

STRESS AND THE BRAIN IN CHILDREN AND TEENAGERS

This half-day interactive, online workshop is for family support practitioners, school staff, youth workers, social workers and those in public health, who are interested in understanding more about stress in children and young people and how adults can help them to manage stress. It provides an opportunity to understand the development of the stress response and the impact of trauma on the brain and behaviour. There will be opportunities for discussion and ideas for helping children and young people to manage stress.

LEARNING OUTCOMES FOR PROFESSIONALS

On completion of the training, practitioners will be able to:

- ✓ Understand the development of the stress response
- ✓ Reflect upon the influence of trauma on brain development and behaviour
- ✓ Understand the importance of relationships
- ✓ Review what children and young people need from adults to support them in managing stress
- ✓ Consider how to embed knowledge into practice

BOOK TRAINING:

£35 per person online

Visit our [online training calendar](#) to see training dates and book your place.

£575 for teams online

For a group of up to 20 practitioners. To find out more or to discuss booking a team training, please [get in touch](#).

Prices applicable to training courses delivered on the UK mainland.

training@emotionalhealth.org.uk 01865 401800

www.emotionalhealth.org.uk

