



# Northumberland County Council

## **Psychological Services Potential Training Offer to Schools**

Educational Psychologists are able to offer 'training' to schools in many areas that support emotional wellbeing. Examples of previous training delivered or available is outlined below.

The work would be discussed and planned with the school EP and be funded from the school's SLA time. Schools that do not have an SLA with Psychological Services are able to buy in EP time for a specific purpose. In some cases, it may be that another EP delivers or joins the school EP, for particular training topics.

### **Problem Solving / Solution Finding Approaches**

#### **Solution Circles**

Introducing or leading the solution circles: the supportive, evidence-based flexible tool which encourages a positive and creative approach to problem solving. Previous delegates have found it extremely helpful and use it in their schools.

#### **Appreciative Inquiry**

A four stage process of looking at current practice and developing future practice.

#### **Evaluation**

Support to schools / settings to plan small scale research to evaluate the impact of any emotional wellbeing interventions they put in place

#### **Consulting with children**

Sharing good practice regarding consulting with children. A variety of tools and techniques aimed at supporting dialogue with children will be explored.

#### **Solution oriented approaches**

Introducing the main features of solution oriented approaches. Participants will have the opportunity to practice some of the techniques and will know where to find further information about these approaches.

#### **Narrative Approaches**

An introduction to narrative approaches and externalisation. An approach to enable young people (and staff) to take a different perspective on 'problems'.

## **Acceptance and Commitment**

An Introduction to the theories and practices of acceptance and commitment therapy.

## **Peer mentoring**

Looking at the impact of peer mentoring on behaviour within schools. By discussing a range of peer mentoring models and strategies, the training is designed to develop staff awareness of the systems employed in their setting, and how they can be adapted/enhanced to improve outcomes for all. A reflective session, designed to constructively challenge current practice, so allowing staff to identify areas for development.

## **Emotional Well Being**

### **Self-esteem**

Exploring the concept of self-esteem and looks at how low self-esteem can be manifested. It considers strategies and interventions that can help children start to raise their self-esteem.

### **Emotionally healthy staff and pupils**

Opportunities for staff to reflect on their own emotional health as well as that of the pupils. There is also the opportunity to explore all that you already have in place to nurture emotional wellbeing and to reflect on how you can make your school a more nurturing and emotionally healthy place to be.

**Emotional Literacy Support Assistants** (NB this course will not be accessed via SLA and will be charged per place)

This 4 day course gives school staff the training they need to support emotionally vulnerable pupils as well as supporting emotional well being across your school. The course has been thoroughly evaluated at a doctoral level. The course includes: an introduction to emotional literacy, active listening, circle time, friendship skills, self-esteem, managing angry feelings and programme planning.

## **Resilience and Coping**

### **Introduction to Resilience**

What is resilience? How does it develop?

### **Coping skills**

Supporting school staff to explore their own personal coping styles and learn more about the factors that contribute to effective coping styles and maladaptive coping styles. Staff can then apply this knowledge to their classroom.

## **Social Interaction / Social Understanding**

### **Peer Mediation**

Peer mediation encourages students to apply conflict resolution skills. The goal is to help students resolve and learn from interpersonal disputes.

### **Circle of friends**

Introduction to or co-facilitation of the 'Circle of Friends' model. A variety of uses and adaptations of the model will be explored, to highlight its possible impact in developing social & emotional well-being with a school.

### **Social Stories** (NB there is a specialist ASD team who also provide training in this area)

Social stories are a useful tool that can be used to help children with a range of difficulties. This course introduces staff to the various uses of social stories and shows them how to write effective social stories to help children within their setting.

Session: Half day or twilight

### **Social Communication Difficulties** (NB there is a specialist ASD team who also provide training in this area)

Introduction to social communication difficulties and Autistic Spectrum Disorder. Impact of ASD in the classroom and approaches to support.

### **Attachment**

#### **Attachment in the classroom**

Background to attachment and impact of attachment difficulties in the classroom.

### **Bereavement and loss**

#### **Being prepared**

An overview of grieving / managing loss and considers a range of responses which bereaved pupils may find supportive. It also builds the confidence of staff to support the bereaved in the role of helper.

#### **Critical Incident Support**

Working with school staff to support young people after critical incidents.

### **Worry and Anxiety**

#### **Helping children who feel worried**

Exploring the key principles involved in managing worry and anxiety. It looks at what happens when we worry, whole school and individual approaches to dealing with worry and using a narrative approach to help the worries get smaller or disappear.

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