

Supporting Those Who Support Others

TRAINING EVENT

24th September 2025

**Supporting the Anxious Child**

**Led by Clare Sullivan — Psychotherapeutic Counsellor, Trainer & Therapeutic Team Manager**

**Wednesday 24th September 2025 1-3.30pm**

**Venue: The Bungalow Partnership. Rosewood School Site. The Garth. Coulby Newham. Middlesbrough. TS8 0UG**

This training workshop will support Practitioners working with children and young people who present as anxious and who may be held back by overwhelming thoughts and emotional responses to challenge, new tasks, social situations, exams/ school work, medical interventions, or everyday situations. Attendees will learn about approaches and tools with which to support young people and which help to dampen their emotional and physiological responses, how to use self-talk and reality testing/ checking to identify whether the response fits the situation. Though some anxiety is healthy, many children and young people are held back from reaching their potential and thriving by overwhelming anxiety. This workshop helps practitioners to support young people experiencing anxiety and to identify ways in which anxiety can be reduced within the school environment.

**This training is for you if you want to …**

• Explore how anxiety develops and impacts children and young people
• Gain awareness of the physiological and psychological impacts of anxiety and how to spot signs of anxiety in the children you support.
• Consider the role of emotional regulation in soothing and dampening alerted states and how to scaffold opportunities for the development of resilience and confidence.
• Explore informed approaches to reach, support and help soothe children and young people presenting with anxiety.

**£65.00 per delegate**

**To book a place please contact**

**thebungalowpartnership@gmail.com**

Did you know that every time you attend one of our training workshops, you are directly supporting our work with local children, young people and families?



TRAINING EVENTS

BOOKING FORM

**CONTACT DETAILS**

School/Organisation:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Position in School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Authorised by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TRAINING EVENT £65.00 per delegate Supporting the Anxious Child**

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|  | **Venue:The Bungalow Partnership****24th September 2025****1-3.30pm** |

**DELEGATES**

**Name Email:**

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 **TOTAL COST £ \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please return completed booking form and accompanying Purchase Order (if required) to:**

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| The Bungalow Partnership Rose Wood Academy The Garth Coulby Newham  Middlesbrough TS8 0UG Tel: 01642 595363 Email: thebungalowpartnership@gmail.com |    |