

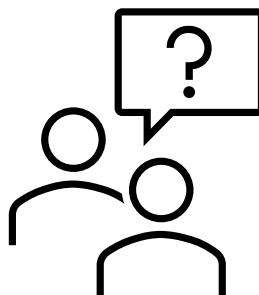
An introduction to using Cognitive Behavioural Approaches in Schools



Introduction to Cognitive Behavioural Approaches: Practical Strategies for Supporting Emotional Wellbeing

This engaging training offers a practical introduction to cognitive behavioural approaches for staff working with children and young people. Learn how to support pupils in recognising the links between their thoughts, feelings, and behaviours—empowering them to manage:

- Low mood
- Anxiety and worry
- Social difficulties
- Low self-esteem
- Stress and anger
- School avoidance



You'll gain insight into the theory behind cognitive behavioural approaches and take away actionable strategies to help pupils build resilience and cope better in school.

Who is it for?

Ideal for SENCos, teachers, TAs, learning mentors, and pastoral staff—particularly those working with upper KS2 and above (adaptable for lower KS2).

What's included?

- Full-day training session
- Two follow-up supervision sessions with an educational psychologist and assistant psychologist. Supervision sessions will take place within the months following your initial training. Sessions will be held in small groups and will offer you an opportunity to bring your cases and to collaboratively problem solve.

Outcome:

A clearer understanding of how to apply cognitive behavioural strategies in direct work with pupils experiencing emotional distress.

Date: 6th November 2025

Time: 9:30-15:30

Cost: £300 (This price includes a full day of training and two supervision sessions)

Venue: The Thornbury Centre, Thornbury Road, Birchfield, B20 3DE

To find out more or make a booking, please follow the link:

[An introduction to using Cognitive Behavioural Approaches in Schools \(with supervision\) | Birmingham Education Support Services](#)

If you have any questions, please contact:
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