

Therapeutic Capacity Building Interventions available for 2013/14

A Capacity Building Intervention includes:

- An 8 week programme (half days) with a small group of children OR parents/carers and children
- 2 half day sessions of planning, preparing, evaluating and meeting with parents
- Delivery of intervention (including modelling and training) by an eQe therapeutic consultant alongside a member of your school staff
- 2 subsequent meetings once your school is delivering the intervention themselves

A version of most programmes can be run with parents/carers and their children to help foster more positive relationships. We also have parallel After School Club programmes, which can also be capacity building.



Scrummy Crew

This programme uses the medium of food to enable children to explore and experience nurture and the feelings connected to this, whilst also providing an opportunity to develop life skills.



Root Crew

This programme is built on the principals of therapeutic horticulture. Through interaction with the natural world and through growing and caring for living plants children are enabled to explore themes such as nurture, meeting of needs, growth, delayed gratification, safety and change.



SmArty Crew

This programme utilises a variety of creative and artistic processes with the aim of enabling children to explore and address any difficult issues that may be occurring for them, and to explore and experience nurture and the feelings connected to this.



Rhythm Crew

This programme focuses on improving self confidence, developing relationships and improving communication through the medium of music and movement.



Time Travellers

Schools are increasingly highlighting their concerns to us around children entering nursery who seem unable to play. This programme takes children on a journey through different play media, and from solitary to co-operative play.



Messy Crew

Children who have missed out on early sensory play lack the confidence to explore the world freely and often struggle to self-regulate and contain themselves. This small group intervention takes them on a journey through play activities that awaken their senses and help them to start to self regulate.



Cool Play Crew

Many children struggle with play times. They may constantly get into trouble or they may feel isolated. This small group intervention teaches them the basic skills necessary to function successfully at playtimes. It can be successfully rolled out as a whole school approach.



Beautiful Inside and Out

This therapeutic intervention is aimed at girls in Year 6 and above and provides an opportunity for them to explore self-image and self-care. It combines creative self-esteem work with health and beauty activities.



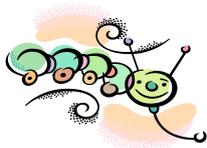
Wild Crew

This therapeutic intervention is aimed at boys in Year 5/6/7. It combines Forest schools concepts with other educational and therapeutic approaches, using outdoor games and activities alongside discussion to enable the group members to explore their identity now and as they become men.



Wild Things

This intervention is aimed at children in KS1. It uses Forest School creative approaches to explore the key Schemas of Enclosure, Enveloping, Connection and Boundary. The children will experience safety, containment and a sense of belonging. They will learn to connect positively with others, develop a sense of appropriate boundaries and from these they will experience the freedom to explore their environment and have their senses awakened.



Wings of Change

This transition programme is aimed at children moving from KS1 to KS2. It can be delivered whole class or small group and uses a range of creative media to explore change using the metaphor of the caterpillar metamorphosis.



A Journey, 3 Keys and a Wizard

A unique programme aimed at Yr 6 (whole class or small group) that uses visualisations and creative activities to help children explore the deeper issues faced during transition to High School.



Transformers

This programme is aimed at children/young people from Yr 6 upwards. It develops internal skills and self confidence exploring themes such as internal strengths, delayed gratification and resilience. It can be delivered whole class or small group.

We can also provide training and modelling in whole class Circle Time, Relaxation and Peer Massage