

COVID Anxiety Support

HMC Headteacher Webinar Introduction to Webinar

BrainCanDo specialises in understanding the processes of the adolescent brain. It works with schools to help students deal with the stress of exams, with the anxieties of friendship, and how to adapt to new situations. COVID-19 has presented an unexpected challenge for schools in many ways including how best to support students with stress and anxiety related to the virus and its impact on their lives.

According to a report published in June 2020, incidences of anxiety have increased from baseline during the Covid-19 pandemic and young people are especially at risk (Kwong et al., 2020). One suggested reason for this rise in anxiety is that the pandemic has introduced so much uncertainty and demanded continual readjustments to day-to-day life and this is especially true for young people. The heightened experience of anxiety represents a response to this uncertainty and the threat that brings. This is even more true of boarding pupils who have needed to re-adjust hugely to the changes this pandemic has brought.

We will be delivering an informative webinar for educational leaders to learn more about the neurological processes of stress and anxiety, and how they impact on both the psychological and physical health of adolescent pupils. The webinar will set out a proposal for schools to facilitate a Covid Anxiety Support Workshop that can be delivered within schools. The Covid -19 workshop is to be run within schools and will offer practical therapeutic techniques and coping skills that schools and teachers can incorporate in their classrooms to support their students.

Proposal for the Covid 19 Workshop For Teachers

The COVID Anxiety Support Workshop will be divided into three sessions each lasting 2 hours. The sessions can be delivered flexibly to suit the school, for example over the course of a single day or on three separate occasions such as three twilight events.

The workshop is suitable for anyone who works with students – teachers, pastoral staff, peripatetic staff.

Each workshop can accommodate a maximum of 98 delegates.

Part 1 : The Neuroscience of Stress and Anxiety (2 hours)

Throughout part one of the workshop, we present the neuroscience and psychology behind stress and anxiety with a specific focus on how the adolescent brain is influenced. We will also begin to discuss the negative consequences of too much stress and anxiety and how it may impair mental health, well-being, and academic attainment. We explore how COVID-19 has increased stress and anxiety in students.

Part 2 The Student COVID-19 Experience (2 hours)

Throughout part two of the workshop, we focus on the specific impacts of the pandemic over recent months to help teachers and leaders to understand the impact on students and their school. This will give a better understanding of the adolescent perspective of the lockdown experience, and begin to build ways in which they can create a supportive environment in the classroom. To conclude, we explore teachers' experiences of their students' return to the classroom.

Part 3: Therapeutic Techniques and Coping Strategies (2 hours)

This final session is aimed at helping teachers and leaders to explore different therapeutic techniques and coping strategies that can be used to help alleviate Covid -19 anxiety symptoms and protect against future trauma. Teachers can use these techniques themselves to effectively manage their own stress and anxiety. The psychological background of these techniques and strategies will be explained and teachers will be encouraged to practice some of the techniques discussed.

Time scale

Throughout this academic year 2020-2021 workshops will be delivered online via Zoom by a member of the BrainCanDo team.

The total cost of the COVID Anxiety Support Workshops is £975

ADDITIONAL COVID WORKSHOPS AVAILABLE TO SCHOOLS for students and parents:

1. A 2-hour student workshop: the student workshop will be in a similar format to the main teacher workshop, but the materials would be aimed at adolescents rather than the adults working in the schools. This workshop should be split into two one hour sessions, with a break (preferably a few days), in between to encourage reflection. Cost £395
2. A 90 minute parent workshop: the parent workshop will focus on the neuroscience of anxiety in adolescents and possible therapeutic solutions. Cost £300.
3. Further 2 hour workshops specifically targeted at the most vulnerable students can also be offered.
These would take the form of small groups (no more than 12 pupils per group) of similar aged pupils. These therapy sessions would be separated into two single 1-hour workshops. This would be presented by a trained therapist. Price available on request.

Further Details

If you are interested in finding out more about the COVID Anxiety Support Workshop for your school, then please do get in touch by e mailing info@braincando.com. A member of the BrainCanDo team would be delighted to discuss your requirements in more detail.

References

Kwong, A.S.F. et al., (2011). Mental health during the COVID-19 pandemic in two longitudinal UK population cohorts. The British Medical Journal, doi: <https://doi.org/10.1101/2020.06.16.20133116>