



PROFESSIONALS TRAINING AND DEVELOPMENT



2025
2026

www.mantlepsychology.com

About

Mantle Psychology is a private psychology practice with two clinics in Yorkshire and Derbyshire. We offer a range of children clinical assessments and services.

Our client's needs are at the heart of everything we do at Mantle. As such we are expanding our service offer to include specialist training and support for professionals in universal services that work with children with specific needs.

We have a fantastic team of professionals working at Mantle Psychology, these include:

- Clinical Psychologists
- Educational Psychologists
- Psychiatrists
- Specialist Educational Needs Consultants
- Specialist speech and Language Therapists
- Occupational Therapists
- Advanced ADHD Nurse Practitioners
- Paediatric Nurses

All our professionals have a wealth of experience and expertise. We would like to support those working with our clients in providing the best standard of care.

We have collectively developed a programme of training and support for schools and other professionals working with children with additional needs.



Lead Trainers



Amy McGowan

Specialist Educational Needs Consultant

Amy completed her undergraduate degree at Huddersfield University in Psychology and further completed her PGCE and worked as a teacher in specialist settings for children with SEMH for 10 years. She then trained as a SENCo and continued to work in a specialist setting supporting children with all areas of SEND – including Autism, ADHD, learning delays and SEMH.

Amy worked as a specialist teacher for a local authority, supporting children with additional needs to thrive in mainstream school and her main focus was supporting staff members to understand the needs of the children



Dr Lucy Hughes

Clinical Psychologist

Lucy has worked in mental health services for over fifteen years. She has worked extensively in neurodevelopmental services, as well as therapeutically with children, adults, and people with learning disabilities. Lucy has a doctorate degree in Clinical Psychology and a Masters degree in Educational Psychology.

Dr has extensive experience working in and leading, developing and improving neurodevelopmental assessment services in the NHS and privately. She has a needs focussed approach and is committed to providing the best outcome for all.



Our Offer

- Bespoke training tailored to meet the individual needs of your school or organisation.
- Specialised online professional development training programme.
- In school support from our team of highly skilled clinicians.

Tailored Training Packages

Unlock the full potential of your school with our bespoke training packages, tailored to meet the unique needs of your staff and students.

Whether you're looking to enhance teaching techniques, improve classroom management, or foster a more inclusive and engaging learning environment, we offer personalised solutions designed to align with your school's goals and challenges.

Our expert team of clinicians will collaborate closely with your setting to create a program that is both impactful and flexible, ensuring long-term success and continuous growth.

What is included?

- A consultation call with a Special Educational Needs Consultant to discuss and identify the training needs in your setting.
- Bespoke training, written and tailored to your setting.
- Training delivered by two specialist clinicians who are best placed to deliver training on the identified area.
- Workshop style session following the training giving advice and guidance around an identified area. For example. developing a relational policy, support for identified children, staff wellbeing etc.
- Prices on request.
- Email: training@mantlepsychology.com



Tailored Training Example

Mental Health Support for Teens with Dr Lucy Hughes (Clinical Psychologist)

At the request of a local school, we provide a half day inset training session to all staff members

Included in the package-

2 hour seminar on Mental Health in schools.

Topic areas covered included:

- An overview on common Mental Health difficulties and how these present in young people
- Contributing factors on teenage Mental Health difficulties
- Information on the teenage brain
- Social media and its impact on Mental Health
- Emotional Based School Avoidance (EBSA)
- Support, advice, strategies and intervention ideas to support young people

1 hour workshop with identified key adults (e.g. Pastoral Team) to give specific advice and guidance around anonymised identified children.

Cost £645

Online Professional Development Training



Whether you're a SENCo, teacher, teaching assistant, or school leader, these courses provide practical strategies, expert insights, and real-world tools to create an inclusive, supportive environment for all learners.

Learn how to adapt your teaching methods, enhance classroom engagement, and foster the unique strengths of students with SEN, ensuring every child receives the education they deserve.

Empower your staff to make a lasting impact in the classroom and support the diverse needs of your students.

A wide range of different subjects are available with guest speakers:

Prices for online sessions:

- £30.00 per delegate per online session
- £275.00 per delegate to access the whole series
- £1,500 for 50 staff or fewer to access the whole series
- £1,750 for 50 staff or more to access the whole series

www.mantlepsychology.com/onlinecourses



Timetable 2025/26

15:45–17:15

Thursday 11th
September 2025

The Neurodiverse Classroom

Dr. Catrin Harrap (Educational Psychologist)

Join us for an insightful training session on 'The Neurodiverse Classroom, where we'll explore strategies to create an inclusive, supportive learning environment for all students. Learn how to identify and address the unique needs of neurodiverse learners, incorporate effective teaching practices, and foster an atmosphere of understanding and respect. Enhance your ability to engage every student and promote their success in the classroom!

Tuesday 7th
October 2025

Autism in the Classroom

Dr Catrin Harrap (Educational Psychologist)

This training session equips educators with essential strategies for supporting students with autism in the classroom. Participants will learn practical tools for creating an inclusive environment, understanding individual needs, and using effective communication techniques to foster success and engagement.

Wednesday 5th
November 2025

ADHD in the Classroom

Dr Kate Eden (Psychiatrist)

Join our ADHD in the Classroom training session to gain practical strategies and insights for supporting children with ADHD. Learn how to create an inclusive learning environment, implement effective classroom management techniques, and tailor your approach to meet the unique needs of students with ADHD.

Wednesday 26th
November 2025

Neurodiversity in Early Years

Nicola Guest (Paediatric Nurse)

Explore the importance of understanding neurodiversity in early childhood development. Learn strategies to support and celebrate the unique strengths and challenges of neurodiverse children, fostering an inclusive, empathetic, and supportive learning environment. Perfect for educators, caregivers, and professionals.

Thursday 11th
December 2025

Dyspraxia Awareness

Kirsty Flerin (Occupational Therapist)

This training session will provide valuable insights into dyspraxia, a condition that affects motor coordination and planning, often impacting students' ability to perform tasks like writing, organising, and following instructions. Attendees will learn how dyspraxia presents in the classroom, from difficulties with fine motor skills to challenges in spatial awareness and task management. We will also explore practical, evidence-based strategies to support students with dyspraxia, including adaptive techniques for learning, classroom accommodations, and fostering a supportive environment.

Tuesday 13th
January 2026

ADHD and Autism in Girls

Dr. Lucy Hughes (Clinical Psychologist)

Join us for a training session focused on ADHD and autism in girls, where we'll explore the unique ways these conditions present in females. This session will provide insights into early identification, challenges specific to girls, and strategies for supporting their social, academic, and emotional well-being. Gain a deeper understanding of the subtle signs and effective interventions to help empower girls with ADHD and autism to thrive.

Thursday 5th
February 2026

Neurodiversity and Mental Health

Dr. Lucy Hughes (Clinical Psychologist)

Explore the unique challenges and strengths associated with neurodiversity, alongside common mental health conditions like anxiety and depression. This session will look at how this may present in the school environment and strategies that may help.

Wednesday 25th
February 2026

Trauma and Attachment

Dr Lucy Hughes (Clinical Psychologist)

An insightful training session on Trauma and Attachment, where we'll explore the profound impact early experiences have on emotional development and relationships. Learn how trauma shapes attachment styles, how to identify and understand these patterns, and discover strategies to foster healing and resilience. This session is perfect for professionals looking to deepen their understanding of trauma-informed practice and attachment theory.

Thursday 19th
March 2026

Mental Health in Children and Teens

Dr. Lucy Hughes (Clinical Psychologist)

Join us for an insightful training session on Mental Health in Children and Teens, where we will explore the unique challenges young people face in today's world. Learn how to identify signs of mental health struggles, understand common issues like anxiety and depression, and gain practical strategies for supporting the emotional well-being of children and teens.

Tuesday 21st
April 2026

Anxiety and Emotionally Based School Avoidance (EBSA)

Dr. Catrin Harrap (Educational Psychologist)

An insightful training session on anxiety and Emotional-Based School Avoidance (EBSA). Learn effective strategies to identify, manage, and support students struggling with anxiety and EBSA, and gain practical tools to foster a supportive environment for their emotional well-being and academic success. This session will equip you with the knowledge to make a positive impact.

Thursday 21st
May 2026

Communication, Speech and Language

Dr Lucy Hughes (Clinical Psychologist)

This session will equip you with practical tools and strategies to enhance communication skills across various age groups. We'll explore effective speech techniques, language development milestones, and ways to foster clear, confident communication. Perfect for anyone looking to improve their ability to connect and support others in their learning and growth!

Tuesday 23rd June
2026

Sensory Awareness

Kirsty Flerin (Occupational Therapist)

An informative training session on sensory processing difficulties in the school setting. Learn how sensory challenges impact student behaviour and learning, and gain practical strategies to support students with sensory needs. This session will provide valuable insights on creating an inclusive classroom environment that promotes engagement and success for all learners.

School Consultation Support

Are you struggling with a cohort of children?
Would you benefit from consistent support and advice from a team of specialists?
Do you need support and advice to meet the objectives in your School Development Plan?

We can offer some regular, consistent, specialist support in your setting!



We can work alongside staff in your school on a half termly basis to support with individual children, a cohort of children, a need impacting your setting (e.g. EBSA) or training and development for staff.

The secondment team can be made up from the following specialised areas:

- Speech and Language Therapists
- Educational Psychologists
- Clinical Psychologists
- Assistant Psychologists
- ADHD Specialist Nurses
- Paediatric Nurses
- Occupational Therapist
- Special Educational Needs Consultants

Prices available on consultation.

Email to arrange a free consultation call

training@mantlepsychology.com



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