

# HOSTA



Hazel Oak Specialist Teaching Alliance

## COGNITIVE BEHAVIOURAL APPROACHES IN THE CLASSROOM

**Day 1: THURSDAY 16/11/17 9:00am-4:00pm**

**Day 2: THURSDAY 14/12/17 9:00am-4:00pm**

- ◆ Our students can be overwhelmed with anxious and negative thoughts and doubts, resulting in poor resilience and a negative sense of self. This can manifest itself in a school setting as challenging behaviour, anger or demotivation or a combination of these.
- ◆ **Cognitive behavioural approaches** help to support young people in reconsidering negative assumptions. With practice, changing negative thought patterns or opinions can ultimately help young people to become more able to control and change their behaviours. Cognitive behavioural approaches focus upon the 'here and now' and examine ways to improve the individual state of mind in the present time, preventing the escalation of perceived difficulties and problems.

This training package aims to support staff who work with children and young people to develop their knowledge of therapeutic approaches that can be used in school settings to help identify and help students to develop social, emotional or behavioural skills.

### Training Facilitator:

*Lisa Sabotig [BA (Hons), Cert Ed., MA (Child Psychology), MSc (Educational Psychology), Cert. Res. Ed. HCPC Registered*

***Lisa will also visit your school setting for a personalised support session following completion of this 2 day training programme.***

**TRAINING WILL TAKE PLACE AT: HAZEL OAK SCHOOL, HAZELOAK ROAD, SHIRLEY, SOLIHULL, B90 2AZ** COST: **£150\* per day** (*discount available for HOSTA schools*)

**We anticipate high levels of interest in this course. To reserve your place, please call Selina Ahmed, HOSTA Co-ordinator on 0121 744 4162 or email: [info@hosta5.co.uk](mailto:info@hosta5.co.uk)**

**\* A £50 non-refundable deposit is required to secure your place.**