

Child and Adolescent Mental Health Forums

Causes of mental health difficulties and how to heal

with Dr Margot Sunderland, other top psychologists & experts by lived experience

Duration

Attend any of the 10 x 2-hour sessions (online with recorded listen later option)

Who should attend the training

Any child professional and/or parent wanting to help children and teenagers overcome mental health problems

When

From December 2024 to July 2025.
Recording for those who can't attend.

Fees

One off session: **£42**

All 10 sessions for the price of 9: **£378.00**

Group bookings for all 10 Sessions
(upon request/payable by invoice only)

Awards:

Certificate in Child and Adolescent Mental Health: **£545**

Certificate in Child and Adolescent Counselling Skills: **£995**

Award Option:

Certificate in Child and Adolescent Mental Health

- Attendance (live or recorded) at all 10 sessions
- 2 additional mental health webinars on relational skills
- Assessment (multiple choice)

Award Option:

Certificate in Child and Adolescent Counselling Skills

- Eligibility: Certificate in Child and Adolescent Mental Health
- 30 hours of child counselling skills on-line learning and skills practice/assessment

Session content

Module A: December 12, 2024 5.30pm to 7.30pm

Causes of mental health problems: helping children and young people heal.

Repeat of Module A: Jan 16, 2025 5.30pm to 7.30pm

Causes of mental health problems: helping children and young people heal.

Module B: January 30, 2025 5.30pm to 7.30pm

Causes of chronic anxiety, phobias, obsessive-compulsive rituals, panic attacks, insomnia: helping children and young people heal.

Module C: February 13, 2025 5.30pm to 7.30pm

Margot Sunderland and Tina Rae

Causes of emotionally-based school avoidance: helping children and young people heal.

Module D: March 13, 2025 5.30pm to 7.30pm

Causes of depression: helping children and young people heal.

Module E: March 20, 2025 5.30pm to 7.30pm

Margot Sunderland and Tina Rae

Causes of self-harm: helping children and young people heal.

Module F: April 24, 2025 5.30pm to 8.30pm

(3 hour with an interval)

Eleanor Longden (live only) Vicky Smith and Jack Nolan

Causes of hearing voices, dissociation, 'psychosis': helping children and young people heal

Module G: May 8, 2025 5.30pm to 7.30pm

Causes of low self-esteem/self-hate: helping children and young people heal.

Module H: May 22, 2025 5.30pm to 7.30pm

Causes of anger problems/complex post-traumatic stress/violent behaviour: helping children and young people heal.

Module I: June 26, 2025 5.30pm to 7.30pm

Margot Sunderland and Vicky Smith

Eating disorders, body dysmorphia, somatic symptoms, stress related physical illness: causes and healing.

Module J: July 3, 2025 5.30pm to 7.30pm

Margot Sunderland and David Coleman

Suicidal ideation and attempts: causes, healing and prevention.



For booking

www.childmentalhealthcentre.org

More information email:

info@childmentalhealthcentre.org

