

Well Being Tool Kit & Well Being Tool Kit for Professionals

Course Code: 1614

“Getting your head above the crowd.”

Well Being Tool Kit & Well Being Tool Kit for Professionals

A training programme to build knowledge and skills in supporting the emotional health and mental well-being of children and young people.

2 day introductory course led by Dr Tina Rae.



According to a 2013 survey of 844 education staff by the Association of Teachers and Lecturers (ATL), there is a deficit in training to support students with mental health problems—only a fifth (21%) of teachers get regular training which they rate as good or adequate, and nearly 39% said they did not get any relevant training in their initial teacher training. **Considering that teachers are now more likely to be in contact amongst children with mental health problems**

than primary health care, mental health services and social services combined (Ford 2014) it is of utmost importance that teachers receive the appropriate training.

The key aims of this innovative and comprehensive publication are therefore to allow professionals and staff who work with children and young people to:

- Learn relevant therapeutic approaches and skills;
- Feel confident that they have developed the appropriate skills and knowledge base to identify at-risk students;
- Help prevent the escalation of any perceived difficulties and problems; and
- Fulfill Inclusion (Section 4) of the National Curriculum (2014) – by enhancing the emotional well-being of students and providing particular support for those experiencing social, emotional and/or behavioural difficulties, lessons can be planned to ensure that there are no barriers to every pupil achieving.

Those attending this **2 day introductory course led by the author of these publications Dr Tina Rae** will have the opportunity to familiarize themselves with the contents of both of the 20 session training packages and to sample and trial **some of the key resources**. Each of the training packages in the programme will provide a 2-3 hour session and resources which will generally include information leaflets, strategies, skills-based activities, case studies and the power point presentation required to deliver the session.

Many families today are exposed to high level of daily stress and the incidence of childhood depression is increasing. An estimated ten per cent of children in any school experience serious depression, such as going through extended periods of despair and even engaging in suicidal thoughts. Young people do not enjoy carefree childhoods but instead have to cope with the devastating effects of divorce, exposure to drugs and bullying amongst other significant stressors. Young people are most vulnerable to negative emotions and at risk of developing depression at the age of 11, when they move from primary to secondary education (Reivich and Shatte, 2002).

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Tutor:

Dr Tina Rae

Date:

08.06.2017 &

09.06.2017

Time:

09.30 - 15.30

Cost:

£150.00 pp per day

or £275.00 pp for

both days

Venue:

Hazel Oak School

Hazeloak Rd

Shirley

Solihull

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college staff reported having seen a rise in mental health issues among colleagues in the past two years and 55% said their job had a negative impact on their mental health.

In the current climate it is therefore more pertinent and important than ever that we address these issues in a proactive manner and set up systems of support that ensure individual well-being within a supportive and nurturing context. We only have to make reference to the above statistics – the number of teachers leaving the profession and the number of professionals retiring from teaching and subsequently suffering physical and mental ill health as a result of the stress levels that they have had to cope with over a sustained period of time.

The 20 sessions in this second Well-being tool kit for professionals therefore aims to provide the necessary resources to enable staff to maintain and further enhance their own well-being so that, in essence, they can describe themselves as fit, well and flourishing – both personally and professionally.

The topics covered in the Well Being Tool kit resource are as follows:

- Topic 1 Understanding Mental Health and Well-being
- Topic 2 Developing Assessment for Well-being
- Topic 3 Understanding Attachment and Trauma
- Topic 4 Children and Young People diagnosed with Autism: Management and Support Issues
- Topic 5 Children and Young People diagnosed with ADHD: Management and Support Issues
- Topic 6 Understanding stress, depression and anxiety
- Topic 7 Managing Anger
- Topic 8 Understanding Self-harm
- Topic 9 Using Listening and Coaching skills

Such factors clearly also increase the level of stress experienced by teachers and support staff who are tasked with ensuring young people's well-being and in removing any barriers to learning and achievement. This is also coupled with a relentless inspection regime and a culture of target-setting which some professionals feel is damaging teachers' mental health with many reporting symptoms of stress and exhaustion, according to the Association of Teachers and Lecturers (ATL) survey (2014). At the same time, the ATL reported more and more teachers are complaining of "unacceptable workloads" and insufficient support from schools over "challenging parents". More specifically, over a third - 38% - of school and

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Topic 10 Building Resilience Using Tools of Positive Psychology

Topic 11 Using strategies from Cognitive Behaviour Therapy

Topic 12 Using strategies from Solution Focused brief therapy

Topic 13 Using strategies from Motivational Interviewing

Topic 14 Using Mindfulness Approaches

Topic 15 Developing Well-being through Drama and Art Activities

Topic 16 Addressing Sensory Needs

Topic 17 Developing Well-being using Horticulture and Outdoor Activities

Topic 18 Using Play to Promote Well-being Topic 19 Using Strategies from Neuro-Linguistic Programming (NLP)

Topic 20 Using Peer Supervision and Maintaining Staff Well-being

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The topics covered in the Well Being Tool kit for Professionals resource are as follows:

Topic 1 Understanding and assessing your Mental Health and Well-being

Topic 2 Developing a Growth Mindset

Topic 3 Understanding the impact of Trauma and how to utilise Psychological debriefing

Topic 4 The role of Emotional literacy in your life

Topic 5 How to be an Emotion Coach

Topic 6 Understanding the impact of bereavement

Topic 7 Managing your Stress– building your tool box

Topic 8 Understanding issues of Vicarious trauma when supporting children and young people with mental health difficulties

Topic 9 Defining and Asserting yourself

Topic 10 Managing conflict

Topic 11 The resilience snake - Building Resilience Using key Tools of Positive Psychology

Topic 12 Using strategies from Cognitive Behaviour Therapy to build resilience

Topic 13 Using strategies from Appreciative Inquiry to support the change process

Topic 14 Using Mindfulness Approaches to reduce stress

Topic 15 Developing Well-being through Creative Activities – creating your ‘flow’ plan

Topic 16 Using tools from Neuro-Linguistic Programming (NLP) to foster a positive mindset in young people

Topic 17 Developing Circles of support

Topic 18 Using and developing your communication skills

Topic 19 Using Coaching to maintain Staff Well-being

Topic 20 Developing Reflective practice

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Day 1 will focus on the Well Being Tool Kit and day 2 will focus upon the Well Being Tool Kit for Professionals

The aim of the 2 day course will be to enable participants to both familiarize themselves with the contents of the training packages as a whole whilst also identifying how they can utilize them in their own contexts.

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Key activities from the majority of the 40 modules will be presented. It is also hoped that they will gain confidence in terms of delivering the whole resource whilst also developing an appropriate support network to share skills, knowledge and expertise.

**Dr Tina Rae: BA (hons) PGCE MA(Ed) Msc RSADipSpLD DipPsych ALCM Doc App Ch Ed Psy MBPS
HCPC registered Child and Educational Psychologist, Author and Educational Consultant**

- Dr Tina Rae has a national and international profile as an expert on children's mental health and well-being and has been a Professional and Academic tutor at UEL for 6 years (2010-2016) specialising in mental health, well-being and social, emotional and behavioural disorders and conditions.
- 72 books published to date and 6 due to go to print in 2016.
- Wrote and developed 14-19 Well-being curriculum for Wales
- Work on national SEN project - Coughlan, B.J. & Rae, T. (2012) Training Resources for special education in the 21st century Module 3.4: Emotional Wellbeing and Mental Health London: Department for Education (www.education.gov.uk/complexneeds/)
- Most recently published - Rae, T. (2015) The Wellbeing Tool Kit A Skills based training programme in therapeutic tools to foster social and emotional development in children and young people London: Nurture Group Network. CASS school of Education (UEL) adopted this programme as part of their offer on ITT and also in developing their training courses. This publication is having a major impact locally and nationally.
- The second Tool Kit for Professionals published in September 2016 with a focus on further developing the mental health and well being of the professionals who nurture and support our young people.
- Innovation in the development of The REACH approach – Promoting Attachment informed foster care underpinned by Positive Psychology- adopted by Compass Community.
- Key note speaker at national and international conferences with future engagements for Optimus, NGN, and University of Barcelona (2017)
- Contributor to T2T mental Health Project which won major NHS award 2015 Health Service Journal (HSJ). Publications with UEL staff and students including Rae, T. & Walshe, J. (2016) Understanding and Preventing Self harm in schools Effective Strategies for identifying risk and providing support Buckingham: Hinton House – 6 due for publication 2016.
- Rae, T., & MacConville, R. (2014) Using Positive Psychology to enhance student achievement A schools-based programme for character education London: Routledge - Camilla Sjoman of the Tampere University in Finland is delivering the intervention in Spain and in Finland and evaluating outcomes with Tina Rae acting as external consultant.
- Rae, T., & Piggott, E. (2014) Supporting the Well Being of Girls An Evidence-based School Programme London: Routledge – a best seller
- Editorial board for The International Journal of Nurture in Education and The Social Emotional and Behavioural Difficulties Journal.
- 60 Mindful Minutes 2nd best seller for the Nurture Group Network - Rae, T. (2014) 60 Mindful Minutes Developing mindful behaviour in the Nurture group London: Nurture Group Network
- Member of SEBDA, ENSEC and NGN. Full member of the British Psychological Society and HCPC registered Educational and Child Psychologist.

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Dr Tina Rae has over 30 years' experience working with children, adults and families in both clinical and educational contexts within local authorities and specialist educational services. She is currently working as a Consultant Educational Psychologist in a range of SEMH and mainstream contexts and for Compass Fostering as a Consultant Psychologist. She was formerly an Academic and Professional tutor for the Doctorate in Educational and Child Psychology at the University of East London. She is a registered member of the Health and Care Professions Council and a full member of the British Psychological Society. Tina is also a member of SEBDA (Social Emotional and Behavioural Difficulties Association), a member of ENSEC (European Network for Social and Emotional Competence) and a former trustee of the Nurture Group Network (NGN).

Tina is a prolific author and has written extensively on topics such as well being, attachment, emotional literacy, behavioural problems, anger and stress management, critical incidents, cognitive behavioural therapy, motivational interviewing, solution focused brief therapy, loss and bereavement in young people, youth offending and social skills development. Her 72 publications to date can be accessed via Sage publications, Paul Chapman publishing, Folens publishers, Jessica Kingsley, Speechmark, Routledge, Hinton publishers, NGN and Optimus publications. She is currently promoting the 2nd Well Being Tool Kit for Professionals. Her workshops and presentations on resilience building and the use of CBT with children and young people have been well received by both teaching and pastoral staff in a wide range of schools and services in both the public and private sectors.

Tina also contributes to national and international conferences and events on a regular basis including those for SEBDA, BSA, NGN and Optimus whilst also providing training courses and supervision for school based staff in both special and mainstream contexts and Educational Psychology services across the country and abroad.

When & Where

Course Code: 1614

Date: 8th & 9th of June 2017

Time: 9.30 - 15.30

**Hazel Oak School, Hazeloak Rd
Shirley, Solihull, B90 2AZ**

tinarae@hotmail.co.uk

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For further details please contact:

Nicki Jennings

Tel: 0781 3323980

Email: nicki.jennings@giraffe-training.co.uk

Web: www.giraffe-training.co.uk

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