



Inclusion Somerset Educational Psychology Service

Emotional Wellbeing in School Following COVID-19

<https://youtu.be/30rl-85xT1M>

**FREE
OFFER**

The Educational Psychology Service is proud to offer a **free training session** to all schools in Somerset and North Somerset, accessed through the above link.

The presentation is the first in a two part series and considers the possible emotional and mental health needs of pupils, as schools prepare to welcome many more back.

This session covers a range of theory, including self-efficacy, anxiety, resilience, and cognitive behavioural therapy.

The second session covers practical considerations and strategies for helping pupils adjust to life back in school, including healing from any trauma and managing ongoing anxiety. In particular, the focus is on the intervention '**The Anxiety Gremlin**' which is a recommended purchase.

Part 1: is freely accessible here:

<https://youtu.be/30rl-85xT1M>

(link is also on our website)

Part 2: focusses on practice and uses '*The Anxiety Gremlin*' as a framework. We are consulting with publishers re. copyright and trying to arrange a discount for the text. Please refer to our Website for further details from the 26th May



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Please refer to our website for further details:

www.supportservicesforeducation.co.uk/eps