



INSET

Training Menu

Funded by:



We can provide a range of staff INSET training sessions in your school to the full staff team or smaller groups.

All training is FREE OF CHARGE to primary and secondary schools and colleges in the Lancashire County Council area. Sessions can be delivered during or after school. Session length is flexible (from 1 hour up to a full day), according to need. Full day sessions are also delivered by us at Lancaster University, please get in touch for more details.

Please contact Dr. Richard Slinger, Service Lead, at rslinger@lancaster.ac.uk for more information and to arrange training in your school.

What is Mental Health?

An introductory session aimed at improving awareness and understanding of mental health and mental health problems in young people.

Helping with Anxiety and Stress

Improve knowledge and understanding around anxiety in young people.
Learn helpful ways to respond to and prevent anxiety difficulties.
Access practical resources to use with young people to discuss anxiety difficulties.

Understanding and Promoting Resilience

Learn ways to understand resilience in young people
Learn about assessing risk and vulnerability, including the impact of Adverse Childhood Experiences
Learn ways to promote resilience, confidence and self-esteem in pupils

Enhancing Communication Skills

Learn ways to communicate better with young people around emotional/mental health issues.
Learn helpful ways of understanding and responding to challenging conversations, e.g. stress, worry, anger and distress.

Assessing and Understanding Young People's Mental Health

Learn ways to put information together to form a better psychological understanding of a young person's history.

Improve understandings of mental health to better inform intervention plans.

Understanding and Using Attachment Theory

Introduction to attachment theory, and how to work in an attachment-informed way. Learn how attachment influences relationships and behaviour across the life-span, and how this can present in schools.

Learn ways to use attachment theory practically with young people and families.

Motivational and Solution-focused Approaches

Learn practical motivational techniques to talk to young people and improve their motivation to change.

Learn practical solution-focused techniques, helping people identify successes, changes and improvements they would like to make.

Helping with Low Mood and Depression

Improve knowledge and understanding around low mood and depression in young people.

Learn helpful ways to respond to and prevent difficulties with low mood.