



## Dealing with Emotions (2 hrs)

This course looks at the neuroscience behind emotional regulation, focusing on anxiety and anger. It explores short and long-term strategies that can be used to support young people to manage such feelings.

## Improve Your Wellbeing (1-2 hrs)

This course looks at the neuroscience of wellbeing and emotional regulation. It covers some useful strategies and approaches to coping and managing your own mental health and wellbeing. The course has versions suitable for young people or adults.

## Understanding Self-Harm (2 hrs)

This course looks at the myths and misconceptions of self-harm including what exactly it is, why people do it and how best to support someone who wants to reduce their self-harming behaviour.

## About Us

Caroline Dyson is the founder and director of Managing Minds Ltd. She is a teacher, psychotherapeutic counsellor and clinical hypnotherapist with over 20 years experience in education, training and therapy in a wide range of settings. She has worked with young people and adults of all ages with a wide variety of needs/difficulties. She has considerable experience working with a wide range of issues and is a clinical supervisor for hypnotherapists. She is also the founder and director of Hypnotherapy in Schools Programme (HISP). She is a member of all relevant professional bodies and organisations

## Other Courses

Other courses are available on a wide variety of areas around mental health and wellbeing, emotional regulation, managing behaviour, therapy and neuropsychology. Courses can be tailor made to specific requirements. Please enquire for more details.



Managing  
Minds

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