



Our Team

Education Mental Health Practitioners (EMHP) and Children's Wellbeing Practitioners (CWP)

Qualified EMHPs/CWPS and EMHPs in training who offer low intensity CBT informed interventions for mild to moderate anxiety and low mood symptoms for children and young people (CYP) and parent led CBT interventions to help them support their child with anxiety or low level behaviour.

EMHPs/CWPs are also linked to their own allocated schools and offer and facilitate a whole school approach.

Cognitive Behaviour Psychotherapists (CBT)

BABCP Qualified CBT Therapists and CBT Therapists in training who can offer evidence based CBT interventions for moderate to severe symptoms associated to anxiety and low mood disorders that are having a significant impact on day to day life.

Systemic Family Practitioners (SFP)

SFPs provide an opportunity to guide members of a family to understand each other better, change negative behaviours and resolve conflicts by looking into their communication and interaction patterns and their individual and family strength.

Eye Movement Desensitisation and Reprocessing Practitioners (EMDR)

EMDR practitioners in training who can offer a structured therapy that encourages briefly focusing on a trauma memory and using eye movement stimulation to reprocess the memory.

Interpersonal Psychotherapy for Adolescents Psychotherapists (IPT-A)

IPT-A Psychotherapist offers individual psychotherapy for adolescents aged 12–18 who are suffering from depression which is likely to be caused by or maintained by difficulties with their relationship (s).



Education Mental Health Practitioner/Children's Wellbeing Practitioner (EMHP/CWP)

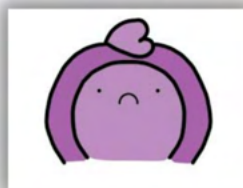
What an EMHP/CWP can work with;

Anxiety



Anxiety may include worry, separation anxiety as well as phobias, panic and avoidance.

Low mood



Low mood or depression that's stopping a young person from doing activities they once enjoyed.

Worry



Worrying can look like lots of "what if" thoughts about the future and often thinking something bad may happen.

Parenting support



1:1 support for parents who have noticed that their child may be worrying, not wanting to leave them or displaying low level behaviour.



Education Mental Health Practitioner/Children's Wellbeing Practitioner (EMHP/CWP)

What type of support can they offer?

1:1 Sessions

6 to 8 weeks of low intensity CBT informed intervention for ages 12+



Parent led interventions

6 to 8 weeks of low intensity CBT informed intervention for ages 8-11



Worry Management - cognitive work around challenging 'what if' thoughts linked to anxiety

Graded Exposure - behavioural approach to help a child/young person face their fears

Brief Behaviour Activation - increasing daily activities to help with low mood

Helping your child's fears and worries - intervention focusing on helping a parent recognise anxiety displayed by their child and provide them with skills to help support them

Incredible years - intervention focusing on helping a parent manage and adapt their child's low level behaviour at home

Groups

EMHPs/CWPs facilitate groups for all of the above interventions.





Education Mental Health Practitioner/Children's Wellbeing Practitioner (EMHP/CWP)

Whole school approach support offer;

Workshops



Workshops can be delivered to whole classes as well as small groups.



Peer mentoring training for pupils to support other pupils with their mental health and wellbeing.

Staff training



Training offered to schools to increase awareness and confidence in supporting pupils.



Consultations to school staff to discuss a child's needs and explore the best way to support them

Assemblies

Assemblies can be delivered to educate and increase awareness around mental health.





List of current workshops

(can be facilitated to a group/classroom/assembly)

- Anger workshop
- Body confidence workshop
- Bullying workshop
- Emotional Fitness (puberty)
- Exam stress
- Friendships
- Intro to MHST
- Introduction to Mental Health
- Low mood workshop
- Managing stress workshop
- Resilience workshop
- Staff wellbeing workshop (1hr workshop)
- Supporting Young People through Bereavement workshop
- Transition workshop
- Wellbeing hacks and 5 ways to wellbeing workshop
- Worry workshop

If you would like a workshop on a topic not on the above list please discuss
with your EMHP/CWP



Cognitive Behaviour Psychotherapist (CBT)

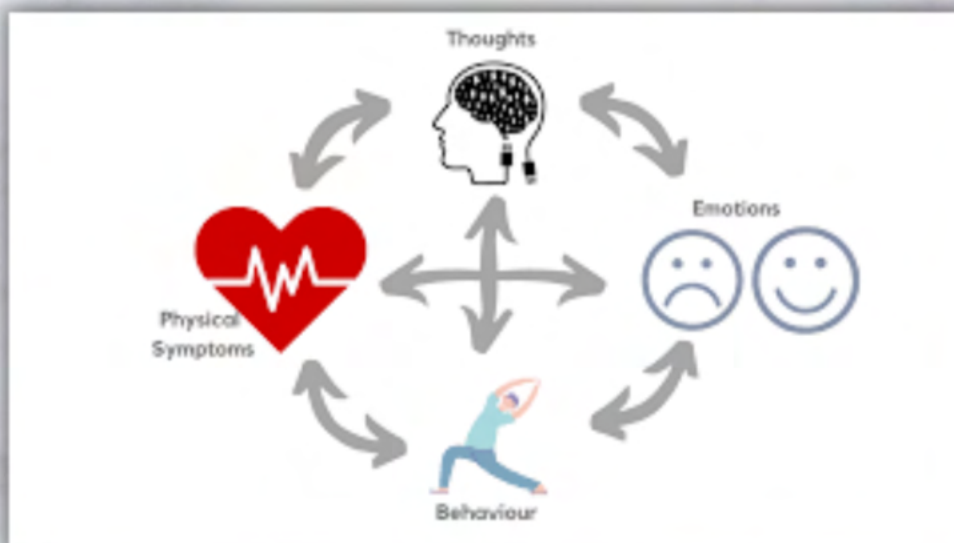
A CBT Therapist can offer 1:1 support for CYP experiencing symptoms associated to;

SOCIAL ANXIETY

GENERALISED ANXIETY

PANIC DISORDER

PHOBIAS



POST TRAUMATIC STRESS DISORDER (PTSD)

SEPARATION ANXIETY

LOW MOOD

OBSESSIVE COMPULSIVE DISORDER (OCD)



Cognitive Behaviour Psychotherapist (CBT)

A CBT Therapist can offer support through;

Cool Kids

Interactive online program for 7 to 12 year olds allows parents and children to work together to learn strategies to help manage anxiety. It consists of 8 online lessons for parents and children to complete together over 10 weeks.

Chilled Out

Interactive online program for 13 – 17 year olds allows teens to learn strategies to help manage anxiety. It consists of 8 online lessons for teens to complete independently over 10 weeks. Parents take the role of their teen's mentor to support their child to use the Chilled Out skills and useful ways to respond to their child's anxiety.



Systemic Family Practitioner (SFP)

A SFP Practitioner can offer support for;



A SFP practitioner can support CYP and their family to help explore multiple problems that may be occurring in a young person's life. These problems may be affecting school, home, community, relationships or communication. The CYP may be presenting as worried, anxious, tearful, tired, disconnected or displaying a change in behaviour. They may share issues at home or be experiencing regular challenges and fallouts with friends.

SFP practitioners explore with CYP their relationships with those around them and how they interact with others and the impact this is having on day to day life. SFP intervention focuses on improving communication and supporting a family to be solution focused with the goal to help them understand their relationships and work towards develop a better functioning home environment.



You can find out more about SFP at
<https://www.bacp.co.uk/about-therapy/types-of-therapy/systemic-therapy/>



Eye Movement Desensitisation and Reprocessing Practitioner (EMDR)



An EMDR practitioner can help people recover from distressing events and the problems they have caused, like flashbacks, upsetting thoughts or images, depression or anxiety. PTSD is caused by an inability to process the traumatic event naturally, often when the traumatic event feels especially overwhelming, shocking or distressing. An indication that a child or teenager may be struggling with symptoms of trauma following a traumatic event may include intrusions (episodes of 'remembering' the original event), flashbacks (where the child or adolescent may behave as if they are re-experiencing the original event) or avoidances of reminders of the event alongside behavioural or emotional changes.

Examples of traumatic events include: serious accidents i.e. road traffic collision, loss and grief, bullying.



Interpersonal Psychotherapy for Adolescents Psychotherapist (IPT-A)

A IPT-A Psychotherapist can offer support for;



IPT-A is a treatment for young people aged 12-18 years old with mild to moderate symptoms of depression which is likely to be caused by or maintained by difficulties with their relationship (s). This could be difficulties making and maintaining friendships, loss, conflict or significant changes that may have impact their relationships and subsequently mood.

IPT-A helps young people to make sense of the difficulties they are experiencing and to understand how their relationships with other people contribute to how they feel.

You can find more information about IPT at www.iptuk.net





Animal Assisted Therapy (AAT) with our IPT-A Psychotherapist

Meet Freud



AAT is a goal-directed intervention in which an animal is a 'tool' that is incorporated in to the treatment process. AAT will be facilitated alongside IPT as an option for young people to build on the therapeutic relationship or for young people who may struggle with a traditional "clinical" session model.

It works well with young people who have experienced loss or struggle to build trusting relationships and it can be really helpful for young people who may find building and maintaining relationships particularly difficult as it helps build the therapeutic rapport from the beginning of the intervention.



Senior Mental Health Lead Training (SMHL) for Schools and Colleges

**As the creator of NottAlone , our service manager
Dr Maddi Popoola leads the DfE approved SMHL
training for Nottingham City schools.**

The training covers the eight principles to promoting a whole school and college approach to emotional health and wellbeing;

- leadership and management
- identifying need and monitoring impact of interventions
- targeted support and appropriate referrals
- staff development
- creating an ethos and environment
- enabling the student voice
- working with parents, families and carers
- curriculum, teaching and learning

If you would like to sign up please go to the following link;
<https://www.nottalone.org.uk/senior-mental-health-lead-training?a=tp>

NottAlone



Case examples of a referral to MHST for;

EMHP/CWP

Low mood (12+ years):

'X appears to be a little withdrawn and sad most days. She says she feels tired, angry and doesn't enjoy doing anything anymore. X has started to be argumentative with her teachers.'

Anxiety (12+ years):

'X has been started to say she gets a funny feeling in her stomach and worries a lot when home alone. X says she doesn't want to come to school most days because her friends might not like her or she'll get her work wrong.'

Parenting led interventions (8-11 years):

Anxiety;

'X's Mum has shared that X is saying that they are quieter than normal in the mornings and often will say they don't feel very well. X will then say they don't want to leave their Mum and gets upset. X's Mum says she doesn't know how to help her child feel better and is becoming worried'.

Behavioural;

'X's Mum has shared that X has started to argue a lot at home and will often say horrible things to her and their siblings. At times X will also hit out and kick things and can't calm themselves down' .



Case examples of a referral to MHST for;

CBT

CYP experiencing symptoms associated to;

Social anxiety;

'X has shared that they worry about coming into school and going out with friends because they think people don't like them. They worry that people will think they look weird and doesn't feel that they can talk to anyone. X has stopped going out with friends and the thought of it makes them feel anxious. They have also stopped going to dance class and their school attendance has dropped to 70%'.

Low mood;

'X has shared that they can't be bothered to do anything anymore and have stopped going out after school. In school they appear withdrawn and teachers have noticed a decline in their school work and they have been reported to be talking back to staff which is unusual for them. During a recent conversation with a teacher they shared that they often think there's no point them being here'.



Case examples of a referral to MHST for;

CBT

CYP experiencing symptoms associated to;

Obsessions and Compulsions Disorder (OCD);

'X's Mum has told school that they are becoming really worried about X's behaviours at home. They shared that often it will take X 2 hours to get ready for school because they have to repeat what they do or they will get really upset. When speaking to X in school they shared that they have to do their morning routine 3 times otherwise they think something bad will happen to their family. They also spoke about other things such as having to wash their hands 3 times because they worry they or those around them will get ill. School staff have seen X's hands to be red and sore'

Post Traumatic Stress Disorder (PTSD);

'X was previously in a car accident while driving to Cornwall for their family holiday. Luckily everyone was ok but recently X has been noticeably more tired at work and when asked about this they've shared that they wake up from nightmares about the accident and has been getting up at 5am to walk to school because they do not want to get into a car. X's walk to school takes 1 hour 30 minutes'.



Case examples of a referral to MHST for; SFP

'X is 12 years old and appears to be struggling with worry and anxiety. They have shared that she has an argument with Mum and her big brother everyday before school. They've said that these often end in them all shouting at each other. In school we have noticed X to be more tired and tearful more often recently and there have been a few behaviour incidents in last 2 months that resulted in sanctions and X doesn't want Mum to know about these as she doesn't think her Mum cares. When school staff speak to Mum about this, she's shared that her and X's relationship has becoming more difficult recently and she feels their relationship has changed and would like to understand why'.



Case example of a referral to MHST for; IPT-A

'X is 15 years old and struggling with feeling low, sad and has become withdrawn. He spends a lot of time in their room and has stopped playing football because he recently moved schools and feels like he's lost all of his friends. X has also started to argue more with his Mum as he doesn't want to do anything anymore'.



Contacts and Information



Our website -
www.asklion.co.uk/mhst
nottingham

Scan here →



NottAlone

Local mental health advice and help
for young people in Nottingham
and Nottinghamshire. | NottAlone -
<https://nottalone.org.uk/?a=yp>

Nottingham City CAMHS



@CAMHS Nottingham City

www.nottinghamcity.gov.uk/camhs



@camhs_nottinghamcity

Child and Adolescent Mental Health Services (CAMHS) Crisis Resolution Home Treatment Team



CAMHS Single Point of Access for Self Referral which is
responded to within 72 hours: **0115 854 2299**

CAMHS Crisis Team for urgent assistance: **0115 844 0560**



Designed and created by
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Nottingham
City Council