

The Studio, Beacon House,
The Old Hospital, Chapelfields
Ardingly Road, Cuckfield,
West Sussex, RH17 5JR

£10
PER SEMINAR



PLEASE SEE PAGE TWO FOR
SEMINAR DATES AND TIMES

ABOUT THE TRAINERS

Dr Shoshanah Lyons 
is the clinical director and founder of Beacon House. As a clinical psychologist she feels huge passion for understanding mental health and relationships through a developmental trauma lens. She is a promoter and advocate for trauma-informed health, education, social care and criminal justice.

Kate Levy is an Educational Psychologist and offers a unique perspective which involves facilitating a shared understanding of the child's social, emotional and educational needs across a range of complex environments at school and home. Kate views her role as an advocate for the child and specialises in working with traumatised children. 

HOW TO BOOK

Book online to secure your place:

www.beaconhouse.org.uk/training

Please read our terms & conditions before booking a place

PARENT SEMINARS

Parenting a troubled child can be a very stressful experience. There is an overwhelming need to understand what is going on for your child, and most importantly, how to support them in the best ways possible. Whilst there are no 'magic answers', often knowing a little more about the difficulty your child is facing, and exploring different strategies to support them can be incredibly helpful. In this Parent Seminar Series, a Clinical Psychologist or an Educational Psychologist will walk you through how to understand the difficulty; and how to support your child in ways that can create change and hope. These are very much 'how to' seminars – you will leave with some practical strategies that you can try the moment you get home!

COURSE REQUIREMENTS

This seminar is suitable for all (ages 18+). Parents do not need to attend every session, please book on to the individual seminars that are of interest to you.

IMPORTANT INFORMATION

Refreshments are provided. Please bring a packed lunch if your seminar is during lunch time. Please be aware that we are not able to offer clinical advice about individual children during this training workshop

PAYMENT FOR THIS COURSE IS MADE UNDER THE FOLLOWING TERMS & CONDITIONS:

Courses are refundable up to 30 days prior to the date of the course. Any cancellation with less than 30 days notice are NON-REFUNDABLE. You may send a substitute delegate providing s/he meets the course criteria. We reserve the right to cancel the course date, in this case we will notify you by email as early as possible, and advise you of an alternative date or provide you with a full refund. In the event of a course cancellation under 7 days' notice, a new course date or refund will be organised for you. Under no circumstances are Beacon House are liable for any travel expenses, childcare, potential loss of income or any associated costs.

HOW TO PROMOTE YOUR CHILD'S SELF-ESTEEM | DR SHOSHANAH LYONS | 15TH NOV 2019 | 10.30AM - 12PM

This seminar explores parenting approaches which particularly support the development of your child's self-esteem. We look at the importance of having a close and open relationship with your child, and we discuss communication strategies that build confidence.

HOW TO REDUCE YOUR CHILD'S ANXIETY | DR SHOSHANAH LYONS | 24TH SEPT 2019 | 10.30AM - 12PM

Anxiety is the most common emotional difficulty affecting children and young people. This seminar looks at the different signs and symptoms of anxiety to help parents identify it in their child; and we explore a variety of strategies that can aid the reduction of anxiety.

HOW TO COMBAT LOW MOOD IN YOUR CHILD | DR SHOSHANAH LYONS | 26TH MARCH 2019 | 10AM - 11.30AM

Children as young as 5 or 6 can experience low mood, and in adolescents persistent low mood is increasingly an obstacle to becoming a happy, thriving young adult. We take a fresh look at mood difficulties across childhood, and discuss ways that parents can help their child to combat low mood.

HOW TO HELP YOUR CHILD WITH SELF-HARM | DR SHOSHANAH LYONS | 29TH NOV 2019 | 10.30AM - 12PM

Self-harm can start in the toddler years. For some children, it is a way of coping with their big feelings; and for others it is a way of communicating their needs. We look at the emotive topic of self-harm to help parents understand why their child may be hurting themselves. We explore and discuss how you can support your child with their self-harm, and what to do if you are concerned about your child's safety.

HELPING YOUR CHILD WITH LOSS AND BEREAVEMENT | DR SHOSHANAH LYONS | 5TH APRIL 2019 | 10AM - 11.30AM

It is natural for children to experience loss, transition and bereavement in their life. Some children find this very tough, and can become 'stuck' in their grief. This seminar looks at the stages of grief, and how parents can show their children that they are right by their side, walking through the process together.

STRENGTHENING YOUR CHILD'S ATTACHMENT | DR SHOSHANAH LYONS | 17TH APRIL 2019 | 10.30AM - 12PM

Babies and toddlers are shaped by the world around them. Early experiences of family, health and life events enables them to adapt and learn ways to cope with stress and the unexpected. Often, these children develop behaviour which can be challenging for the adults around them (e.g. 'too needy' or 'too withdrawn') and it can be helpful to understand this behaviour in terms of 'attachment'. We explain the nuts & bolts of what attachment is, why it's important and how to build on your child's secure attachment.

UNDERSTANDING TRAUMA IN YOUR CHILD | DR SHOSHANAH LYONS | 10TH MAY 2019 | 10.30AM - 12PM

It is common for children and teenagers to survive traumatic life events, from domestic abuse to car accidents; serious ill health to parental conflict. Whilst children are brilliant copers, big life experiences at any age can lead to post-traumatic stress (PTSD) and other difficulties. We explain what trauma is, and most importantly, how you can support a child who is still living in fear even though the danger has passed.

GETTING YOUR CHILD SETTLED TO LEARN | KATE LEVY | 15TH MARCH 2019 | 10.30AM - 12PM

Many children don't feel able to settle to learn at school. Difficulties can vary - from school refusal, to learning struggles to behaviour problems and more. This parent seminar will help you to understand the needs of your child in those moments of stress; and will explore a range of strategies and ideas about how to improve the home/school relationship; and how support your child's learning.

CREATIVE CONVERSATIONS | HELEN TOWNSEND | 22ND NOVEMBER 2019 | 10.30AM - 12PM

Vulnerable, troubled children and young people are easily triggered into feelings that are overwhelming. By exploring different ways of communicating about big feelings, difficult questions and worrying behaviours, we can support and empower our children to express themselves in a more positive and safer way.