking request form, subject to availability.

**Full Day Sleep Workshop for Professionals working with Children, Young People & Families**

**Date: Friday 31st January 2025**

**Time: 09:30am-16:30pm**

**Face to Face Meeting – Small Conference Room, Fieldhead Hospital**

* Develop an understanding of the importance of sleep and the strategies to promote good sleep.
* Think about children and young people with additional needs and how we can adapt strategies to meet these needs.
* Learn about sleep medication.
* Develop an understanding of teen sleep.
* Learn about ways to motivate and support families in improving sleep practices.
* Explore resources available to use with children, young people and families to optimise their chances of a good night’s sleep.

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

**Date: Tuesday 28th January 2025**

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

**Virtual – Microsoft Teams**

* 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: Tuesday 14th January 2025**

**Time: 10:00am – 12:30pm**

**Face to Face Meeting – Small Conference Room, Fieldhead Hospital**

* 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.

**Spring 2025 Workforce Development Training Dates**

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

**Date: Thursday 27th February 2025**

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

**Virtual – Microsoft Teams**

* 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 or loss.

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

**Date: Thursday 13th February 2025**

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

**Virtual – Microsoft Teams**

* 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.

**Summer Holiday 2024 Training Dates**

**An Introduction to Self Harm**

**Date: Tuesday 1st April 2025**

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

**Virtual – Microsoft Teams**

* 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: Thursday 03rd April 2025**

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

**Virtual – Microsoft Teams**

* 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.

**The Impact of Sleep on Emotional Wellbeing**

**Date: Thursday 13th March 2025**

**Time: 13:00pm-15:30pm**

**Face to Face Meeting – Small Conference Room, Fieldhead Hospital**

* 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 sleep difficulties in children.

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

**Date: Tuesday 25th March 2025**

**Time: 13:00pm-15:30pm**

**Face to Face Meeting – Large Conference Room, Fieldhead Hospital**

* 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.

**Spring 2025 Workforce Development Training Dates Continued**

**Summer 2025 Workforce Development Training Dates**

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

**Date: Thursday 8th May 2025**

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

**Virtual – Microsoft Teams**

* 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: Tuesday 29th April 2025**

**Time: 10:00am – 12:00pm**

**Virtual – Microsoft Teams**

* 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.

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

**Date: Tuesday 17th June 2025**

**Time: 13:00pm-15:30pm**

**Face to Face Meeting – Large Conference Room, Fieldhead Hospital**

* 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.

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

**Date: Thursday 22nd May 2025**

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

**Virtual – Microsoft Teams**

* 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 or loss.

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

**Date: Tuesday 13th May 2025**

**Time: 10:00am-12:30pm**

**Face to Face Meeting – Small Conference Room, 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.

**The Impact of Sleep on Emotional Wellbeing**

**Date: Thursday 12th June 2025**

**Time: 10:00am-12:30pm**

**Face to Face Meeting – Small Conference Room, Fieldhead Hospital**

* 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 sleep difficulties in children.

**Summer 2025 Workforce Development Training Dates Continued**

**An Introduction to Self Harm**

**Date: Thursday 26th June 2025**

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

**Virtual – Microsoft Teams**

* 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: Tuesday 1st July 2025**

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

**Virtual – Microsoft Teams**

* 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.

**Autumn 2025 Training Dates Coming Soon!**