



**Norfolk** County Council

**Training Spring term 2019**

**Educational Psychology and Specialist Support and  
Critical Incident, Bereavement and Trauma including  
understanding self-harm/suicide prevention**



**Educational Psychology  
& Specialist Support**

We are delighted to share with you our training schedule for 2019. You can book the training through the Services for Schools site: <http://s4s.norfolk.gov.uk/Training>

Please note that we will add further events for the summer term, please check our website <http://www.norfolkepss.org.uk/category/training/> or email [cs.epss@norfolk.gov.uk](mailto:cs.epss@norfolk.gov.uk) if you would like us to contact you about a specific course. Most sessions can also be booked as Inset in your school. Many schools do this and then sell tickets to other schools to cover the cost.

Twilight sessions are costed at £50 per session. Full-day courses are £120 session and half day courses are £80. **A £10 discount is available for schools with an EPSS contract.**

Critical Incident Training is offered free to all local authority schools, and academies and independent schools which pay an annual subscription to the Norfolk Critical Incident Service. Other schools/academies pay £120 for full-day courses, £80 for half-day courses and £50 for twilight sessions. A £10 discount is available for schools with an EPSS contract.

The courses 'Self-harm and Suicide prevention' and 'Teaching about mental health and emotional well-being' are offered free of charge to all school settings in Norfolk & Waveney as part of funded suicide prevention activities.

Feel free to contact us if you want to find out more about the Critical Incident Service: [bianca.finger-berry@norfolk.gov.uk](mailto:bianca.finger-berry@norfolk.gov.uk)

Please note that we may need to make changes to the details published.

## Summary of EPSS training on offer until the summer term 2019

Pg	Course	Trainer	Date and Time	Educator Solutions Link
5	Practical strategies for supporting children with challenging behaviour	Jo O'Donoghue Specialist Behaviour Support Teacher	22 January 4.00 – 6.00 pm @ PDC	<a href="http://s4s.norfolk.gov.uk/Event/85386">http://s4s.norfolk.gov.uk/Event/85386</a>
7	Supporting learning skills – mediated learning	Georgi Turner, Trainee Educational Psychologist	5 February 4.00 – 6.00 pm @ PDC	<a href="http://s4s.norfolk.gov.uk/Event/85517">http://s4s.norfolk.gov.uk/Event/85517</a>
8	Practical strategies to support children's working memory	Sarah Gentle, Specialist Learning Support Teacher	26 February 4.00 – 6.00 pm @ PDC	<a href="http://s4s.norfolk.gov.uk/Event/85420">http://s4s.norfolk.gov.uk/Event/85420</a>
9	Kidscape ZAP assertiveness skills for children who have experienced bullying – a half day training for staff	Rita Adair, Senior Educational Psychologist	6 March 9.00 -12.00 noon @ PDC	<a href="http://s4s.norfolk.gov.uk/Event/85423">http://s4s.norfolk.gov.uk/Event/85423</a>
10	Emotion Coaching	Lucy Kimber, Educational Psychologist	7 March 9.00 – 12.00 noon @ PDC	<a href="http://s4s.norfolk.gov.uk/Event/85668">http://s4s.norfolk.gov.uk/Event/85668</a>
11	Anxiety and Cognitive Behaviour approaches – a taster	Ian Mann, Senior Educational Psychologist	12 March 4.00 – 6.00 pm @ PDC	<a href="http://s4s.norfolk.gov.uk/Event/85425">http://s4s.norfolk.gov.uk/Event/85425</a>
17	ASD Awareness raising		Available to be booked in school	Enquiries to: <a href="mailto:Julie.stewart@norfolk.gov.uk">Julie.stewart@norfolk.gov.uk</a>
18	ASD Classroom strategies		Available to be booked in school	Enquiries to: <a href="mailto:Julie.stewart@norfolk.gov.uk">Julie.stewart@norfolk.gov.uk</a>

## Summary of Critical Incident training

Page	Course	Date and Time	Educator Solutions Link
6	Supporting children with traumatic experiences	30 January 9.30 – 1pm @ PDC	<a href="http://s4s.norfolk.gov.uk/Event/76836">http://s4s.norfolk.gov.uk/Event/76836</a>
15	Teaching about mental health and emotional well-being (KS3&4)	31 January 9.30 – 1 pm @ PDC	<a href="http://s4s.norfolk.gov.uk/Event/77522">http://s4s.norfolk.gov.uk/Event/77522</a>
14	Understanding self-harm and suicide prevention	5 March 4 – 6 pm @ King's Lynn Academy	<a href="http://s4s.norfolk.gov.uk/Event/77519">http://s4s.norfolk.gov.uk/Event/77519</a>
15	Teaching about mental health and emotional well-being (KS3&4)	13 March 9.30 – 1 pm @ Springwood High School	<a href="http://s4s.norfolk.gov.uk/Event/77521">http://s4s.norfolk.gov.uk/Event/77521</a>
12	Supporting bereaved children in school communities	25 March 9.30 – 3.30 pm @ PDC	<a href="http://s4s.norfolk.gov.uk/Event/77442">http://s4s.norfolk.gov.uk/Event/77442</a>
15	Teaching about mental health and emotional well-being (KS3&4)	2 April 9.30 – 1 pm @ Horatio House, Lowestoft	<a href="http://s4s.norfolk.gov.uk/Event/77523">http://s4s.norfolk.gov.uk/Event/77523</a>
13	Teaching about death and bereavement	3 April 9.30 – 1 pm @ PDC	<a href="http://s4s.norfolk.gov.uk/Event/76705">http://s4s.norfolk.gov.uk/Event/76705</a>
14	Understanding self-harm and suicide prevention	29 April 4 – 6 pm @ Horatio House, Lowestoft	<a href="http://s4s.norfolk.gov.uk/Event/77520">http://s4s.norfolk.gov.uk/Event/77520</a>
14	Understanding self-harm and suicide prevention	21 May 4 – 6 pm @ PDC	<a href="http://s4s.norfolk.gov.uk/Event/85470">http://s4s.norfolk.gov.uk/Event/85470</a>

## **Practical Strategies for supporting children with challenging behaviour in the primary classroom for teachers and teaching assistants**

**22/01/2019**

**16.00 – 18.00, PDC Norwich**

### **Outline:**

Practical strategies for supporting children and with challenging behaviour in the primary classroom for teachers and teaching assistants.

### **Description:**

This twilight session will cover aspects of promoting positive behaviour at a whole school, classroom and individual level. It will look at what affects how we interpret and respond to children's behaviour, some causes of challenging behaviour and give some practical strategies and resources to use in the classroom.

### **Outcome:**

To help teachers and teaching assistants to develop confidence and skills when faced with children with challenging behaviour and to equip them with some practical strategies which can be used in the classroom.

### **Audience:**

Teachers and teaching assistants working in the primary school classrooms.

**Trainer:** Jo O'Donoghue, Specialist Behaviour Support Teacher, EPSS

### **Booking Information**

Cost: £50

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/85386>

## **Supporting children with traumatic experiences**

**30/01/2019**

**9:00 - 13:00, PDC Norwich**

### **Outline:**

Children, like adults, sometimes experience or witness something extremely frightening and dangerous. This can cause a traumatic stress reaction, which affects the way the child thinks, feels and behaves.

### **Description:**

In this training event we will explore how children are affected by traumatic events, and how schools can support. We will have a look at the impact of adverse childhood experiences (ACE's), how schools can undertake steps to become an ACE aware school, and how this fits in with supporting children with emotional health and well-being.

### **Outcome:**

Attending this workshop will enable you to:

- Know how children are affected by traumatic events and be able recognise signs and symptoms
- Understand the possible impact on learning and behaviour
- Identify strategies which will support children who have experienced trauma
- know about accessing additional support

### **Audience:**

Any member of staff supporting children with traumatic experiences

**Trainer:** Bianca Finger-Berry, Critical Incident Lead Officer, EPSS

### **Booking Information**

This is free to LA schools or schools who have signed up to Critical Incident support. Otherwise the cost is: £80

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/76836>

## **Supporting learning skills – Mediated Learning**

**05/02/2019**

**4.00 – 6.00 pm, Norwich PDC**

### **Outline:**

Practical strategies for supporting children’s learning in the primary classroom for teachers and teaching assistants.

### **Description:**

This twilight session will cover aspects of cognition (attention, perception, memory, reasoning, metacognition) as well as emotional and behavioural needs that affect children’s learning. The training will cover what we mean by “mediated learning” and the theories behind it, as well as giving ideas for practical strategies to support children with different learning needs.

### **Outcomes:**

To help teachers and teaching assistants to develop confidence and skills to support children who are struggling with specific aspects of learning, and to equip them with practical strategies that may be used in the classroom.

### **Audience:**

Teachers and teaching assistants working in primary school classrooms.

**Trainer:** Georgi Turner, Trainee Educational Psychologist, EPSS

### **Booking Information:**

Cost: £50

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/85517>

## **Practical strategies to support pupil's working memory**

**26/02/2019**

**4.00 – 5.30 pm, Norwich PDC**

### **Outline:**

This session will explore how teaching the child to manage their working memory limitations is a more powerful approach than repeatedly playing “Kim’s game”. It will look at what working memory is, how it impacts on learning and some practical approaches teachers and teaching assistants can use in the classroom.

### **Description:**

Working memory is the capacity to hold and manipulate information in mind for brief periods of time. Up to three or four children in each class may struggle with low levels of working memory. It is often mentioned in Educational Psychology and Specialist Learning Support Teacher reports but what does it mean in the classroom? Is it just playing memory games and do these memory games work?

### **Outcomes:**

To help teachers and teaching assistants to develop understanding of working memory and confidence with practical strategies that may be used in the classroom.

### **Audience:**

SENCOs, Teachers and Teaching Assistants

**Trainer:** Sarah Gentle, Specialist Learning Support Teacher, EPSS

### **Booking Information**

Cost: £50

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/85420>

## **Kidscape ZAP Assertiveness strategies for children who have experienced bullying**

**06/03/2019**

**8.30 (starts at 9.00) – 12.30 pm, Norwich PDC**

### **Outline**

This training course will give staff the skills to deliver the Kidscape ZAP assertiveness course, which is aimed at children who have experienced bullying, in their schools. It will be particularly useful for anyone working with children transferring to high school.

### **Description**

ZAP Assertiveness was developed by Kidscape in 1999 using a range of assertiveness skills that were well known. It is a one-day intensive session providing young people with the skills and support to prevent them from being bullied. It is more appropriate for children from Year 5 upwards.

### **Outcomes**

This course enables staff to deliver ZAP assertiveness.

After ZAP, Kidscape suggest that children should have:

- (a) More strategies for dealing with conflict and cruelty
- (b) Greater likelihood of success in personal relationships
- (c) Enhanced self-esteem
- (d) Reduced likelihood of truancy or self-harm and
- (e) A more active role in school and wide community

### **Audience**

Teachers and teaching assistants working in primary and secondary schools.

**Trainer:** Rita Adair, Senior Educational Psychologist, EPSS

### **Booking Information**

Cost: £80

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/8542>

## **Emotion Coaching**

**07/03/2019**

**8.30 (starts at 9) – 12.30 pm, Norwich PDC**

### **Outline:**

Emotion Coaching is based on the principle that nurturing and emotionally supportive relationships provide optimal contexts for the promotion of children's well-being and resilience.

### **Description:**

Emotion Coaching uses moments of heightened emotions and resulting behaviours to guide and teach the child and young person about more effective responses. Through empathetic engagement, the child's emotional state is verbally acknowledged and validated, promoting a sense of security and feeling 'felt'. This activates changes in the child's neurological system and allows the child to calm down, physiologically and psychologically.

### **Outcome:**

To learn about the theory and practice behind Emotion Coaching, including neuroscientific research behind emotions, attachment awareness and how to be an effective Emotion Coaching Practitioner.

### **Audience:**

Professionals working with children and young people on a regular basis, including teachers and classroom assistants.

**Trainer:** Lucy Kimber, Educational Psychologist, EPSS

### **Booking Information**

Cost: £80

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/85668>

## **Anxiety and Cognitive Behaviour Therapy (CBT) Approaches – A Taster Session**

**12/03/2019**

**4.00 – 6.00 pm, Norwich PDC**

### **Outline**

Understanding the nature of anxiety and how best to manage related issues with pupils in schools.

### **Description**

This session will explore key psychological models and theories of anxiety, focusing particularly on CBT-specific approaches. It will recognise both “normal” and “problematic” anxiety and consider how best to manage the latter. It is hoped that sharing related information with pupils will help them better understand and manage their anxieties. This “psychoeducation” is recognised as a key component in most intervention packages. CBT-approaches will be explored in more detail, and the option of further, more comprehensive training (for example regarding the application of related techniques) will be discussed.

### **Outcome**

Staff will have a fuller understanding of the psychology of anxiety and will feel comfortable sharing this information with pupils in schools. Staff will understand how CBT approaches interpret anxiety and aims to help in addressing problem anxieties.

### **Audience**

Professionals working with pupils on a regular basis, including teachers and classroom assistants.

CBT approaches have been shown to be more effective with older pupils, i.e. KS2 and above.

**Trainer:** Ian Mann, Senior Educational Psychologist, EPSS

### **Booking Information:**

Cost: £50

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/85423>

## **Supporting bereaved children in school communities**

**25/03/2019**

**9:30 - 15:30 pm, PDC Norwich**

### **Outline:**

The Childhood Bereavement Network estimates that 2.7% of children in Norfolk have experienced the death of a parent or sibling.

### **Description:**

Children who are bereaved often turn to adults they have a trusting relationship with, and within schools this can be any member of staff.

This course will give an overview of children's needs after a bereavement, but will also explore the specific role that school staff can play. We will look at some typical issues that schools are faced with, and consider what role school can take pro-actively in preparing for and helping children following a bereavement.

### **Outcome:**

#### **Aims of the Training Event**

- To develop a good understanding of the effects of bereavement on children, including their learning and their behaviour
- To gain knowledge about how to support bereaved children effectively, and how to respond to bereaved parents
- To gain confidence in supporting children and their families

### **Audience:**

Any member of school staff

**Trainer:** Bianca Finger-Berry, Critical Incident Lead Officer, EPSS

### **Booking Information:**

This is free to LA schools or schools who have signed up to Critical Incident support. Otherwise the cost is: £120

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/77442>

## **Teaching about death and bereavement**

**03/04/2019      16:00 - 18:00, PDC Norwich**

### **Outline:**

Loss and bereavement are an inevitable part of our lives, and it is important to prepare children and young people for this experience. We can teach this pro-actively, as well as allow natural discussion about death as it arises in everyday life. Children and young people say that they want to learn about it, and we can teach them some valuable skills to help them deal with the most certain experience.

### **Description:**

During this short course we will talk about the role of teaching about death and bereavement throughout school, we will share teaching materials as we want to encourage all schools to help prepare children for the experience of death.

### **Outcome:**

Staff will be more confident in teaching about death and bereavement, and have some ideas about how they can do that.

### **Audience:**

Class teachers in primary schools  
All staff teaching PSHE whether in dedicated PSHE lessons or through form time, off time-table days, etc.

**Trainer:** Bianca Finger-Berry, Critical Incident Lead Officer, EPSS

### **Booking Information:**

This is free to schools who are signed up to Critical Incident support or costed at. Otherwise the cost is: £50  
Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/76705>

## **Understanding self-harm and suicide prevention**

(free course, see below for further information)

5 March 2019 (King's Lynn Academy), 4.00 – 6.00 p.m.

29 April 2019 (Horatio House, Lowestoft), 4.00 – 6.00 p.m.

21 May 2019 (PDC Norwich), 4.00 – 6.00 p.m.

### **Outline:**

This training will cover self-harm and suicide prevention within the context of schools. It is free for all Norfolk and Waveney schools.

### **Description:**

We will consider why young people may self-harm and what schools can do to offer support. We will think about when young people are at risk of suicide, and consider carefully what schools need to do when they are worried about a young person.

### **Outcomes:**

- To increase knowledge about self-harm and suicide
- To understand how schools can support young people
- Be confident in using the guidance 'What to do if you believe a child might be at risk of suicide'

### **Audience:**

Headteachers, senior leaders (schools), designated safeguarding staff, school mental health leads, pastoral staff, other school staff interested in self-harm and suicide prevention

**Trainer:** Bianca Finger-Berry, Critical Incident Lead Officer, EPSS

### **Booking Information:**

This course is funded as part of our suicide prevention activities for Norfolk & Waveney- we expect attending schools to share the content of this course with all staff. Max. 2 delegates per school.

<http://s4s.norfolk.gov.uk/Search/suicide%20prevention>

## **Teaching about mental health and emotional well-being (KS3&4)** (free course, see below for further information)

31 January 2019 (PDC Norwich), 9.30 – 13.00

13 March 2019 (Springwood High School), 9.30 – 13.00

2 April 2019 (Horatio House, Lowestoft), 9.30 – 13.00

### **Outline:**

Teaching about mental health and emotional well-being promotes pupils' well-being through the development of healthy coping strategies and an understanding of their own emotions as well as those of other people.

### **Description:**

This half-day workshop will support you in developing the skills, knowledge and understanding needed to teach this crucial but challenging aspect of the PSHE education curriculum safely and effectively.

### **Outcomes:**

- Increase your confidence in teaching about mental health and emotional wellbeing
- Develop skills and strategies for keeping vulnerable pupils safe
- Explore a range of resources and activities you could use at school including DfE approved lesson plans

### **Audience:**

Senior Leaders (KS3&4)

PSHE/SMSC Co-ordinators and teaching staff (KS3&4)

Form tutors and other staff who are teaching PSHE/SMSC (KS3&4)

**Trainer:** Bianca Finger-Berry, Critical Lead Officer, EPSS and Rachel Welch, Charlie Waller Trust

### **Booking Information:**

This course is funded as part of our suicide prevention activities for Norfolk & Waveney- we expect attending schools to share the content of this course with all staff. Max. 2 delegates per school.

<http://s4s.norfolk.gov.uk/Search/mental%20health%20well-being#>

## **Peer Group Supervision**

To be booked as in-school twilight training. It can be combined with an additional facilitated peer group supervision session.

### **Outline:**

This training will highlight the importance of maintaining staff well-being and explore how peer supervision could contribute to this.

### **Description:**

- To understand the processes relating to peer supervision
- To clarify how peer supervision can provide a safe place and support whilst developing skills and experience of participants
- To practice a model of peer supervision appropriate for the educational context

### **Outcome:**

Attending this workshop will raise the importance of staff well-being and enable you to run peer group supervision in your school.

### **Audience:**

This session is aimed at schools who wish to implement peer group supervision for their staff/groups of staff. Peer group supervision is suited for all staff, schools are usually particularly interested in offering this to staff engaged in providing pastoral support, safeguarding and SEN support.

### **Booking Information:**

Please contact your EPSS educational psychologist or email [bianca.fingerberry@norfolk.gov.uk](mailto:bianca.fingerberry@norfolk.gov.uk) This course is chargeable.

## **ASD Awareness Training**

### **Outline:**

The training session provides an overview of the Autism Spectrum.

### **Description:**

The course will help develop the participants knowledge of the difference in communication, social interaction, imagination, processing challenges and strengths experienced by those with an Autism Spectrum Disorder (ASD).

### **Outcome:**

Participants will be able to recognise and understand the key areas of difference experienced by individuals on the Autism Spectrum in order to provide effective support.

### **Audience:**

Suitable for all school staff.

### **Booking information:**

Please direct enquiries to Julie.Stewart, ASD Support Team Co-ordinator, EPSS [Julie.stewart@norfolk.gov.uk](mailto:Julie.stewart@norfolk.gov.uk) This course is chargeable.

## **ASD Classroom Strategies**

### **Outline:**

An introduction to supportive strategies and the National Autistic Society SPELL framework.

### **Description:**

The course will help develop the participants knowledge on how to support children and young people on the Autism Spectrum or with a Social communication difficulty using the SPELL and other structured visual supports.

### **Outcome:**

Participants will learn practical strategies to support individuals on the Autism Spectrum within the school environment and the wider community.

### **Audience:**

This training is aimed at all school staff working the children in the EYFS, Key stage 1 and 2.

### **Booking information:**

Please direct enquiries to Julie.Stewart, ASD Support Team Co-ordinator [Julie.stewart@norfolk.gov.uk](mailto:Julie.stewart@norfolk.gov.uk) This course is chargeable.