

INSET Training Menu



LANCASHIRE
EMOTIONAL HEALTH
IN SCHOOLS

Funded by:

Lancashire
County
Council 

We can provide a range of staff INSET training sessions in your school to the full staff team or smaller groups. All training is FREE OF CHARGE to primary and secondary schools and colleges in the Lancashire County Council area. Sessions can be delivered during or after school. Session length is flexible (from 1 hour up to a full day), according to need.

Full day sessions are also delivered by us at Lancaster University, please get in touch for more details. Please contact Dr. Richard Slinger, Service Lead, at r.slinger@lancaster.ac.uk for more information.

What is Mental Health?

An introductory session aimed at improving awareness and understanding of mental health and mental health problems in young people. Learn how we can see mental health as a universal phenomenon, and improve empathy and reduce misunderstanding and stigma around mental health difficulties.

Helping with Anxiety and Stress

Improve knowledge and understanding around anxiety in young people. Learn helpful ways to respond to and prevent anxiety difficulties. Access practical resources to use with young people to discuss anxiety difficulties.

ACEs and Assessing and Understanding Children's Mental Health

Understand the importance and impact of Adverse Childhood Experiences (ACEs). Learn ways to put information together to form a better understanding of a young person's emotional health, and to inform intervention plans.

Our training sessions are delivered by clinical psychologists with experience of working in specialist child mental health settings and delivering training to adult learners.

Sessions can be tailored to be suitable for all staff, and are part of a comprehensive package providing appropriate training for the 'Designated Mental Health Lead' role in schools, as outlined in the recent government Green Paper.

Understanding and Promoting Resilience

Learn ways to understand resilience in young people. Learn about assessing risk and vulnerability, including the impact of life events, Adverse Childhood Experiences, as well as strengths and skills. Learn ways to promote resilience, confidence and self-esteem in pupils.

Communicating with Children Who Are Distressed, Angry, Anxious or Unhappy

Learn ways to communicate better with young people around emotional/mental health issues. Learn helpful ways of understanding and responding to challenging situations and conversations, e.g. stress, worry, anger and distress.

Understanding and Using Attachment Theory to Inform Interventions

An introduction to attachment theory, and how to work in an attachment-informed way. Learn how attachment influences relationships and behaviour across the life-span, and how this can present in schools. Learn ways to use attachment theory practically in interventions with children and their families.

Helping with Low Mood and Depression

Improve knowledge and understanding around low mood and depression in young people. Learn helpful ways to respond to and prevent difficulties with low mood. Access practical resources to use with young people to discuss mood difficulties.

Motivational and Solution-focused Approaches

Learn practical motivational techniques to talk to young people and improve their motivation to change. Learn practical solution-focused techniques, helping people identify successes, changes and improvements they would like to make.