



How to talk to Primary Students and Caregivers about Wellbeing Concerns

**Combination of self-paced online lectures, take-home tasks
+ 1 x live Zoom tutorial (3PD hours) | 3-month access**

For more information, please visit:
<https://psyched-up1.teachable.com/p/wellbeingchats>
or contact doctorpsyched@gmail.com

ABOUT THE PROGRAM

Course details

3 PD hours of:

- Self-paced recorded lectures (100 mins total)
- 1 x online live Zoom tutorial (case scenario, role play, live discussions; 80 mins)*

*Multiple tutorial date/time options for live Zoom attendance (only one tutorial attendance is needed for course completion)

3-month access to course from start of enrolment

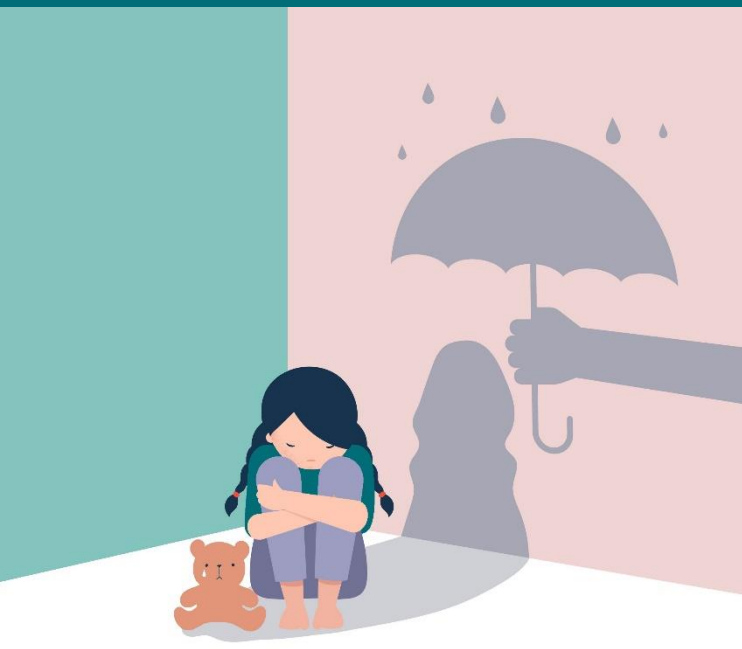
Cost: \$120 introductory offer (GST included)

Educators in schools are increasingly noticing signs of deterioration in young people's mental health and needing to respond promptly. **Responsive care for student wellbeing is the role of all school staff.** But while responding appropriately to student wellbeing concerns in schools is a responsibility of all educators, staff commonly experience these conversations with young people and their caregivers as tricky and challenging.

To respond to this challenge, clinical psychologists Dr Carol Newall and Dr Sarah Barker have designed an engaging 3-hour course to equip school staff with the knowledge and practical skills to have these conversations confidently. Effective conversations with student and caregivers can lead to earlier help-seeking and therefore, faster recovery from mental health challenges for the student.

LEARNING OUTCOMES

- Demonstrate a sound understanding of the unique and important role of the teacher in identifying and acting on student wellbeing challenges
- Describe common changes in behaviour that may signal mental health concerns in primary students
- Describe and apply models for effective conversations with primary students and caregivers about wellbeing concerns
- Manage stigma concerns and resistance to help-seeking with caregivers
- Take appropriate actions if mandatory reporting is needed in relation to student mental health support provisions
- Describe appropriate evidence-based referral pathways for young people and their caregivers



ABOUT THE CREATOR NERDS



Dr Carol Newall and Dr Sarah Barker have over 40+ years' combined experience in working with children, young people and their caregivers using evidence-based, best practice approaches. They are clinical psychologists and workshop facilitators for organisations, educators, and health providers. They currently work with various organisations including The Black Dog Institute, Phoenix Australia, and ABC/Endemolshine Productions.



Dr Sarah Barker was a school psychologist and has worked with students and educators and schools for many years. She is an experienced professional development trainer for educators. Dr Carol Newall was an academic in education, with experience training pre-service and in-service educators on child development and wellbeing.

They are passionate about sharing simple, effective techniques with educators so that they can confidently respond to early signs of changes in children's behaviour so that mental health challenges can be promptly addressed and appropriately supported.