

Understanding anxiety in children and young people

Friday 31st January 2020, 9:00am – 3:00pm, Ashmount School, Loughborough

Anxiety is one of the most common causes of distress in children and young people and can be extremely debilitating. Whilst a certain amount of anxiety is considered normal, for some, the feeling of anxiety is far more intense and long-lasting.

Children and young people may experience the same symptoms as adults – shaking, crying, feeling sick or faint. Others, however, may keep their feelings of anxiety inside.

This course will develop your knowledge, understanding, skills and confidence to support children and young people who are struggling with anxiety. It will also develop your ability to prevent anxiety in children and young people.

Who should attend?

- Learning support assistants, classroom assistants, SEND support teachers/assistants, SENCO's/ trainee SENCO's and pastoral support staff and managers.

Participants will learn:

- to be aware of anxiety indicators, triggers and symptoms
- how anxiety can impact learning, relationships, attendance and behaviour
- how to provide effective support to children and young people who often feel anxious
- which strategies should be used to prevent anxiety from becoming an issue in the first place.

About the course leader

Cathi McKillop has a bachelor of education honours degree and a postgraduate certificate in Child and Adolescent Mental Health. Cathi has worked in schools and colleges for 18 years and spent 12 years working for the Educational Psychology Service in Leicestershire.

Cathi specialises in therapeutic work with children and young people. She also offers practical advice to their teachers and parents so that they can support the child effectively too.

She provides coaching and mentoring for school staff who may be finding classroom/behaviour management difficult.

Ways to book

[Click here](#) to book a place

or

Email: jessefans@ashmount.leics.sch.uk

£95 (members)
£120 (non-members)