

Talking To Your Child About Their Mental Health



Mon 26th Nov. 2018 | 19.30-21.00 £19

The Maltings Theatre, St. Albans AL1 3HL

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How do I talk to my child or teenager about her/his mental health?

Child and teenage mental health, and mental ill health, is top of the national and global agenda. Depression, anxiety, self-harm and eating disorders all dominate national concerns for our children. As parents we want to know that our own children are OK, and we need to know how to spot signs when they are not. We also need to know how to talk to our children about their worries, and the social and academic pressures they face. This talk will demystify 'mental health' and boost parents' confidence in talking about a topic that may get too 'professionalised'. Children's mental health belongs to the domain of every parent, and every parent should be able to talk to their child or teenager about how they feel. Our children would usually rather to talk to us than to strangers! Our speaker will give some simple openers, bust some myths, and also help parents figure out what sorts of things might signal that some expert help is needed. As parents, we provide the first-line protection for our children's mental health – our speaker hopes to show you how.

Who is this talk for?

This talk is aimed at parents, grandparents and carers of children from aged 10-19.

This talk will:

- Boost parents' confidence in talking to their children about their mental health
- Give participants some simple tools and demonstrate through role play
- Challenge some myths about mental health in children
- Help parents determine when to seek expert help
- Take account of child and adolescent stages of development

About our speaker:

Cathy Troupp is a Senior Child and Adolescent Psychotherapist with particular expertise in adolescent mental health. She worked at Great Ormond Street Hospital for many years and recently took up a new post in Central North West London NHS Trust as Team Lead in the Eating Disorders Service. She was one of the training leads for the recent National Training Programme in Eating Disorders. She has twenty years' experience treating children and families with a range of therapies, including Mentalization Based Therapy for Families. Besides clinical work, Cathy is especially interested in psychotherapy outcome research and labours with her PhD research at UCL. She teaches and trains widely in the UK and abroad.