

### Certificate in Adolescent Mental Health 2016-17

#### Level 1 - Training Sessions

Date/Venue	Session	Facilitator
Thursday 22 <sup>nd</sup> September 2016  The Tower 3.30pm – 4.30pm	Introduction to Adolescent Mental Health	Clive Tobutt – Senior Lecturer, UW; Registered Nurse: Mental Health & Adult Nursing
Thursday 6 <sup>th</sup> October 2016  The Tower 3.30pm – 4.30pm	The Teenage Brain	Lorraine Lee – ReCap
Thursday 17 <sup>th</sup> November 2016  The Tower 3.30pm – 4.30pm	Anxiety	Caoimhe Weeks/Larissa Cunningham Educational Psychology
Thursday 8 <sup>th</sup> December 2016  Venue TBC 3.30pm – 4.30pm	Substance Abuse	Jane Berridge Welfare Team Manager, Kings' School
Thursday 12 <sup>th</sup> January 2017  The Tower 3.30pm – 4.30pm	Motivational Interviewing	Clive Tobutt – Senior Lecturer, UW; Registered Nurse: Mental Health & Adult Nursing
Thursday 16 <sup>th</sup> February 2017  The Tower 3.30pm – 4.30pm	Self-Harm Part I	Dr Gavin Lockhart BSc Hons, PGCert, DCLinPsych, CPsychol, AFBPsS  Chartered Psychologist, Registered Clinical Psychologist & Accredited Cognitive Behavioural Psychotherapist

<p>Thursday 9<sup>th</sup> March 2017</p> <p>The Tower 3.30pm – 4.30pm</p>	<p>Self-Harm Part II</p>	<p><b>Dr Gavin Lockhart</b> BSc Hons, PGCert, DCLinPsych, CPsychol, AFBPsS</p> <p>Chartered Psychologist, Registered Clinical Psychologist &amp; Accredited Cognitive Behavioural Psychotherapist</p>
<p>Thursday 6<sup>th</sup> April 2017</p> <p>The Tower 3.30pm – 4.30pm</p>	<p>Mindfulness</p>	<p>Alexia Drakakis - Trained .b Teacher (Mindfulness in Schools Project)</p>
<p>Thursday 18<sup>th</sup> May 2017</p> <p>The Tower 3.30pm – 4.30pm</p>	<p>Eating Difficulties/Body Image</p>	<p><b>Dr Gavin Lockhart</b> BSc Hons, PGCert, DCLinPsych, CPsychol, AFBPsS</p> <p>Chartered Psychologist, Registered Clinical Psychologist &amp; Accredited Cognitive Behavioural Psychotherapist</p>
<p>Thursday 8<sup>th</sup> June 2017</p> <p>The Tower 3.30pm – 4.30pm</p>	<p>Tutor Talk</p>	<p>Andy Hider – Head of Pupil Support, The Westgate School</p>
<p>Thursday 13<sup>th</sup> July 2017</p> <p>The Tower 3.30pm – 4.30pm</p>	<p>Evaluation/Presentation of Certificates</p>	<p>Clive Tobutt – Senior Lecturer, UW; Registered Nurse: Mental Health &amp; Adult Nursing</p>