

The East Midlands Education **Support** Service

Educational Psychology
Service (EPS)

What is the Nottinghamshire EPS traded training offer?

Nottinghamshire EPS can now offer a range of training courses to any organisation supporting children and young people's learning, development and wellbeing (age 0-25) e.g. maintained and independent schools, early years settings, alternative provision, colleges, multi-agency support services. Our training courses are designed to help adults to recognise and understand children and young people's needs and develop effective support strategies.

Our training courses are delivered by educational psychologists (EPs) and involve several key elements:

- Presenting psychological theory and research evidence.
- Demonstrating practical interventions and support strategies at individual and organisational levels.
- Sharing helpful resources.
- Sharing real-world examples and case studies from educational psychology professional practice.

In addition to our courses described in this brochure, we also offer bespoke training courses to meet unique training and development needs within a school or organisation. Contact us directly to discuss your training needs and we can work with you to design a personalised training package based on our educational psychology knowledge and experience info@em-edsupport.org.uk

How much does it cost?

If a school/organisation wishes to book training for their staff, the cost of Nottinghamshire EPS training is as follows for 1 EP delivering:

- £800 full day (6 hours)
- £400 half day (3 hours)
- £200 briefing (Up to 2 hours)

For highly bespoke training, there may be additional costs for EP planning time and preparation of materials. For audiences of over 25 people, 2 EPs will be required and the prices above will therefore be doubled. Individual places can also be reserved on training events hosted by Nottinghamshire EPS. These prices will vary, see individual events for further details.

The EPS will be hosting central training courses throughout the 2017-2018 academic year. You can book individual places on these events by emailing

info@em-edsupport.org.uk

Cost (Unless otherwise stated):
£150 (Full Day) £75 (Half Day)



How can I book EPS training?

If you would like to book training for your school or organisation, you can speak to your link Nottinghamshire EP (for Nottinghamshire schools), or book by email info@em-edsupport.org.uk

What training is available?

Schools, education settings and other organisations can access our training packages as they are described below or can request bespoke training tailored to meet their specific needs. The training packages can be accessed in three different formats:

- Full day interactive workshop session with supported planning time.
- Half day taught session with practical activities.
- 1 hour summary briefing.

We are currently offering training in the following areas (see the rest of the brochure for full details). Unless otherwise stated, our training is relevant for children and young people of all ages and can be differentiated for children with complex needs.

Emotional Health and Wellbeing

- An Introduction to Attachment, Trauma and Resilience.
- Calmer Classrooms: A guide to working with traumatised children.
- Understanding and Regulating Strong Emotions.
- Supporting and Developing Adult Resilience and Wellbeing.
- Supporting Anxious Learners and Anxiety Related Non-Attendance (ARNA).
- Anxiety and Learning.
- Selective Mutism: Supporting children who are reluctant to speak due to anxiety.
- An Introduction to Restorative Practice.
- Solution-Focused Pupil Coaching.
- An Introduction to Mindfulness in Schools.
- Supporting Children who have Experienced Loss and Bereavement.
- Managing Critical Incidents.
- ELSA Training: Emotional Literacy Support Assistants.

Cognition and Learning

- Accelerating Learning: Precision Teaching and Paired Reading Interventions.
- Executive Functioning and Working Memory.

Social Communication and Interaction

- Supporting the Emotional Wellbeing of Children and Young People with Autism.
- Intensive Interaction.
- Introduction to LEGO®-Based Therapy.

Emotional Health and Wellbeing

An Introduction to Attachment, Trauma and Resilience

This course will help attendees to understand the process of attachment, the developmental impact of trauma and the power of resilience as a protective factor for children's mental health. Attendees will also learn practical strategies to build children and young people's resilience at a whole-school, community and individual level.

Aims:

- To understand the concepts of attachment, trauma and resilience, how they differ and how they relate to each other.
- To understand the potential impact of trauma on children's development.
- To develop practical strategies to build resilience for children experiencing needs relating to attachment and/or trauma.

'Thought-provoking for reflecting on different pupils, possible reasons for their behaviour and strategies to impact positively with them.' *Primary School Staff*

25/09/17 9.30am - 4.00pm Edwinstowe House





Calmer Classrooms: A guide to working with traumatised children

Based on ‘Calmer Classrooms’ by Downey (2007) and ‘Creating Loving Attachments’ by Golding and Hughes (2012), this training provides additional information and further opportunities to consider the effect of trauma on children, including ongoing trauma. The training is based on a practical resource (Calmer Classrooms) which describes how to create learning situations which best support children. This is combined with information about ways to strengthen the working relationship between adults in school and the child, to make this most effective. This training is recommended for people who already have a basic understanding of the concept of trauma and the impact on child development.

Aims:

- To explore the potential impact of trauma on child development.
- To become familiar with the resource Calmer Classrooms: A guide to working with traumatised children.
- To develop whole-school and individual strategies to support children affected by trauma.

‘A great range of ideas and activities to carry out with the young people in our school’ *Secondary School Staff*

01/02/18 9.30am - 4.00pm Basford Hall

Understanding and Regulating Strong Emotions

This course will help adults to understand the impact of strong emotions on children and young people’s thoughts, feelings and behaviour, focusing on two examples i.e. anger and anxiety. Attendees will learn how to use the following interventions to help children to regulate strong emotions effectively (1) Incredible 5 Point Scale (2) Anxiety Curve (3) Breakwell Assault Cycle.

Aims:

- To understand the impact of strong emotions on children and young people’s thoughts, feelings and behaviour.
- To consider two examples i.e. anger and anxiety.
- To learn about practical interventions for managing strong emotions.

‘Really useful information about how strong emotions work, presentation was linked to direct/school experiences. Quality of resources and supporting materials [worked well]’: *Primary School SENCOs*

11/10/17 9.30am - 4.00pm Basford Hall

03/05/18 9.30am - 4.00pm Edwinstowe House

Supporting and Developing Adult Resilience and Wellbeing

‘In schools we spend a great deal of time placing oxygen masks on other people’s faces while we [educators] ourselves are suffocating.’

This course supports adults working with children and young people with complex needs to reflect on their own wellbeing and develop new strategies to build their own resilience.

Aims:

- To understand the psychology of adult resilience.
- To consider the impact of secondary trauma for adults supporting children who have experienced trauma.
- For adults to have an opportunity to reflect on their own resilience and wellbeing.
- To demonstrate strategies to support adult resilience, drawing on positive psychology and CBT.
- To demonstrate peer support and supervision models e.g. solution circles.

‘Really informative and interesting. Good mix of practical activities to try and time to reflect. Excellent, thank you’ *Secondary School Staff*

22/11/17 9.30am - 4.00pm Edwinstowe House

21/03/18 9.30am - 4.00pm Edwinstowe House

Supporting Anxious Learners and Anxiety Related Non-Attendance (ARNA)

Young Minds (2013) identified that at any one time, 1 in 6 children and young people will experience significant anxiety. Instances of children and young people not attending schools due to anxiety are increasing across Nottinghamshire. This training will provide secondary school staff with an understanding of the issues involved and with interventions to use in their own school community. Building on the county-wide project delivered to Nottinghamshire secondary schools in 2015, this training course forms a key part of the county's Anxiety Related Non-Attendance (ARNA) strategy.

Aims:

- To understand the concepts of anxiety and anxiety related non-attendance (ARNA).
- To understand the impact of ARNA on children's development and wellbeing.
- To develop practical strategies to support and prevent children experiencing ARNA at a whole-school and individual level.

"Excellent, clear and tackling a real need."

Secondary School Staff

09/10/17 9.30am - 4.00pm Edwinstowe House

Anxiety and Learning

Building on the successful training delivered in the Nottinghamshire Anxiety Related Non-Attendance (ARNA) strategy 2015, this training has been designed to support schools in further understanding the psychology of anxiety and developing practical strategies to support anxious children. Practical strategies will include the R4S (Ready 4 Secondary) project which is a practical, whole-class intervention to reduce children's anxiety during primary to secondary school transition.



Aims:

- To understand the psychological basis of anxiety including causes and impact.
- To consider the impact of anxiety on children's learning.
- To develop practical strategies to support adults working with children experiencing anxiety in schools including R4S (Ready 4 Secondary).

18/01/18 9.30am - 4.00pm Edwinstowe House

Selective Mutism: Supporting children who are reluctant to speak due to anxiety

'It's all about anxiety' ...Some children only speak freely to a small number of people with whom they feel comfortable, in familiar situations or circumstances. Usually they speak to their immediate family members at home when no one else is present and have most difficulty at school. This course will help attendees to understand the needs of children who are reluctant to speak due to anxiety and to develop ways to support them effectively.

Aims:

- To understand the psychology of selective mutism.
- To be able to recognise and understand the needs of children who are reluctant to speak due to anxiety.
- To develop practical interventions to support these children, using the stages of confident speaking approach.
- To learn about helpful resources and have an opportunity to plan your support using this approach.

No events planned. To run this event within your school please email: info@em-edsupport.org.uk

An Introduction to Restorative Practice

Nottinghamshire EPS is currently leading a county-wide pilot project introducing restorative approaches within schools and children's services. Come and join this exciting new venture!

'Schools that use a restorative approach to behaviour management have found that they need to exclude less and that incidents of poor behaviour decreased'

www.restorativejustice4schools.co.uk



An Introduction to Mindfulness in Schools

Mindfulness activities are increasingly becoming part of mainstream educational and mental health support for children and young people. Mindfulness involves learning to pay attention, in the current moment, without judgement. This course will give attendees an introduction to the area of mindfulness and relevant activities for use in schools to support children's attention, engagement with learning and emotional wellbeing.

Course Aims

- An introduction to Mindfulness.
- Research in the area of Mindfulness and its use in schools.
- Experience mindful activities throughout the session.

"Enjoyable session. I left feeling relaxed." *Teaching Assistant*

No events planned. To run this event within your school please email: info@em-edsupport.org.uk

Supporting Children who have Experienced Loss and Bereavement

This course will introduce attendees to the psychology of loss and bereavement. Delegates will receive a resource pack to support their work with children. Attendees will also become trained to use and write therapeutic stories as an intervention to help children to understand and process difficult feelings associated with loss.

Aims:

- To understand the psychology of loss and bereavement.
- To understand the needs of children experiencing loss and bereavement.
- To develop a range of practical strategies to support children at whole school and individual levels.
- To become trained in the use of Therapeutic Stories as an intervention.

'Really enjoyed the story sessions and could see this working well in school'.

Aims:

- To explore a restorative approach to behaviour management.
- To look at developing skills in conflict resolution, repairing harm, building relationships and emotional literacy.
- To demonstrate a range of practical tools for use when working restoratively with young people.

"The training was excellent—very interactive. Comments from my staff showed that they felt inspired and empowered to have a go." *Head Teacher*

14/03/18 9.30am - 4.00pm Edwinstowe House
15/03/18 9.30am - 4.00pm Edwinstowe House

Solution - Focused Pupil Coaching

Coaching has a proven track record as a tool for continuous professional development but has rarely been used with pupils directly. Nottinghamshire EPS has developed a pupil coaching tool which can be used to empower and enable young people to assume greater responsibility for their own development and progress in the areas of learning, behaviour, and emotional well-being.

This course will provide participants with:

- a rationale behind the use of solution-focused coaching
- the skills of solution-focused coaching
- techniques for the use of solution-focused coaching with individual pupils
- a set of resources to support their use of solution-focused coaching
- the opportunity to plan the use of these newly acquired skills in their particular setting.

"A really accessible intervention...I feel empowered to carry this out back at school." *Primary and Secondary School Staff*

12/02/18 9.30am - 4.00pm Edwinstowe House

'The bereavement session was good, very thought provoking and relevant to my school at the present time'.

Primary and Secondary School Staff

24/11/17 9.30am - 3.30pm Basford Hall
21/05/18 9.30am - 3.30pm Edwinstowe House

Managing Critical Incidents

A critical incident is a sudden and unexpected event that has the potential to overwhelm the coping mechanisms of a whole school or members of the school community e.g. the death or serious injury of a student or staff member. In Nottinghamshire, the EPS plays a central role in supporting schools experiencing critical incidents, free of charge as part of our core offer to schools. Informed by extensive experience and research evidence, the EPS has developed this training course and resource pack to support schools in thinking and planning their response should a critical incident happen in the future.

Aims:

- To understand the meaning of critical incidents and the potential impact on people's thoughts, feelings and behaviour.
- To share helpful resources and examples of good practice within critical incidents.
- To think and plan for a response to a potential critical incident, with the support of an educational psychologist.

No events planned. To run this event within your school please email: info@em-edsupport.org.uk



ELSA Training: Emotional Literacy Support Assistants

ELSA training is now available from Nottinghamshire Educational Psychology Service. Please note the ELSA course is only available in the following format. The total cost of £800 per person includes the following:

- 5 full days of training provided by the Educational Psychology Service.
- 2 years of group supervision from an Educational Psychologist.

ELSAs are teaching assistants who have received additional training from the EPS and ongoing supervision. The ELSA course involves 5 full days of training covering the following topics:

1. Emotional literacy/coaching, active listening and circle techniques.
2. Self-esteem, relationships and friendships.
3. Regulating strong emotions (anger and anxiety) and using therapeutic stories.
4. Social communication difficulties and practical strategies.
5. Loss and bereavement and bespoke ELSA programme planning.

"Thank you most sincerely for delivering an amazing training programme. I'm feeling so inspired by the training and fueled to make the difference." *ELSA*

To host your own ELSA course or to find out about ELSA courses running across Nottinghamshire, contact elsa@nottsc.gov.uk

Cognition and Learning

Accelerating Learning: Precision Teaching and Paired Reading Interventions

This course will introduce key psychological models and research evidence about children's learning. Attendees will also learn to use Precision Teaching and Paired Reading interventions to accelerate literacy and numeracy progress for children struggling to learn. These evidence-based interventions are particularly effective for children who are disengaged or de-motivated to learn.

Aims:

- To introduce psychological models of learning and learning difficulties
- To learn how to use Precision Teaching and Paired Reading as interventions to accelerate progress in literacy and numeracy
- To discuss how to plan, implement and evaluate these interventions effectively.

'[Helpful] presentation of psychological theory and research information about learning.' *Primary School Staff*

01/11/17 9.30am - 4.00pm Basford Hall
11/06/18 9.30am - 4.00pm Edwinstowe House

Executive Functioning and Working Memory

This course will help attendees to understand the concepts of working memory and executive functioning. Attendees will learn how to recognise when children are experiencing difficulties related to these memory and problem-solving processes. The course will also provide attendees with a range of resources and practical strategies to support children experiencing these difficulties.

Aims

- To understand psychological models of memory and problem-solving.
- To understand the concepts of working memory and executive functioning.
- To be able to recognise when children are experiencing difficulties with working memory and/or executive functioning.
- To develop practical strategies to support children experiencing these difficulties.

'Very informative and useful ... Now able to recognise how working memory works and support students' *Class Teachers and Teaching Assistants*

18/10/17 9.00am - 4.00pm Edwinstowe House
25/06/18 9.00am - 4.00pm Basford Hall

Social Communication and Interaction

Supporting the Emotional Wellbeing of Children and Young People with Autism

Unfortunately, anxiety and poor stress management are common among children and young people with autism. This course will help attendees to understand the emotional needs of children and young people with autism from a psychological perspective. Attendees will also learn about practical interventions to support and develop emotional wellbeing i.e. The Incredible 5 Point Scale, Social Stories, Comic Strip Conversations.

- Introducing the psychology of autism, self-awareness and emotional wellbeing.
- To understand the links between autism and anxiety.
- To learn about practical interventions to support emotional wellbeing for children and young people with autism.

'Ideas that I will be able to take back into school particularly for those students I did not know where to go with e.g. comic strip, conversations, power cards and social stories' *Teaching Assistant*

30/11/17 9.30am - 4.00pm Edwinstowe House
09/07/18 9.30am - 4.00pm Edwinstowe House



Intensive Interaction

This course provides an introduction to the Intensive Interaction Approach and signposts attendees towards a range of helpful resources. Intensive Interaction is a 1:1 approach to teaching early social communication and interaction skills to children with complex needs e.g. autism, profound and multiple learning difficulties.

Aims:

- To understand the key principles of Intensive Interaction.
- To have opportunities to see Intensive Interaction in action.
- To discuss and plan to use Intensive Interaction with children/young people in your school or organisation.
- To learn about a range of helpful resources and training opportunities.

‘Watching the videos was really inspiring, reminds us that basics for our children are really important’ Teaching Assistant, Special School

No events planned. To run this event within your school please email: info@em-edsupport.org.uk

An Introduction to LEGO®-Based Therapy

LEGO®-Based Therapy is a play-based approach to developing social competence for children with social communication and interaction difficulties, including autism.

This training provides an introduction, an overview of the psychological theory and research, and identifies key resources to support a school in setting up LEGO®-Based Therapy for their children.

Aims:

- To introduce the key principles of LEGO®-Based Therapy, psychological theory and evidence base.
- To present key resources associated with the approach.
- To help attendees to plan for introducing this approach in their school/organisation.

21/09/17 9.00am - 12.00pm Edwinstowe House

What next?

In Nottinghamshire EPS, we are constantly developing new training packages in response to new areas of learning, research and experience. Check out our webpage on **www.em-edsupport.org.uk or email us at info@em-edsupport.org.uk for information about newly released training.**

Some training courses we are currently working on...

- Emotion Coaching.
- Support Effective Communication for Children with ASD.
- Mediating Learning – Supporting Attention and Self-Regulation.
- Nottinghamshire EPS Parenting Support Package.
- Provision Mapping for Emotional Wellbeing Support in Schools.

Who are we?

We are a team of Educational Psychologists (EPs) employed by Nottinghamshire County Council to support the development and wellbeing of children and young people aged 0-25, by applying our psychological knowledge and skills.

We do this in 3 key ways:

1. Working at an individual level with a child and their key adults.
2. Working directly with educational settings (e.g. schools) as organisations.
3. Working with the local authority and wider community on local and national projects.

In September 2016, we launched a new offer of additional training and development packages as sold services to schools and other organisations, including the following:

- Training and development work in schools and organisations (sold services).
- Independent evaluation research (sold services).
- Leading group problem-solving meetings to help people to navigate complex or ‘stuck’ situations e.g. Solution Circles, PATH (core and sold services).