

# Layered Learning CPD Packages

The Layered Learning CPD Packages provide an opportunity to build upon existing knowledge. Each package is made up of three parts: Consolidating Understanding, Reflective Thinking, Resources and Signposting.

The themes we are currently focusing on are:

- **Mind, Body, and Mental Health**
- **Self-Harm and Suicidal Behaviours in Children and Young People**

These packages are now available to access as a **half-day session**.

We aim to layer professionals' learning and develop awareness of different issues/themes relevant to work in schools and education settings.

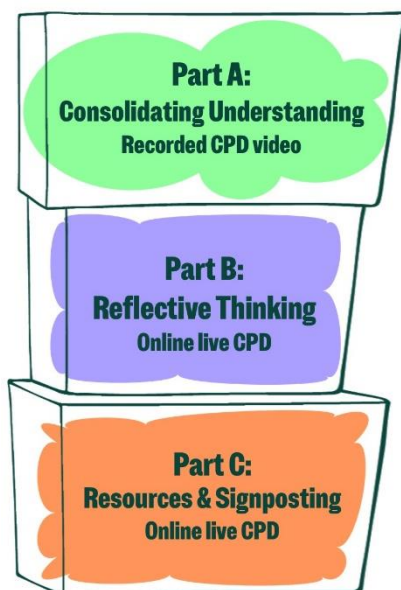
Each part of the package takes a different approach towards exploring the theme:

**Part A:** We learn about theoretical underpinnings, perspectives and approaches including considerations to take when thinking about this particular topic.

**Part B:** We engage in the power of reflection in relation to the work that you do.

**Part C:** We explore resources and signposting to support you practically in your work.

Once you have completed the package, you will have access for a limited period to a dedicated Padlet page which will include further materials and resources.



## Package details:

- The package is a 3-hour half-day session.
- The package will be completed in sequence (Part A → Part B → Part C).
- You will be provided access to a Padlet page which will include the Zoom link to join the session.
- The Part A recorded CPD video will be available to watch during the half-day session and is approximately 40-minutes.

Please turn over for **more information** about Part A, Part B, and Part C.

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## Mind, Body, and Mental Health



### Part A: Consolidating Understanding

The recorded CPD video introduces a timeline of mind-body theories (including cross-cultural perspectives), history and definitions of mental health in the UK, theoretical perspectives and approaches relating to the mind-body system, and possible factors that can affect the mental (and physical) health of babies, children and young people. It also provides an opportunity to reflect on how the learning can help you in your practice/work using example scenarios.

### Part B: Reflective Thinking

You will be invited to be curious about yourself, the subject, and working with babies, children and young people who experience difficulties or problems due to poor mental health. There is an emphasis on the process of reflection with an opportunity to share experiences, reflect on the work that you do and how you respond to the babies, children and young people that you support. We will start to think about the impact/influence of the work on our individual wellbeing, how we can take responsibility for taking care of ourselves, and what we as professionals can learn from this.

### Part C: Resources & Signposting

We provide an opportunity for colleagues to share practical resources and signposting information, including access to BEC's 'Mind, Body, and Mental Health Notebook'.

## Self-Harm and Suicidal Behaviours in Children and Young People

### Part A: Consolidating Understanding

The recorded CPD video introduces history and developments of theoretical perspectives, definitions of and statistics relating to self-harm and suicide in the UK, social and cultural assumptions around self-harming behaviours (including myths about self-harm and suicide), and thinking around the relationship between self-harm and suicidal behaviours. It also provides an opportunity to reflect on how the learning can help you in your practice/work using example scenarios.

### Part B: Reflective Thinking

You will be invited to be curious about yourself, the subject, and working with children and young people who self-harm and/or express suicidal thoughts and behaviours. There is an emphasis on the process of reflection with an opportunity to share experiences, reflect on the work that you do and how you respond to the children and young people that you support. We will start to think about the impact/influence of the work on our individual wellbeing, how we can take responsibility for taking care of ourselves, and what we as professionals can learn from this.

### Part C: Resources & Signposting

We provide an opportunity for colleagues to share practical resources and signposting information, including access to BEC's 'Self-Harm and Suicidal Behaviours Toolkit'.