

## Improving School capacity to deal with difficult behaviour

Kids' Skills is a method for helping **5-10 year old** children overcome problems and learn skills developed by psychiatrist Ben Furman.

Kids' Skills is:

- **Solution Focused:** The idea is not getting rid of problem behaviours but learning skills that the child needs to master in order not to have those problem behaviours.
- **Co-operative:** The child is not the object but an active participant in the kids' skills process.
- **Community-based:** The child's friends, his or her family members, as well as other adults important to the child participate actively in the process
- **Parent Friendly:** Parents are not blamed for the problems of their children but are invited to join in as supporters for their learning child.
- **Fun:** Kids' Skills proves that children are interested and motivated to learn to modify their own behaviour.
- **Accessible:** The steps of the process are easily understood and can be applied even without former experience.
- **Suitable for many contexts:** It can be used in childcare facilities, schools, clinics, as well as in families at home.

**Andrew Duggan**, who would be delivering the training, is a child therapist and solution focused teacher and trainer currently working in East Cheshire. He has worked in close partnership with Ben Furman at the Brief Therapy Institute in Helsinki learning the Kids' Skills approach and in the UK's first Kids' Skills coach. He has presented workshops in the UK and internationally on the application of Kids' Skills and solution focused ideas with children and adolescents.

The training would be aimed **at support assistants in schools and other school or community based workers**. They would implement Kids' Skills in their schools/ community and so **schools/ community would benefit from having the expertise**. To maintain the intervention those workers would have access to the EBL (emotionally based learning difficulties) team within each area and the schools would have **2 support meetings each term when TA's could meet with the EBL support teacher hopefully on a cluster basis**.

Currently estimated cost to schools would be **£120-£130 for the 2 days** training at a venue to be arranged.

I would be grateful for any feedback; please feel free to take to cluster meetings which I would happily speak to if useful. If you are interested in this training opportunity could you please let me know or contact Catherine Reeve at 01953 450530 or email [catherine.reeve@norfolk.gov.uk](mailto:catherine.reeve@norfolk.gov.uk)

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