

# Healing Together

## Supporting Children & Young People Affected by Anxiety

Learning Style, Content & Objectives

## Purpose

The Healing Together anxiety training builds on the foundations established in the two-day core training, deepening practitioners' understanding of anxiety through a trauma-informed lens.

Integrating insights from neuroscience, neurophysiology, and neurobiology, the training emphasises that anxiety is primarily a body-based, nervous system experience rather than solely a thought process within the brain. Its purpose is to equip frontline practitioners with the knowledge, skills, and practical strategies needed to recognise, understand, and effectively support children and young people affected by anxiety in everyday life.

## Training Method

The total time to complete all **5 self-directed learning modules** is approximately **4 hours**. Participants receive **30 days to complete the training**, and **extensions are available** under special circumstances.

## Learning Facilitation Style

The self-directed learning facilitation style combines flexibility with structured reflection to support meaningful engagement.

Participants complete online self-directed learning modules at their own pace, supported by a workbook that includes the training slides, space for notes, and additional resources to deepen understanding.

Each module incorporates reflective activities, encouraging participants to pause, process, and apply learning to their own practice context.

To consolidate knowledge and ensure comprehension, a short assessment is included at the end of each module.

Training progress is monitored via our online platform, and we contact participants to enquire if they require any support to progress with their learning journey.

This blended approach enables practitioners to build confidence, embed key concepts, and prepare effectively for applying their learning in practice.



## Learning Content

The online self-directed learning modules consists of five modules.

- **Module 1:** What is anxiety
- **Module 2:** What anxiety feels and looks like?
- **Module 3:** Why anxiety needs a body-based approach?
- **Module 4:** Bring the ground safe Healing Together practitioner
- **Module 5:** Exploring the programmes resources

## Learning Objectives

By the end of the online self-directed learning modules, participants will be able to:

1. **Define anxiety and explain its core features** in the context of children and young people's experiences.
2. **Recognise how anxiety may present emotionally, physically, and behaviourally**, and identify signs of anxiety in their direct practice.
3. **Explain the importance of using body-based approaches** to support children and young people experiencing anxiety.
4. **Demonstrate the principles and benefits** of becoming a safe, grounded Healing Together Practitioner and apply these to practice.
5. **Navigate and utilise the Healing Together** programme resources effectively to support programme delivery.



*A wonderfully practical course. I learnt a lot and the more complex topics were delivered well in a clear concise way*



## Post Training Support

Following completion of the two-day core training and the self-directed learning modules, practitioners will be equipped to deliver the six-session Healing Together programmes with children and young people.

These programmes are designed to support practitioners in transferring their learning from the training into their day-to-day practice, embedding trauma-sensitive approaches into the care and support they provide.

Practitioners also have **access to the online portal**, which houses all the resources required to deliver the Healing Together programme, as well as **video demonstrations** to guide delivery of each session. To enhance, share and ensure the sustained impact and high-quality trauma sensitive practice, all Healing Together practitioners are offered **unlimited one-to-one** and **group coaching sessions**, alongside **on-demand CPD** opportunities.

In addition, Innovating Minds offers ongoing support to monitor and evaluate the outcomes of both the training and programme delivery, providing clear evidence of the positive impact on children and young people's wellbeing and experiences.

The data and reporting framework can be utilised by settings and organisations to strengthen OFSTED inspections, inform service evaluations, and demonstrate the effectiveness of their trauma-informed and trauma-sensitive practices, highlighting the tangible benefits and outcomes achieved for children.

**What people say about the programme:**



*A well-rounded look at anxiety, including causes and the science behind why children and adults get anxious. Including sections on how to look after your own Mental Health to support others*

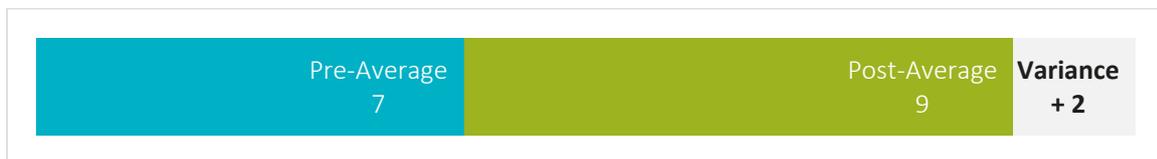


# Impact Focused Training

Innovating Minds is **invested in measuring the impact** our training has on developing knowledge, understanding and confidence in **supporting children affected by anxiety**.

## On a scale of 1 – 10

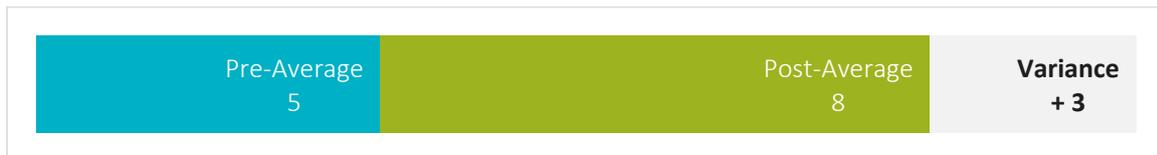
How confident do you feel about supporting children experiencing anxiety?



How would you rate your knowledge and understanding of anxiety and the impact on children?



How confident do you feel about supporting children experiencing anxiety using a trauma informed approach?



As a result of this training:

# 100%

97% would recommend  
 this training  
 (112 data sets)

“ *Very informative with an in-depth understanding of anxiety and the impact on individuals, their body and the brain* ”





# Learn more about the Healing Together Programmes

[Book a Meeting with Dr Patel](#)

