



Certificate in Mental Health Education Neuroscience, Psychology and Applied Practice

Frequently Asked Questions

Who is this training for?

This programme is designed for anyone with responsibility for the wellbeing of children and young people. This includes people working in schools, colleges, community settings and other services. It is particularly suitable for teachers, pastoral staff, school leaders, counsellors, psychologists, SEND staff and teaching assistants.

How is this different from other mental health programmes?

Rather than simply teaching coping strategies or raising mental health awareness, this programme goes much further. It equips children and young people with cutting-edge knowledge about the neuroscience and psychology of human emotional life and relationships. Through engaging theory and real-life case studies, they learn to become interested in their mental states rather than feeling ruled by them. They discover what minds, brains and bodies do with intense emotions, and how healing can take place when mental health symptoms develop. The programme focuses not only on relieving symptoms, but also on what good mental health feels like, personal growth, increased self-awareness and the capacity for empathy. Staff, children and teenagers learn to think psychologically rather than simply behaviourally. Adults also report that the learning in the programme has positively influenced their home lives, family relationships as well as their professional practice.

Who wrote the programme?

Top psychotherapists, neuroscience and psychology scholars, authors of award-winning psychology books and education specialists.

Is the training evidence-based?

Yes. We have done the homework, so you don't need to. The programme is informed by more than 1,000 research papers and draws on neuroscience, attachment, psychology, trauma and psychotherapy research. A comprehensive reference list of the academic papers is included in your package.

Do staff need any previous knowledge of counselling, therapy, psychology or neuroscience?

No. The training translates complex neuroscience and psychology of emotional and relational life into practical, accessible language that any member of staff can learn, understand and then teach with confidence. The training also teaches core listening and empathic responding skills.

How long do we have access to the webinars and films?

Your school or setting has one year's access to all the webinars and the full-length film, performed by teenagers for teenagers. So, staff can learn anytime, anywhere and at their own pace. If you would like to renew the licence for a further year, we can provide details. That said, all the PowerPoint slides, film clips and lesson plans are yours to keep.

What resources are included?

The package includes the 10 webinars, presentation slides, lesson plans, facilitator notes, student handouts, resource card packs, film clips, The Belonging Audit, and certification opportunity for two members of staff. In other words, everything is provided as a complete, done-for-you implementation package, enabling you and other staff to deliver the programme confidently.

If I want to go for the award, what is the assessment?

If you choose to complete the assessment, you will be asked to write 200–300 words for each module, reflecting on your understanding of the key concepts, practical strategies and learning from the case material. As this is a work-based learning programme, you will also submit a 20-minute recorded case study demonstrating how you have implemented some of the programme resources within your school or setting, together with your reflections on impact and key learning.

Who should deliver the materials?

The programme is designed to be delivered by adults who feel comfortable with a full range of emotions, talking about them and who are good listeners. Anyone who feels unable to remain emotionally regulated and present when hearing about children's distress should not deliver these materials. The programme is most effective when facilitated by adults who can create a safe, supportive learning environment, respond with Rogerian counselling principles of unconditional positive regard and empathy, and understand that children need to feel heard and understood, not fixed.

How quickly can we start to implement the programme?

You can begin implementing the programme as soon as the relevant staff have watched the webinars, understood the learning and felt confident to deliver the materials. It is essential that staff watch all the training webinars before delivering the materials, so they have a sound understanding of the psychology and neuroscience of emotions, relationships, the main causes of mental health symptoms and how to heal. This means they will feel equipped to answer questions, respond appropriately to children's experiences, and facilitate discussions with confidence and sensitivity.

How long is the training?

The time required depends on how quickly you choose to work through the webinars, full-length film, PowerPoints and lesson plans and reflect on the content. There are 10 webinars, each lasting approximately 60–90 minutes.

How many staff can access the training?

All staff in your school or organisation can watch the webinars and study the materials. The package also includes the option for two members of staff to complete assessment in order to attain the award of Certificate in Mental Health Education. Additional assessment places are available for an extra fee.

Can we have all the resources without taking the assessment?

Yes. You receive the full resource package whether or not you complete the assessment. In either case, you will be asked to sign a declaration confirming that you understand the materials are for educational purposes and that your school or setting is responsible for using them appropriately and that they will be delivered by emotionally available adults.

Does this replace the need for one-to-one counselling sessions?

No. It complements existing one-to-one counselling and other support by improving understanding of mental, emotional and physical states for all students – not only those currently experiencing mental health difficulties.

What age range is it suitable for?

The resources are primarily designed for children and young people aged 10 and above. You can select the slides and materials most appropriate for the age group you are teaching, with ample content available for each topic.

Can more staff gain the qualification?

Yes. Additional members of staff can undertake the assessment and gain the qualification for an additional fee.

Is this suitable for international schools?

Yes. The programme is designed to be culturally responsive and adaptable across diverse educational settings and cultures.

Will this create extra work for staff?

No. The presentations, lesson plans, videos, handouts and teaching resources are all provided, so staff do not need to create any materials from scratch.

Will this help us meet inspection and wellbeing priorities?

Very likely. The programme supports a whole-school approach to wellbeing, strengthens staff confidence, and promotes belonging, emotional literacy and psychological awareness in children, young people and adults alike.

What is likely to be the impact on our children/young people and school/setting as a whole?

Schools often report an immediate increase in staff confidence, followed by improvements in emotional literacy, belonging, behaviour and help-seeking as the programme becomes embedded. The aim is to create a psychologically informed culture in which children and young people better understand themselves and feel more able to seek support when they need it.

More questions?

Please email

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we will be delighted to help you

Our website

www.artspsychotherapy.org