

# In response to COVID-19: Supporting Emotional Wellbeing through Principles of Acceptance and Commitment Therapy



Warwickshire Educational Psychology Service (EPS) has developed a Webinar to support emotional wellbeing in response to the Coronavirus (COVID-19) pandemic. The session is aimed for **parents/carers, secondary-aged young people, school staff and other professionals**. The session is free to access as part of our work in virtually supporting families and staff in Warwickshire during this time.

The Webinar is based upon principles of Acceptance and Commitment Therapy (ACT) and aims to be accessible to all as an introduction to the approach within the current context.

The Webinar will be delivered live on **Wednesday the 13<sup>th</sup> of May at 9am**. The Webinar will last for 40 minutes and consists of a 25 minute presentation and a 15 minute question-and-answer session.

If you would like to sign up to watch the Webinar, there are 3 ways you can do so, either:

- Click on “Warwickshire EPS webinar” link below
- Scan the QR code using a smart phone, or
- Call the Educational Psychology Telephone Line on: 01929 742 921.

Once signed up, if you are unable to attend the webinar live, the webinar will be available to watch via the email link for up to 30 days after the event.

[Warwickshire EPS Webinar](#)

