



Salisbury CPD

Challenging Children and Teenagers with Dr Margot Sunderland

***Bad behaviour? ADHD? Genetics? Parenting? Stress? Trauma?
Preventing the hazard of misdiagnosis and enabling effective intervention.***

Parents and teachers can find themselves bewildered as to why a child or teenager is behaving in a way that seems so different to that of other children. Some are relieved when they are given a diagnosis. For others it's a bombshell. Whatever the reaction, the worry is that when children are given a diagnosis people stop thinking. With the focus on presenting behaviour, often hidden contributors such as unprocessed trauma or loss, relational stress or relational poverty and their effects on mind and brain, are not considered. For example many children diagnosed with ADHD are actually suffering from PTSD (post traumatic stress disorder), as symptomatology is very similar.

Moreover, research shows that the field is rife with misdiagnosis. Seventy-five percent of children evaluated for conditions such as ADHD and Oppositional-Defiance Disorder receive medication on the very first visit to the doctor or appropriate professional. The unfortunate underlying message is: 'You need a pill to manage your feelings'. As a result many children and teenagers wind up on medication when sometimes underlying un mourned grief or relational stress is the main contributing factor. That said, at other times diagnosis is absolutely correct and serves the child/teenager very well.

At last on this training day, attendees will be offered **up-to-date psychological research and brain scientific evidence on the causes of challenging behaviour**. From this essential knowledge base, Dr Sunderland will offer a wealth of practical tools of what to do, what to say and how to be. Dr Sunderland will also demonstrate how understanding underlying causes can enable professionals and parents alike to relate to the child / teenager from a far stronger place of empathy and confidence. This is key to feeling skilled at the art of **therapeutic conversation**.

In summary, this day aims to empower parents, carers, teachers and child professionals to feel more empowered regarding diagnosis and enabled to make effective responses to the most challenging of troubled children/teenagers and so enabling them to thrive.



Benefits from attending this training day

- Understand the debate around the help and hindrance of child and adolescent diagnoses
- Understand the role of brain as well as mind in common diagnoses
- Learn the most up-to-date research (both brain science and psychology) on ADHD, Autistic spectrum, anxiety and depressive disorders, conduct and oppositional defiance disorders
- In making or questioning a diagnosis, learn how to consider underlying causes as well as presenting behaviours
- Understand the role of relational stress and relational poverty in children/teenagers who present as mentally unwell.
- Be empowered to make effective assessments and treatment plans
Understanding how to address the psychological needs that can underpin a difficult behaviour
- Learn to recognise when bad behaviour points to unprocessed trauma or loss and what can be done
- Learn how to form meaningful connections with the most defiant and disruptive of children/teenagers
- Learn how to carry out conversations with children and teenagers that are deeply therapeutic
- Learn how to dramatically improve the quality of your relationship with a troubled child, so bad behaviour loses all appeal
- Case examples demonstrating initiatives for managing behaviour problems

Dr Margot Sunderland is Director of Education and Training at The Centre for Child Mental Health London, Honorary Visiting Fellow at London Metropolitan University, Associate Member of the Royal College of Medicine, and Child Psychotherapist with over twenty years experience of working with children and families. She is the author of over twenty books in the field of child mental health, which collectively have been translated into eighteen languages and published in twenty-four countries. Her internationally acclaimed book, "The Science of Parenting" (Dorling Kindersley) www.dorlingkindersley.co.uk, won First Prize in the British Medical Association Medical Book awards 2007 Popular Medicine section. (Paperback version entitled "What Every Parent Needs to Know"). The book, endorsed by one of the world's leading affective neuroscientists, Professor Jaak Panksepp, is the result of ten years research on the long-term effects of adult-child interaction on the developing brain. Dr Sunderland has two doctorates, one in child psychotherapy, thesis entitled "The Application of Art and Science to the Psychological Treatment of Children." Dr Sunderland was also a member of the Early Years Commission, Centre for Social Justice, Westminster and co- author of the cross party advisory report "The Next Generation" (early years intervention).

Dr Sunderland is also Chief Executive and Founding Director of The Institute for Arts in Therapy and Education, www.artspsychotherapy.org. The Institute is a British accredited Higher and Independent Education College and academic partner of London Metropolitan University. The Institute has been running for twenty years and currently has over 350 students. Dr Sunderland has written the syllabi for five Masters Degree programmes (London Metropolitan University and University of Exeter awards). Two of the Masters Degree programmes are unique in the field of child mental health, namely MA Integrative Child Psychotherapy and MA Education: Emotional Literacy for Children. She is also founder of the "Helping Where it Hurts" programme which offers free arts therapy to troubled children in Islington Primary schools. She directed the Gulbenkian funded research study, which in liaison with University of Cambridge School of Education, measured outcomes for this intervention. Dr Sunderland makes TV and radio appearances as a child and parenting expert. Overall, she is concerned to ensure that parents, teachers and mental health professionals alike, are offered the most up to date psychological and brain science research on how children and young people can be enabled to thrive. She is passionate about social change for a kinder, warmer world.

Margot has received international acclaim for her first class audio-visual presentations on a wide range of topics in child mental health and psychological health and well-being in general. Her use of images, film and case histories, along with her highly accessible use of language means delegates go away moved, inspired and informed.



DATE: Thursday 3 May 2012

TIME: 10 am – 4.00 pm
Refreshments will be available from 9.00 am.

COST: £135 per delegate if booked before 10 February 2012 - £145 after that date.
Includes lunch, refreshments and Certificate of Attendance

VENUE: Salisbury, to be confirmed

Booking information

To book this event, please email info@salisburycpd.co.uk or telephone Maryline Leese on 07757 656208. A booking form will then be sent out. It will need to be returned with full payment to secure the place. Payment can be made by cheque or BACS (full payment instructions will be given on the booking form).

Cancellation policy

- one month or more before the event: full refund given, minus £10 administration fee
- less than one month before the event: 50% refund given
- less than one week before the event: no refund given (however, delegate may be offered a place on another workshop if possible)

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