



City Psychology Service

BLISS

Course Details

Dates and Times To organise dates for your setting please contact Davinder-Singh.Dhesi@leicester.gov.uk (Senior Educational Psychologist)

This programme consists of one hourly sessions for 6 weeks

Venue Collegiate House, College Street, Leicester. LE2 0JX
☎ 0116 221 4800 📠 0116 221 1216

Audience ■ Therapeutic Group Intervention programme for young women aged 11-13

Areas Covered

- Bliss is an early intervention programme for young women aged 11-13 that aims to raise self-esteem and self-confidence around body image. The purpose of the programme is to provide participants with opportunities for learning about issues relevant to body image, such as self-esteem, positive and negative views of self, healthy living and the effects of the media
- Bliss is aimed at those who would benefit from work around building self-confidence and self-belief about their body image. Pupils appropriate for the group would typically display low self-esteem/self-confidence, body dissatisfaction, increased importance on their body image and preoccupation with body image portrayed in the media

Course Outcomes

- Pupils will develop improved emotional literacy skills
- Pupils will also acquire skills to overcome their tendencies to see events as the result of a fixed state and develop more helpful and more accurate cognitive strategies

Course Leader Davinder-Singh Dhesi (Senior Educational Psychologist)

Cost Leicester City Maintained Schools/Settings: £900
Non-Maintained Schools/Settings : £1080

How to apply To book your place visit www.lls.leicester.gov.uk
Full terms and conditions can be found on the website