



Mental Health & Well-being



**MENTAL
HEALTH
SHORTS
2021/22**

A series of shorter CPD events on key areas of mental health and emotional well-being.

These sessions integrate psychoeducation and education practice, equipping you to further improve support to pupils and the whole school.



BEP Mental Health Shorts offer the following courses and workshops to any school or academy working with young people.

There are 10 sessions in the series. These sessions are free for Birmingham / Solihull schools.

NON Birmingham / Solihull schools: Each session costs £50 OR you can book all 10 for £450.

TO BOOK, VISIT <https://bep.education/events/>

ALL SESSIONS ARE LED BY PSYCHOTHERAPIST ANNA ROBINSON AND EXPERIENCED EDUCATION LEADERS MANDY MCCROHON AND ANNA BATEMAN FROM BEP'S NEWSTART TEAM - UNLESS STATED OTHERWISE.

MANAGING ANXIETY

DATE: 8TH OCTOBER 2021, 9.00AM - 11.30AM OR 1.00PM - 3.30PM

PHASE: ALL

THIS SESSION IS RELEVANT FOR BOTH PRIMARY AND SECONDARY. ANXIETY BELONGS IN EVERY DAY LIFE. BUT SOMETIMES, IT CAN BECOME MORE CONSTANT THAN WE WOULD LIKE. THIS WORKSHOP WILL HELP YOU UNDERSTAND A LITTLE MORE ABOUT THE PSYCHOLOGY OF ANXIETY AND HOW YOU CAN SUPPORT PUPILS IN SCHOOL WHO MAY BE FEELING MORE ANXIETY THAN OTHERS.

UNDERSTANDING SELF-HARM

DATE: 18TH NOVEMBER 2021, 9.00AM - 11.30AM OR 1.00PM - 3.30PM

PHASE: ALL

RELEVANT FOR BOTH PRIMARY AND SECONDARY SCHOOL STAFF, THIS WORKSHOP WILL BUILD YOUR CONFIDENCE IN UNDERSTANDING SELF HARM AND ALSO HELP YOU LEARN HOW SCHOOLS CAN SUPPORT PUPILS.

EXAM STRESS

DATE: 2ND DECEMBER 2021, 9.00AM - 11.30AM OR 1.00PM - 3.30PM

PHASE: ALL

RELEVANT FOR PRIMARY AND SECONDARY, THIS SESSION WILL PROVIDE YOU WITH TOOLS AND TECHNIQUES TO SUPPORT YOUR PUPILS AROUND THE STRESS ASSOCIATED WITH EXAMS AND ASSESSMENTS.

GENDER IDENTITY

DATE: 21ST JANUARY 2022, 9.00AM - 11.30AM

PHASE: ALL

THIS SESSION IS RELEVANT FOR BOTH PRIMARY AND SECONDARY. THE SESSION WILL EXPLORE HOW WE CONSTRUCT GENDER AND THE CURRENT GUIDANCE ON SUPPORTING AND ENCOURAGING PUPILS IN SCHOOL TO HAVE CONVERSATIONS WITH PEERS AND STAFF. THIS SESSION WILL BE PRESENTED BY PHILIPPA CLARK, A FORMER GENDER CLINIC WORKER.

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PARENTS WHO CHALLENGE US

DATE: 21ST JANUARY 2022, 1.00PM - 3.30PM

PHASE: ALL

WE KNOW HOW IMPORTANT PARENTS ARE IN HELPING US TO SUPPORT CHILDREN AND YOUNG PEOPLE. IN THIS ENGAGING WORKSHOP WE WILL THINK ABOUT HOW AND WHY PARENTS MIGHT FIND IT DIFFICULT TO ENGAGE WITH US AND WHAT MORE WE CAN DO TO BUILD TRUST AND RAPPORT. THIS SESSION IS RELEVANT FOR BOTH PRIMARY AND SECONDARY.

STAFF WELLBEING

DATE: 1ST FEBRUARY 2022, 9.00AM - 11.30AM OR 1.00PM - 3.30PM

PHASE: ALL

RELEVANT FOR BOTH PRIMARY AND SECONDARY SCHOOL STAFF, THIS WORKSHOP WILL PROVIDE INSIGHTS THAT WILL HELP YOU SUPPORT YOUR OWN WELL-BEING AS YOU WORK TO SUPPORT THE WELL-BEING OF OTHERS.

INCREASING REFLECTIVE PRACTICES IN SCHOOLS

DATE: 27TH APRIL 2022, 9.00AM - 11.30AM OR 1.00PM - 3.30PM

PHASE: ALL

REFLECTIVE PRACTICE TOOLS CAN BE HELPFUL IF YOU ARE SEEKING TO EMBED A WIDER CULTURE OF SUPERVISION IN YOUR SCHOOL AND WHERE YOU ARE ON A JOURNEY TO BEING A TRAUMA INFORMED SETTING. THIS SESSION WILL PROVIDE YOU WITH TOOLS AND TECHNIQUES FOR WHEN YOU AND YOUR TEAMS BECOME MORE REFLECTIVE PRACTITIONERS.

LED BY SPECIALIST SENIOR EP KAY JACKSON AND PSYCHOTHERAPIST AND SUPERVISOR ANNA ROBINSON WE WILL INTRODUCE YOU TO A RANGE OF APPROACHES FOR REFLECTIVE PRACTICE. WE WILL ALSO CONSIDER THE ROLE OF DEBRIEFS IN SCHOOL FOR INCIDENTS WHICH MAY NOT BE CLASSED AS 'CRITICAL' BUT ARE IMPACTFUL NONETHELESS.

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BEREAVEMENT AND LOSS

DATE: 28TH APRIL 2022, 9.00AM - 11.30AM OR 1.00PM - 3.30PM

PHASE: ALL

THIS TRAINING HAS BEEN BUILT ON AND DEVELOPED WITH PASTORAL AND SAFEGUARDING COLLEAGUES AND BEYOND THE HORIZON CHARITY.

IT WILL FOCUS ON UNDERSTANDING BEREAVEMENT AND LOSS IN THE WIDEST SENSE, WHAT YOU AS A SCHOOL CAN DO TO SUPPORT THOSE WHO HAVE EXPERIENCED LOSS AND HOW YOU CAN ENSURE YOUR SCHOOL CAN RESPOND APPROPRIATELY TO BEREAVEMENTS THAT IMPACT THE WHOLE SCHOOL. THE SESSION CONTENT IS EVEN MORE PERTINENT TO SCHOOLS IN THE CURRENT CLIMATE.

SUPPORTING PUPILS WITH DISORDERED EATING

DATE: 9TH JUNE 2022, 9.00AM - 11.30AM OR 1.00PM - 3.30PM

PHASE: ALL

RELEVANT FOR PRIMARY AND SECONDARY STAFF, THIS WORKSHOP WILL LOOK NOT ONLY AT EATING DISORDERS AND HOW SCHOOLS CAN DIRECTLY HELP BUT ALSO HELP STAFF TO UNDERSTAND THE MANY WAYS IN WHICH DIS-ORDERED EATING CAN MANIFEST ITSELF AND BE HELPED.

EMOJIS AND EMPATHY

DATE: 30TH JUNE 2022, 9.00AM - 11.30AM OR 1.00PM - 3.30PM

PHASE: ALL

RELEVANT FOR PRIMARY AND SECONDARY STAFF, THIS SESSION LOOKS AT EVIDENCE SHOWING WHY EMPATHY IS SO FUNDAMENTAL FOR CHILDREN'S DEVELOPMENT AND IMPORTANT AS PART OF YOUR SCHOOL'S WHOLE CULTURE AND CURRICULUM AND IS CRUCIAL FOR PHSE DELIVERY.
