

Paris, France

Friday 29th - Sunday 31st October 2010

Workshop Leader: Hillary Hamper

Aims and Objectives

To increase knowledge and awareness of frequently encountered problems in the health and pastoral care of students.

To develop strategies to respond appropriately.

To discuss frequently encountered difficulties.

To examine the causes and nature of specific health problems.

To learn and practice techniques to prevent and resolve problems.

Agenda

Friday

8:30 – 10:00 Session 1:

Presentation.

Why do health and pastoral issues feature so strongly in the daily life of schools?

What screening requirements are appropriate before entry?

Working with local health providers or in isolation.

Dilemmas in issues of confidentiality.

10:30 – 12:00 13:00 – 14:30 Session 2 and 3:

Daily issues and problems:

- A "Sick List" – does this encourage ill-health? How do schools respond to chronic health problems?
- Sleep (or lack of)
- Responding to problems caused by alcohol
- What are the special needs of young people in school settings where they are away from parents?
- Responding to bereavement
- Disordered eating problems - an insight into anorexia and bulimia.

14:45 – 16:15 Session 4:

Perfectionism – what does it mean?

What can be done in schools to respond appropriately to fears of failure?

How can schools respond appropriately and safely?

Can schools do more to prevent crisis situations occurring?

Challenges with cultural expectations of health and sickness.

Saturday

8:30 – 10:00 Session 5:

Explanation of a simple strategy which can be used in counselling students based upon a simple cognitive therapy technique.

10:30 – 12:00 Session 6:

Self-harming. An explanation of the process. How can schools respond?

13:00 – 14:30 Session 7:

An opportunity to practice counselling techniques in response to some specific problems discussed during the workshop.

14:45 – 16:15 Session 8:

A summing-up of the workshop with time for discussion.