**Children's Mental Health in the Covid-19 Era**

**WEBINAR, Tuesday 2nd November, 09.00 TO 14.00**



For senior leaders, managers and other educators in mainstream and special settings, who want to learn more about understanding and responding to children and young people mid- and post-pandemic.

Arguably, the Covid-19 pandemic is bringing about the biggest changes our current society has experienced. This is a particularly challenging time for educators, who are trying to meet a range of complex needs across the whole population of the school. Knowledge about the impact of trauma (and *this* trauma in particular) and how to respond is perhaps the single, most important characteristic of a post-pandemic approach that is fit for purpose and takes seriously the range and extent of mental health difficulties related to the pandemic. Unfortunately, there has been in many quarters a focus upon ‘lost learning’, ‘getting behind’ and ‘catching up’. This narrative is incompatible with the process of recovery from loss, trauma, anxiety and grief and is more about the results culture that so many schools, and society in general, are steeped in. We have an opportunity now to develop new ways, which put the child, his overall well-being and secure development at the center of education. Without this academic results can have no authentic meaning or personal value to the child going forward into the world of adulthood and work.

Mental health issues have grown exponentially during the Covid-19 Era, with all age groups being negatively affected, and for children and teenagers, the impact has been even worse. The symptoms of mental health issues can be largely ignored or misinterpreted as temper, tantrums, laziness, disobedience, non-compliance etc. until the problem becomes very severe. During this one-day workshop, attendees will learn how recognise and distinguish between healthy and maladaptive coping mechanisms, how to understand them, and how to respond in ways that are supportive. Mental health in general will be considered, and there will also be a focus upon developmental regression; separation anxiety disorder and reclusivism; dissociation; OCD and germaphobia; multi-levelled trauma and social recovery.

The day will consist of trainer input, reflective activities for attendees (offline), online discussions and Q&A.

**We anticipate high levels of interest. Please book early to secure your place**

**About the trainer**

Dr Jennifer Nock is an Educator and Chartered Psychologist, with many years of experience working with children and young people, their families and educators. She is passionate about supporting educators and parents to better understand mental health, behaviour and relationships, and to view children and young people through a developmental lens.

For additional information, and testimonials from our clients please visit our website: <http://www.jennifernocktrainingandconsultancy.com/>

**Date Tuesday 2nd November 2021, 09.00-14.00**

**Venue**: **WEBINAR [on ZOOM]**

**Fee: £90 + VAT per person registered**

**To reserve your place and request an invoice please contact us by email:** **jennifernock@protonmail.com** **and complete and send the booking form below.**

**NB: It is most important that you include both the contact email details of the attendee AND those of the person in your organisation who processes payment of invoices.**

**Application form, Children’s Mental Health in the CoVID-19 ERA**

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 **Please complete in block capitals**

**NB: YOU CAN CANCEL your ATttendance on the WEBINAR but you must GIVE US FIVE WORKINGS DAYs’ NOTICE OF CANCELLATION, oTHERWISE YOU BE CHARGED THE WEBINAR FEE**

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| **Name of ATTENDEE:** | **School/organisation name and FULL address:** |
| **Role IN SCHOOL:**  | **CONTACT Email OF ATTENDEE:**  |
| **Date: Tuesday 2nd November 2021, 09.00-14.00****Fee: £90 +VAT (£108) for each Attendee** |
| **PAYMent Details:****PLEASE Supply the NAME AND CONtact details of THE person who will process payment of invoice:****BACS payments are our preferred method (details will be furnished on the Invoice) but we are happy to receive cheques made payable to ‘Jennifer Nock Training and Consultancy’** |