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## Layered Learning CPD Packages



The layered learning CPD packages provide an opportunity to build upon existing knowledge. Each package is made up of a theory-based recorded session, a reflective practice session, and a strategy and resource sharing session.

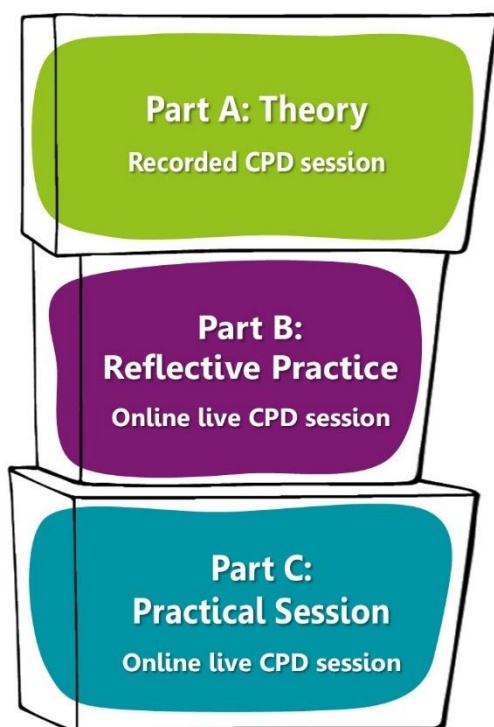
We are currently providing two CPD packages which are available to access as an introductory 3-Part series:

- **Mind, Body and Mental Health**
- **Self-harm and Suicidal Behaviours in Children and Young People**

These packages aim to layer professionals' learning and develop awareness of different issues/themes relevant to work in schools and education settings.

We run all packages in open cohorts. These packages are suitable for staff working with children and young people across a range of settings and age ranges (from Early Years to University).

Once you have completed the package, you will have access for a limited period to a dedicated [Padlet](#) page which will include further materials and resources.



### Package details:

- This package needs to be completed in sequence (Part A → Part B → Part C).
- You will be provided access to a Padlet page which will include the Part A recorded session and the Zoom links for the Part B and Part C online live sessions.
- The Part A recorded session will be available to watch up until the date of the Part B session.
- The Part A session is approximately 1 hour.
- Both Part B and Part C sessions are 1.5 hours on selected dates.

Please turn over for **more information** about the Part A, Part B, and Part C sessions.

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## Mind, Body, and Mental Health



### **Part A: Theory**

This session introduces a timeline of mind-body theories (including cross-cultural perspectives), history and definitions of mental health in the UK, theoretical perspectives and approaches relating to the mind-body system, and possible factors that can affect the mental (and physical) health of children and young people. It also provides an opportunity to reflect on how the learning can help you in your practice/work using example scenarios.

### **Part B: Reflective Practice**

During a reflective session, you will be invited to be curious about yourself, the subject, and working with children and young people who experience difficulties or problems due to poor mental health. This is an opportunity to share experiences, reflect on the work that you do and how you respond to the children and young people that you support. We will start to think about the impact/influence of the work on our individual wellbeing, how we can take responsibility for taking care of ourselves, and what we as professionals can learn from this.

### **Part C: Practical Session**

This practical session provides dedicated time for signposting and recommendations, strategy and resource sharing, and a space for discussions with colleagues around how you look after yourselves.

## Self-harm and Suicidal Behaviours in Children and Young People

### **Part A: Theory**

This session introduces history and developments of theoretical perspectives, social and cultural assumptions around self-harming behaviours, thinking around self-harm and suicidal behaviours and how this can inform approaches. It also provides an opportunity to reflect on how the learning can help you in your practice/work using example scenarios.

### **Part B: Reflective Practice**

During a reflective session, you will be invited to be curious about yourself, the subject, and working with children and young people who self-harm and/or express suicidal thoughts and behaviours. This is an opportunity to share experiences, reflect on the work that you do and how you respond to the children and young people that you support. We will start to think about the impact/influence of the work on our individual wellbeing, how we can take responsibility for taking care of ourselves, and what we as professionals can learn from this.

### **Part C: Practical Session**

This practical session provides dedicated time for signposting and recommendations, strategy and resource sharing, and a space for discussions with colleagues around how you look after yourselves.

[Find out about our upcoming dates and book on here](#)

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