



Cognitive Behavioural Approaches

For supporting children and young people

Cognitive Behavioural Therapy (CBT) has a reputation as an effective therapeutic intervention for mental health needs, particularly anxiety and depression (e.g. NICE guidelines). Cognitive behavioural approaches focus on the interaction between thoughts, feelings and behaviours and how unhelpful thoughts can often reinforce and drive unhelpful behaviours.

This course offers an introduction to the principles of CBT for supporting emotional wellbeing and mental health for children and young people, as well as practical resources to take away and ideas for use in your setting.

This course offers initial one day training, followed by a workshop session later in the term to refresh, reflect and problem-solve together.

Thursday 22 January
2026 9.30am – 4.00pm
and follow up two-hour
session on Thursday 19
March 2026 AM or PM
Venue – Winchester
£225 per delegate

Contact details

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If you have an accessibility need, and require adjustments – please contact: jayne.burt@hants.gov.uk

Deadline for
booking – Friday 19
December 2025