

**COURSE TITLE: Caring Can Be Stressful!**

**Trainer:**

**Chris Anderson** is a professionally qualified social worker and manager. She has worked in children's services and residential work for over 26 years.

Chris has developed an interest in behaviour management and working with children who have challenging and complex needs. She is currently the Chair of a fostering panel and is involved in training foster carers and others who work in caring for children.

**Aims and Objectives:**

We accept that caring can be stressful but can we understand and manage the stress to our advantage? The course examines the causes of stress in care work and what can be done to manage it.

**Teaching Method:**

The course is conceived in seminar format and is designed to encourage reflective practice. There is a comprehensive Powerpoint presentation combined with paired and group discussion and activities.

**Numbers:**

Up to a maximum of 24 participants

**Duration:**

Whole Day (0930 to 1630 with breaks)

**Target Audience:**

Foster carers, residential care workers, teachers and others professionally concerned in the care of children and young people

**Course Synopsis:**

- What is meant by stress in care work
- The causes of stress in care work
- How stress can be managed in the care situation