

Inside Out



Suitable
for all
school staff
and family
workers

Understanding Self-Harm in School Age Children (Primary and Secondary)

Self-Harm is probably one of the most misunderstood issues in the behaviour of children and if dealt with inappropriately behaviour can escalate, all too often with tragic outcomes. This one-day workshop will explore both the causes and functions of self-harming behaviour in children, how to recognise the signs that a child is self-injuring and how to deal with it appropriately in the school environment. This will be an experiential workshop and participants are invited to bring any experience they have of children who self-harm to use in discussion.

Alison McKnight and Cathy Mackay are qualified social workers with a total of 44 years of experience working therapeutically with children and families! Both hold the Post Graduate Diploma in Child and Adolescent Mental Health. Alison is also a qualified teacher and Cathy has a Diploma in Cognitive Behaviour Therapy.

Tuesday March 15th 2011
9.30-3.30

eQe Training Centre

(attached to Abbey Hey Primary School)

Cost: £80 (includes lunch)



▲ Understanding Behaviour and Emotional Needs ▲

eQe's courses always receive excellent evaluations from trainees:

"This course exceeded my expectations. I feel so enthusiastic about taking it back into school." (Anon)

"Excellent presentation. Wonderful trainer." (Anon)

"Changed my whole understanding... An excellent course" (Teacher).

"It has all been truly inspirational!" (SENCO).

"Best course ever attended." (TA)

"Presentation style was superb. Brilliant training." (Teacher)

"Fantastic - most inspirational training I've been on yet." (Learning Mentor)

"Very well presented, clear, precise, helpful, informative and enjoyable." (Anon)



The Power of Positive Touch



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The **Massage in Schools Programme** is an international child to child fully clothed massage programme developed to be acceptable within the school environment.

The programme supports national strategies including Healthy School Programme, SEAL programme, PHSCE (compulsory from September 2010), Every Child Matters and policies such as anti-bullying and additional needs support.

Research and evaluations over 10 years in the UK show that this programme can result in calmer and more confident children with less aggression and bullying behaviours resulting in increased friendships and positive social networks.

Carol Trower is a Health Professional with a vast amount of experience and knowledge gained as a nurse, midwife, health visitor including a post-graduate diploma in 'Promoting Child Emotional Health'. Carol is also a Reflexologist, Massage Therapist, Infant Massage Instructor and a Massage in Schools Programme Instructor and Trainer.

The training is a **two day** course. It includes a course certificate, a years subscription to the Massage in Schools Association and post training support. It will be of interest to anyone working within a school context who is interested in exploring different ways to meet children's social and emotional needs.

Tuesday **and** Wednesday June 21st and 22nd 2011

9 am – 4 pm

eQe Training Centre

(attached to Abbey Hey Primary School)

Cost: £220 (includes lunches)



▲ Therapeutic Approaches ▲

No Need For Words



Suitable
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Using art to help children improve their communication skills

This one day experiential workshop will look briefly at the theory behind Art Therapy and how elements of this can influence our work in schools. It will provide a theory base and practical ideas for anyone who wishes to work creatively with small groups of children (including groups of children new to English) using art materials, to help them communicate, improve their social skills, explore and express their emotions. There will also be an opportunity to discuss any work that participants have already undertaken with pupils.

The course will involve a hands-on approach: exploring and expressing thoughts and feelings through the use of art materials, having lots of fun and (maybe) getting your hands dirty! No previous art experience necessary.

It will provide additional training for those who have previously completed the 'Insight' training.

Dierdre McConnell is a qualified Art Therapist who works with individuals and groups of children in Manchester primary and secondary schools. She has provided training for multi-disciplinary groups and schools and is experienced at bringing therapeutic approaches into educational settings.

"The course was inspiring , helpful and also felt therapeutic for me." Senco

"Very inspiring and informative." Playworker

Tuesday June 28th 2011

9.30-3.30

eQe Training Centre

(attached to Abbey Hey Primary School)

Cost: £80 (includes lunch)



▲ Therapeutic Approaches ▲

Work Smarter ...Manage Better



Suitable
for staff in
leadership
positions

Taking control and problem solving

The recently published Guidance notes for Head Teachers on *Preventing Work-Related Mental Health Conditions by Tackling Stress*, identifies stress, depression and anxiety as accounting for more than 50% of all mental health problems, and the second largest cause of sickness absence in the UK.

Problem solving ability and good strategic management can increase our control of work and situations, and therefore subsequently assist in addressing stress. It can benefit handling workloads and pressures; staff performance and effectiveness; sickness absence; and ultimately pupils' educational experience.

In this introductory seminar you will gain insight and experience of some of the tools available in modern senior management, to immediately begin the process of tackling work stress through better management.

Specifically we will focus on managing stress through being more in control ourselves as managers, using creative problem solving techniques; strategy; and some principles of managing people, motivation and leadership.

Most recently Director for Europe, Middle East and Africa for a \$0.5 Billion multinational software company, Robin Sheehan is an experienced MBA qualified senior manager with special focus on strategy. He has been in senior business management positions for 15 years. Robin is currently a Director for Global MapAid. He is also a trained Secondary Science teacher.

Thursday 19th May 2011
9.30-3.30

eQe Training Centre
(attached to Abbey Hey Primary School)
Cost: £80 (includes lunch)



▲ Staff Emotional Health and Wellbeing ▲

Securing the Base



Suitable
for all
school
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family
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Demystifying attachment theory

Children and young people with concerning behaviour often receive a label of 'Attachment Disorder'. This one-day course will use creative approaches as well as conventional learning techniques to explore the theory of attachment and the behaviours that result from good or inadequate attachments. It will also look at what schools can do to promote secure attachment, as school is often the consistent safe place in a child's life.

Cath Mackay is a qualified social worker who has worked in Probation and Youth Justice, and for the NSPCC delivering therapeutic interventions for children and families. She has also specialised in sexual abuse assessment and intervention. She is currently a mental health practitioner with a community based CAMHS team, which focuses on Looked after Children and Children in Need. She is also a qualified Cognitive Behavioural Therapist who also works for Adult Mental Health.

"Every member of staff in school should and would find this course useful."
Learning Mentor

"I feel enlightened as to the complexity of attachment issues and more confident in thinking about strategies." Senco

Tuesday July 5th 2011
9.30-3.30

eQe Training Centre

(attached to Abbey Hey Primary School)

Cost: £80 (includes lunch)



▲ Understanding Behaviour and Emotional Needs ▲

eQe offers three strands of training:

- ▲ Understanding Behaviour and Emotional Needs
- ▲ Therapeutic Approaches
- ▲ Staff Emotional Health and Wellbeing

The strand allocation can be seen on the bottom of each page.

Muck, Moods and Magic



Suitable
for all
school
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Using plants and horticulture to meet children's
social and emotional needs

This one day workshop will initially explore the evidence base for the therapeutic potential of being near to and nurturing plants. Practical, hands-on sessions will enable participants to experience how working with plants, engaging in enjoyable and creative activities, can help to explore and express thoughts and feelings.

Reflection and discussion of the issues raised will then be used to examine how such approaches might be applied in various settings with children to creatively address a range of issues.

No previous gardening experience necessary!

Simon Read is a qualified Horticulturist with extensive experience of working with individuals and groups of young people across the Northwest. He has provided training for multi-disciplinary groups and schools and is experienced in bringing therapeutic approaches into educational settings.

“Excellent, very informative and inspiring.” Parent Governor

“Very informative and inspirational. I can't wait to get cracking!”

HLTA

Tuesday 8th March 2011

9.30-3.30

eQe Training Centre

(attached to Abbey Hey Primary School)

Cost: £80 (includes lunch)



▲Therapeutic Approaches▲

Stre-e-e-tched but not Snapped



Suitable
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workers

This one-day workshop includes a range of practical tips to enable people to identify some of the warning signals of stress and to have some techniques ‘up their sleeves’ to help them feel better able to cope.

In a relaxed and safe environment (no role-play or self disclosure!) find out about some of the simple steps you can take to stay on top of stress and be prepared to learn a few of the more unusual but effective strategies that you can use to promote your own wellbeing.

Hazel Jump is an experienced therapist and trainer, specialising in stress related issues, and has delivered courses and workshops to a wide variety of workplaces over the past 20 years. She brings a warmth and sense of humour to her workshops and, drawing on her own experience of stress, she equips people with some effective and practical self-help techniques.

Tuesday June 7th 2011

9.30-3.30

eQe Training Centre

(attached to Abbey Hey Primary School)

Cost: £80 (includes lunch)



▲Staff Emotional Health and Wellbeing▲

Let the Toys Talk



Suitable for anyone who has completed the Th.Inc.Room training

Children's natural language is play

This two day workshop builds on the introductory training in the 5 day Th.Inc.Room training course. It will increase the understanding of the theory behind therapeutic play and will develop the workers' skills at using safe therapeutic play to help children to explore their world and their place within it. It is an experiential course so come prepared to play!

Bridget Sheehan is the creator of the Th.Inc.Room approach. She is an experienced teacher, therapist and trainer. She believes that the best way to meet children's emotional needs is to increase the skills of the staff already working with them.

"I found the course extremely valuable"

"I have gained vital knowledge and new skills which will enable me to be a better worker in the Th.Inc.Room."

"Wonderful training. I can't wait to put it into practice."

Tuesday and Wednesday May 17th and 18th 2011
9.30-3.30

eQe Training Centre

(attached to Abbey Hey Primary School)

Cost: £160 (includes lunches)



▲ Therapeutic Approaches ▲

Sound it out



Suitable for all school staff and family workers

Using music and movement to improve communication.

This one day workshop will look briefly at the theory behind music therapy and how this can influence our work with children and parents. It will provide a theory base and practical ideas of musical play activities for anyone working with small groups of children and/or groups of children and parents who wish to use music and movement to improve communication.

It will provide additional training for those who have previously completed the 'Tune In' training.

Margareta Burrell works for the Coram Family in London as a Music Therapist and also as an Early years Music Specialist. Previously she worked for the CAMHS team in Dover for 12 years. She is also a trainer of the 'Stepping into Music' project currently available for Early Years Music Specialists. She works with individuals and groups, children and parents, and has provided training for schools. She is experienced at bringing therapeutic approaches into educational settings.

Thursday March 24th 2011
9.30-3.30

eQe Training Centre

(attached to Abbey Hey Primary School)

Cost: £80 (includes lunch)



▲ Therapeutic Approaches ▲

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Equilibrium and Enablement

One and Two Day

Training Courses

2011



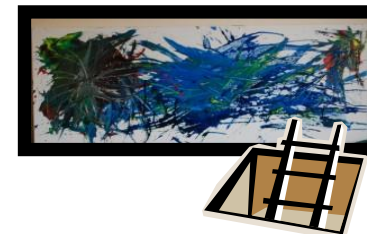
All training courses are held at **eQe**'s training base at Abbey Hey Primary School (contact details on the back cover). Directions are available on the website.

As the training base is on a Primary School site you must have a current, valid CRB check. Booking places indicates that you have accepted this requirement.

Please photocopy and use the enclosed booking form, or download a booking form from the website www.eqe-ltd.com.



Climb into my Mind



Suitable for all school staff and family workers

Learn about Asperger's from a person not just a text book

Robyn Steward is a 23 year old with Asperger's, with yellow boots and a flower in her hat. She is an international speaker and national trainer. She also mentors young people and is an artist. Robyn has appeared in national media and spoken at the House of Commons.

In this one day practical workshop Robyn will give an introduction to Asperger's Syndrome. She will also run some practical work around art. Robyn hopes to energize you to use art and to enable you to develop an understanding of Asperger's gained from a person not just a textbook.

"The training was fantastic..... Refreshing and much better than a textbook approach. I would recommend this training to anyone working in the education system." Learning Mentor

"It was fantastic to have the opportunity to talk to someone and ask questions to someone who has Aspergers." Family Worker

Tuesday, March 29th 2011
9.30-3.30

eQe Training Centre
(attached to Abbey Hey Primary School)
Cost: £80 (includes lunch)



▲ Understanding Behaviour and Emotional Needs ▲