

Margot Sunderland spoke about Relationships that Hurt and Relationships that Heal.

Dr Margot Sunderland is Director of Education and Training at The Centre for Child Mental Health London, Honorary Visiting Fellow at London Metropolitan University, Associate Member of the Royal College of Medicine, and Child Psychotherapist with over thirty years experience of working with children and families. She is the author of over twenty books in the field of child mental health, which collectively have been translated into eighteen languages and published in twenty-four countries. A unique opportunity to hear award winning-author present on the key skills needed to develop emotionally healthy relationships in families, schools, communities and the workplace. The presentations include fascinating showcasing of relationships that hurt and relationships that heal.

- How people change people for better or worse and what we can do to repair and heal
- Relationships that hurt and relationships that heal: The latest neuroscience, psychology and effective interventions
- Emotional Intelligence in schools: Making it a reality, informed by brain science and psychological research
- Bullying: What neuroscience and psychological research can tell us about prevention and intervention

To access more information go to:- <https://www.childmentalhealthcentre.org/dr-margot-sunderland>