

# Practitioner Facilitator training in 'All Emotions are OK' ©Alpiri

Dr Sarah Temple February/ March 2022

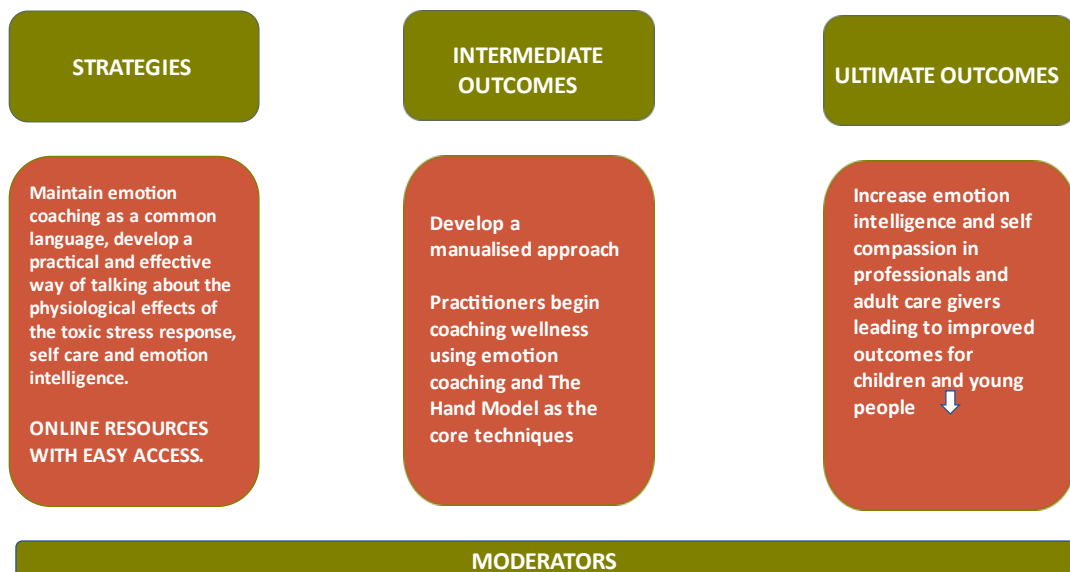
All training is online

The training will be led by Dr Sarah Temple. EHCAP Trainers will have experience delivering MACE training, TIK or TINT groups and will have developed insight into their own emotional responses (emotion intelligence).

Practitioners will be recruited by Dr Sarah Temple, Fiona Moir, Sophie Jones and Sarah Love and will commit to undertaking the training, engaging with the online resources and developing their own way of working with Dan Siegel's Hand Model and John Gottman's Emotion Coaching. They will need to work with at least one family during the six month training time line.



## Theory of Change



### Course Intentions

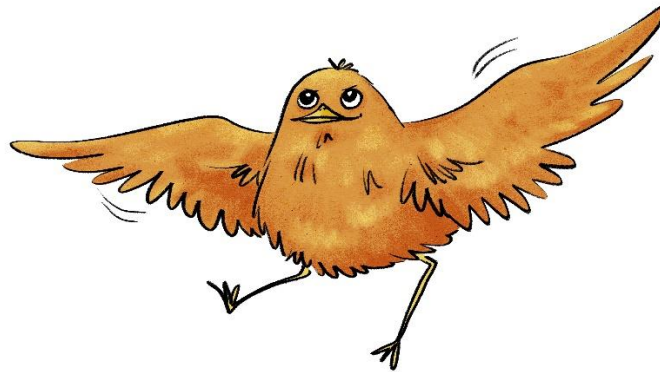
This is a development programme. Practitioners will work with EHCAP creating a manualised coaching programme which will enable them develop insight into their own emotional world and to feel able to hold face to face or virtual conversations talking with parents and carers about

- their emotional and mental wellbeing including any mental health difficulties and impact of experienced adversity as a child or adult
- their physical wellbeing including sleep, diet, exercise and any physical health difficulties

- positive / tolerable/ toxic stress responses and effects on child development

Practitioners will be trained to respond compassionately to the needs of the family with practical metaphors and tools such as Dan Siegel’s Hand Model, Dan Siegel’s River of Wellbeing and John Gottman’s Emotion Coaching.

The training will include discussions about adult safeguarding, the effects of domestic abuse (including historic abuse) on emotional wellbeing and self referral processes for IAPT (Talking Therapies).



#### **Key concepts:**

- To support staff develop insight and mindful awareness (emotion intelligence)
- Move away from risk assessments and toward skills and capabilities
- Presume that a high percentage (if not all) of parents/ carers/ adult care givers of children with emotional/ behavioural difficulties will benefit from understanding the positive/ tolerable/ toxic stress model and other psycho education tools used within the MACE approach and that it is therefore not necessary to assess them or ask about their ACEs.
- To develop a universal programme in which it becomes normal to ask about and work with the emotional, mental health and wellbeing of the adult caregivers and to consciously work with them to develop their emotion intelligence
- Direct link with Mindful Contemplation and Play and Creativity Groups

#### **Moderators**

- Practitioners joining the developmental phase of this project must feel confident about having courageous conversations about domestic abuse and parental mental health
- Practitioners must have child safeguarding training (preferably multiagency or level 3) and know who the safeguarding lead is within their organisation. A module will be provided within the training updating learners on the statutory framework for adult safeguarding.
- Recruitment processes- Fiona Moir to decide on questions and how this will be managed for PHN team, Sarah to work with EY
- If possible merge with existing service needs eg the new PHN socialising groups (as oppose to weighing) or with midwives maybe anxiety in pregnancy / anxiety about delivery?
- Work with our midwifery colleagues to make this relevant for them

## Time Line

- Taster webinar October 14<sup>th</sup>- booking form at [www.emotioncoachingsomerset.co.uk](http://www.emotioncoachingsomerset.co.uk)
- 4 half day work shops all 12-3.30pm
  - **Thursday 10th February 2022**
  - **Thursday 17th February 2022**
  - **Thursday 3rd March 2022**
  - **Thursday 17th March 2022**

## Linked with mentoring and coaching provided between March and July 2022.

### Practitioner commitment

- Practitioner organises either face to face or online coaching with the adult care giver(s) of a child from their setting. Some parents or carers may need 3 sessions of coaching with the practitioner before feeling able to join a group of parents
- Practitioner facilitates a face to face or online group with an agreed number of parents embedding learning with the EHCAP e-learning modules, sharing digital access to Resilience and facilitating discussion about The Hand Model and emotion coaching.
- **Parents who progress to this stage are offered the opportunity to join a Tuning in to Kids parent support group where this is available.**

