

Session 2 - Workshop (13.30 – 14.15/14.30) Thursday May 11th
2M22 Session lead: Stephanie Evans
Room: Meeting Room 122

Title: Workshop: Mental Health in Children: Awareness raising with beginning teachers

Lead Presenter: Stephanie Evans – University of Cumbria

Aim: A group of student teachers put together a short video presentation entitled 'Are the kids alright?' covering the topic of mental health issues in children. They expressed concern that currently there is a lack of support and knowledge for new and experienced teachers in this area, despite all the current agendas on children's mental health due to over testing, for example. This chimed with my own interests in this area as I enter the world of health provision from a background of education, with my training in cognitive behaviour therapy.

Content: This workshop will seek to engage with others in exploring the research in progress of an introductory session that aims to support new teachers in developing their knowledge, awareness, empathy and role within supporting mental health issues in children, within a climate of well being agendas. This is the first step in developing a professional development package on the issue.

Thinking deeply about teacher education: The workshop will not only focus on the well being of pupils but the well being of teachers, particularly those early in their career. It will explore feedback from trainees and the emotional support that is needed to enhance their survival in the profession.

Workshop structure:

1. Overview of research to date, in particular feedback from trainees
2. Focussed activities for participants to contribute/question research so far
3. Plenary – next steps – network for collaborative work

The country/ies to which the presentation relates: The area of study is relevant across the UK and internationally.