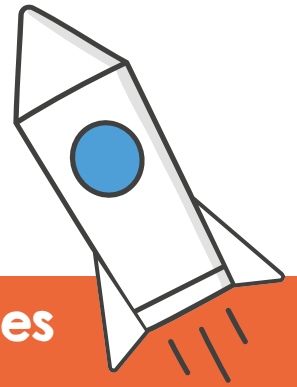




CAYP
Psychology



The CAYP Teacher Development Series

Thursday 16th April 2026

4.15-5.15pm

Supporting Teachers To Manage the Most Difficult Aspects of Their Work: A Compassionate Mind Approach

With Chartered Clinical Psychologist,
Dr Murewa Akintola

This session introduces a compassionate, neuroscience-informed approach to supporting educators, delivered by a Clinical Psychologist using Compassionate Mind principles.

We will focus on the emotional and psychological load of working in schools, particularly when supporting children with complex needs, managing challenging behaviour and holding risk, responsibility and relational pressure.

The training will then delve into how our brain responds under sustained stress and how school staff can regulate their emotions, reduce burnout and remain connected in their roles.

Overview:

- To understand the emotional and psychological demands of teaching through a clinical lens
- Why the current educational environment can take an emotional toll
- How to support yourself through sustained stress and the challenges of your role
- An introduction to Compassionate Mind principles
- How to use Compassionate Mind Techniques in high-pressure moments
- Practical, evidence-informed tools staff can use immediately
- Information on our tailored psychological support for schools and teachers

Who can join:

This session is primarily for Headteachers, SENCo's, teachers, teaching staff. Any professional working with children and young people will also benefit from this session.

[Click here to book your place.](#)





Dr Murewa Akintola

Chartered Clinical Psychologist with over 17 years' experience across NHS children's services, family therapy and physical health psychology. Dr Akintola has extensive experience supporting professionals working in high-pressure public sector roles and draws on Compassion Focused Therapy, ACT and CBT in an accessible and authentic way.

Ruby Cole

Former London classroom teacher and Assistant Psychologist at CAYP Psychology. Ruby brings lived classroom experience alongside psychological training, with a deep understanding of the day-to-day realities faced by school staff.

About CAYP Psychology

CAYP Psychology (pronounced "cape") is an independent, clinical psychology-led service offering expert therapy and assessments for children and young people aged 0-18 (or up to 25 for autism assessments). We support a wide range of emotional, behavioural, developmental, and learning needs, and provide outstanding specialist assessments for autism, ADHD, dyslexia, and intellectual disabilities.

We work closely with both schools and parents, and our reports are frequently used in EHCP applications and education tribunals. With nearly 100 highly qualified clinicians across more than 40 UK locations and online, we are proud to deliver thoughtful, values-driven support for children, families, and schools.

www.cayp-psychology.com
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