



Medica CPD is a leading provider of high quality continuing professional development in health and well being subjects

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MEDICA CPD

BOUNCING BACK 2015

BUILDING RESILIENCE, CONFIDENCE AND EDUCATIONAL
ATTAINMENT IN VULNERABLE CHILDREN

A One Day Conference

Wednesday 28th October 2015, Glasgow

Continuing Professional Development
Knowledge Updates, Best Practice, Great Learning
& Speakers... Be Inspired

Research tells us that children and young people who have developed characteristics of resilience are able to cope and adapt more successfully to life's challenges and obstacles, do better at school, have better health, and achieve success.

This years conference brings together leading experts and practitioners in the field who will explore the concepts of vulnerability, resilience and self-efficacy and will increase your understanding in this area, as well as providing practical strategies and approaches on how we can build confidence and resilience and improve outcomes for vulnerable children and young people.

Also Announcing

**Children in Difficulty:
Understanding and Helping
Children with Trauma and
Attachment Problems**

*A Half Day Training Course
Thursday 25th February 2016, Glasgow*

Please see inside the leaflet for full details of our training course. Discounts available if you wish to book the conference & training course together.

4 Easy Ways to Book

- Online** www.medicacpd.com
- Telephone** 0141 638 4098
- Post** Using the registration form
- Email** Fill in the registration form with Adobe Reader and return with the Submit button, or email to carolyn@medicacpd.com



BOUNCING BACK 2015 A ONE DAY CONFERENCE

Who Should Attend?

This conference is a **“MUST”** attend event for all professionals who have responsibility for supporting well being in children and young people and their families: particularly education professionals from mainstream schools, special schools and local authorities, children’s services, social workers, team managers, support workers and others from social care settings, fostering and adoption practitioners and managers, CAMHS workers, voluntary and charity organisations, and health professionals. Others with an interest in this area are welcome to attend.

Conference Details

Date	Wednesday 28 th October 2015
Venue	Hilton Glasgow Grosvenor Hotel , 1-9 Grosvenor Terrace, Glasgow G12 0TA. Tel 0141 339 8811
Time	The conference will commence promptly at 10.00am and finish approximately at 4.25pm (Registration 9.15am - 10.00am)
Cost	£197 + VAT including lunch and refreshments.

How to Register

By Post	To register for this conference, please complete the registration form and return no later than Wednesday 21st October 2015
Book Online	www.medicacpd.com
Telephone	0141 638 4098 / 0141 387 4684 It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you. If you have not received confirmation within ten days of submitting your booking, please contact us on the above numbers or email carolyn@medicacpd.com

Save Money If you book this conference and our training course on *Children in Difficulty: Understanding and Helping Children with Trauma and Attachment Problems, 25/02/2016 Glasgow*, together you will receive a £30 discount. Further details on the training course in this leaflet.



BOUNCING BACK 2015 A ONE DAY CONFERENCE

Conference Programme

9.15 - 10.00	Registration and Refreshments on Arrival	1.05 - 1.55	Lunch
10.00 - 10.05	Welcome and Introduction from the Conference Chair <i>To be confirmed</i>	1.55 - 2.00	Welcome and Introduction from the Afternoon Chair <i>Richard Leckerman, Breathing Space Advisor (NHS 24)</i>
10.05 - 10.35	Trauma and Resilience: How to be Helpful to Children & Young People <ul style="list-style-type: none"> ▶ What resilience means to vulnerable children ▶ The overlap and differences between trauma, attachment and resilience. ▶ Key steps to take when trying to build resilience in young people with difficult attachment and traumatic experiences. Dan Johnson, Lead Clinician, Forensic Psychology Service, Kibble	2.00 - 2.25	Promoting Resilience: Are we Getting it Right for Children in Foster Care? <i>Sara Lurie, Director, The Fostering Network Scotland</i>
10.35 - 10.40	Questions	2.25 - 2.30	Questions
10.40 - 11.10	Raising Self Esteem, Aspiration and Educational Attainment <i>Diana Whitmore, Founding Director, Teens and Toddlers UK</i>	2.30 - 2.55	Building Resilience Online for Children and Adolescents <i>Dr Chris Williams, Professor of Psychosocial Psychiatry, University of Glasgow</i>
11.10 - 11.15	Questions	2.55 - 3.00	Questions
11.15 - 11.40	Refreshment Break	3.00 - 3.15	Refreshment Break
11.40 - 12.10	Building Resilience in the Classroom: Helping Children to Succeed <i>Karen Beveridge, Founder & Chief Executive, KB-Insights</i>	3.15 - 3.40	Mental Health in the Workplace and Resilience Issues for Staff How to build your own resilience covering the major stressors, signs of burnout, stress management techniques and coping strategies. <i>Dr Alex Yellowlees, Medical Director and Consultant Psychiatrist, Priory Hospital, Glasgow</i>
12.10 - 12.15	Questions	3.40 - 3.45	Questions
12.15 - 12.40	Increasing Resilience in the Most Dis-engaged Young People A practice based look at how to bridge the gap between school and home to help raise attainment, resilience and engagement in young people on the edge of exclusion. <i>Lynsey Smith, Head of Services and Development, Includem</i>	3.45 - 4.15	Taking My Stance Again <i>Alex Wheatle, MBE</i> is an award winning novelist who spent most of his difficult childhood in care, Alex will tell his own personal story of overcoming adversity and changing the odds.
12.40 - 12.45	Questions	4.15 - 4.25	Questions, discussion and closing remarks
12.45 - 1.05	Managing Transitions How understanding the importance of attachment can inform the planning and management of transitions for children and adults. <i>Barbara Godden & Fiona Lettice, Scottish Attachment in Action</i>	4.25pm	Approx. close



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MEDICA CPD

CHILDREN IN DIFFICULTY

UNDERSTANDING AND HELPING CHILDREN WITH TRAUMA AND ATTACHMENT PROBLEMS

A Half Day Training Course

Thursday 25th February 2016, Glasgow

This course will provide those working with children and young people with a better understanding of trauma and attachment and how you can apply this learning in your daily practice to best support troubled children.

Course Tutor: *Dan Johnson, Lead Clinician, Forensic Psychology Service, Kibble*

Dan Johnson is a Chartered and Registered Forensic Psychologist and heads the Psychology Department in Kibble Education and Care Centre. He began working in the prison service where he was awarded a *Butler Trust Certificate Award* for work on violence prevention. He has provided assessment, intervention, training and consultancy to courts, community services, prisons and care providers. He is Honorary Lecturer at Glasgow Caledonian University. Dan aims to increase trauma informed practice with young people and sees this as one of the most effective ways to improve care and outcomes.

4 Easy Ways to Book

- Online** www.medicacpd.com
- Telephone** 0141 638 4098
- Post** Using the registration form
- Email** Fill in the registration form with Adobe Reader and return with the Submit button, or email to carolyn@medicacpd.com



CHILDREN IN DIFFICULTY

A HALF DAY TRAINING COURSE

How Will You Benefit From This Training Course?

It can be difficult to navigate how attachment and traumatic experiences overlap and interplay to affect young people. This training course will explain the effects of traumatic experiences and the role of attachment in both the development and protection from difficulties. It will focus on giving clear direction for practice so that attendees can leave with informed tangible ways of working.

- ▶ Gain clarity on the overlap and differences between attachment, trauma and resilience.
- ▶ Gain an understanding of the role of trauma and attachment in the development/protection from later problems.
- ▶ Gain an understanding of the key principles for working effectively with young people with these difficulties.
- ▶ Identifying clear and informed practice strategies with specific young people.

Who Should Attend?

This course will be invaluable for staff supporting children who have experienced adversity and trauma who work in education, residential care, foster care, social services and health services. Others with an interest are welcome to attend.

Course Details

Date	Tuesday 25 th February 2016
Venue	Hilton Glasgow Grosvenor Hotel , 1-9 Grosvenor Terrace, Glasgow G12 0TA. Tel 0141 339 8811
Time	The course will start promptly 1.00pm and finish at 4.30pm (Registration from 12.30am)
Cost	£98 + VAT including refreshments.

How to Register

By Post	Please complete the registration form and return no later than Thursday 18th February 2016
Book Online	www.medicacpd.com
Telephone	0141 638 4098 / 0141 387 4684

It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you, if you have not received confirmation within ten days of submitting your booking, please contact the Medica Cpd Office on the above numbers or email carolyn@medicacpd.com

BOOKING FORM



MEDICA CPD

I wish to attend the following event(s)

Please tick the appropriate box

Conference - Building Resilience, Confidence and Educational Attainment in Vulnerable Children, 28/10/2015, £197 + £39.40 VAT = £236.40

Training Course - Trauma and Attachment, 25/02/2016, £98 + £19.60 VAT = £117.60

Discount - I wish to attend both events, £265 + £53.00 VAT = £318.00 (Must be booked in the same name)

Group Bookings - Please call the Medica CPD office on 0141 638 4098

Delegates details

Please fill in BLOCK CAPITALS or with Adobe Reader (get.adobe.com/uk/reader/) and click Submit to email back

First name Surname
Job Title Organisation
Email (required) Tel
Address

Postcode

Special diets/mobility

Confirmation of your registration and further details will be sent by email. If you would prefer to receive confirmation by post, please tick this box. If you do not receive confirmation of your booking within 10 days please call 0141 638 4098 or email carolyn@medicacpd.com

How to pay

Please tick the appropriate box. It is the responsibility of the delegate to ensure payment is made prior to attendance of the event

By Cheque Please write a cheque for the appropriate amount made payable to "Medica CPD Ltd" and send with this booking form to the address below for the attention of Carolyn Fraser.

By Credit Card Please book online at www.medicacpd.com
(Please note: a small charge of 3.4% will be added to all credit/debit card charges)

By Invoice Please send invoice to (if different from above)

First name Surname
Job Title Organisation
Email (required) Tel
Address

Postcode

Purchase order number (if relevant)

An invoice will be sent to the appropriate person by email. If you would prefer to receive an invoice by post please tick this box.

Payment due 30 days from invoice date or before the event date (whichever comes sooner). Confirmation will only be issued when payment of invoices are received in full, early registration is essential for invoices.

Terms and Conditions 1. Your registration constitutes a legally binding agreement, payment must be received before the event. 2. Cancellations must be made in writing. A refund less an administration charge of £25 will be given to cancellations received before **21st September 2015** after this date the full fee is due, substitutions can be made if we are notified up to 3 days before the event. 3. The organisers reserve the right to change the programme, speakers and venue as required. 4. In the unlikely event that we have to cancel the event we will issue a refund for the registration fee. We are not responsible for any other costs.

Data Protection The personal data that you supply during the registration of this event will be entered into a database and used by the event organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the event organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of the events. The personal data in the database will be retained by the event organisers unless requested in writing, and may be used to inform you about other appropriate services and events that may be organised in the future.

[Medica CPD Ltd, Suite 23, 1 Spiersbridge Way, Spiersbridge Business Park, Thornliebank, Glasgow, G46 8NG.](http://www.medicacpd.com) Tel: 0141 638 4098

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Keep up to date with our forthcoming events at www.medicacpd.com