

Jill's photo blog - a day in the life of an EP April 2019

The Easter holidays fell during April 2019. EPs don't work term time only, so school holidays are a good time to catch up on paperwork, reports, planning forthcoming training, CPD (continuing professional development) and working with colleagues.

Some of my holiday work list included:

Walking supervision - as psychologists we are registered with the Health and Care Professions Council and are required to undertake, and value, regular supervision. My colleague and I are trialling doing our supervision outdoors whilst walking. We reviewed this process during the Easter holidays and agreed that the benefits to our mental health and wellbeing were enormous and to be recommended. We found that we listened to each other better whilst walking, we did not feel the need to fill silences and we created more space for each other by being out and about. The gains we felt from the fresh air and being in nature also improved our efficiency in the afternoons!



Introduction to Emotion Coaching

Educational Psychologist - Jill Sandeman
Middle School, April 2019

I planned **Emotion Coaching Training** ready for one of my middle schools.

"Emotion coaching is helping children to understand the different emotions they experience, why they occur and how to handle them" Gottman (1997).

I also prepared some flashcards of the activities I use when working with young people so that they can choose which activity to do next :



The Bear Cards - Exploring Emotional Understanding and feelings towards different situations.



The Tower of Hanoi - exploring problem solving and response to assistance.

If you would like to know more about **Emotion Coaching training** or the other work of EPs please get in contact with the team at Psychservices@northumberland.gov.uk