



*" Three children in every classroom have a  
diagnosable mental health disorder" Young Minds*

## **Educational Psychology & Specialist Support The Wellbeing Toolkit**

Developed by Dr Tina Rae, Consultant Educational Psychologist in conjunction with SEBDA (Social, Emotional, Behavioural Difficulties Association) and the Nurture Group Network

A skills-based training programme to foster social and emotional development in children and young people

Key aims are to allow professionals to :

1. Feel **confident** to develop the appropriate skills and knowledge base to identify at-risk students
2. Help **prevent** the escalation of any perceived difficulties and problems and
3. Provide **support** for those experiencing social, emotional and/or behavioural difficulties enabling them to achieve.

**Targeted audience:** Cluster SEND leads, pastoral workers (including managers), PSAs, Family Support Workers, teaching staff and professionals involved in supporting children's well-being.

Twilight training sessions in Norfolk delivered by staff from Norfolk County Council's,  
Educational Psychology and Specialist Support Service

**Venue: The Base from January 2016 (map attached).**

**Time: 3.45—5.45 pm**



All sessions at **Hewett Academy, Cecil Road, Norwich, NR1 2PL 15:45-17:45**

**First 2 sessions compulsory**

**Costs: £50 (first two sessions) plus £40 each additional session booked.**

**Schools/clusters buying 20 sessions receive 20% discount i.e. £616 (saving of £154)**

Please complete and return your reply slip to: Michele Blazey, Educational Psychology and Specialist Support, Children's Services, Carrow House, 301 King's Street, Norwich, NR1 2TN, or email [michele.blazey@norfolk.gov.uk](mailto:michele.blazey@norfolk.gov.uk) . If you require further details contact **Rita Adair**, Senior Lead Educational Psychologist —[rita.adair@norfolk.gov.uk](mailto:rita.adair@norfolk.gov.uk) or 01603 307567

**Spring Term**

- 12/01/2016 Understanding Mental Health & Wellbeing**
- 26/01/2016 Developing Assessment for Wellbeing**
- 9/02/2016 Understanding Attachment & Trauma**
- 23/02/2016 Children & Young People Diagnosed with Autism: Management & Support Issues**
- 8/03/2016 Children & Young People Diagnosed with ADHD: Management & Support Issues**
- 22/03/2016 Understanding Stress, Depression & Anxiety**

**Autumn Term**

- 28/06/2016 Using Strategies from Motivational Interviewing**
- 12/07/2016 Using Mindfulness Approaches**
- 27/09/2016 Developing Wellbeing through Drama & Art Activities**
- 11/10/2016 Addressing Sensory Needs**
- 18/10/2016 Developing Wellbeing using Horticulture & Outdoor Activities**
- 8/11/2016 Using Play to Promote Wellbeing**
- 22/11/2016 Using Strategies from Neuro-Linguistic Programming (NLP)**
- 6/12/2016 Using Peer Supervision & Maintaining Staff Wellbeing**

**Summer Term**

- 12/04/2016 Managing Anger**
- 26/04/2016 Understanding Self Harm**
- 3/05/2016 Using Listening & Coaching Skills**
- 17/05/2016 Building Resilience Using Tools of Positive Psychology**
- 7/06/2016 Using Strategies from Cognitive Behaviour Therapy**
- 21/06/2016 Using Strategies from Solution Focused Brief Therapy**

Name .....

Title .....

School .....

Contact number .....

Email .....