Educational Psychology Service

Professional Learning Offer

The following core training packages are available to staff from all schools in RCT. Training dates will be circulated to schools and staff can book onto sessions via email EPS@rctcbc.gov.uk.

Course Title	Course Description	Course Format	Target Audience
Critical Incident Response	This course will help enhance senior leaders understanding of the nature of critical incidents, protocols for response and strategies to support the emotional wellbeing of your school communities in the aftermath of a Critical Incident.	2.5 hours (in person)	Headteachers and Senior Management
ELSA: Emotional Literacy Support Assistants	The 6 Day Emotional Literacy Support Assistant (ELSA) project is designed to build the capacity of schools to support the emotional needs of their pupils from within their own resources. It recognises that children and young people learn better and are happier in school if their emotional needs are also addressed.	6 x 6 hours (in person) Plus 6 x 2 hour supervision per year	LSAs / TAs
ELSA: Best Practice Guidelines for Managers	This training will provide ELSA Line managers and SMT with important information, tips and advice on how best to support the delivery of the ELSA intervention in their school.	2 hours (online)	Headteachers and SMT
MELSA: Mediating Learning Support Assistants	A Mediating Learning Support Assistant (MeLSA) is a trained, school-based learning support assistant. Their role is to support pupils' learning. They're trained by two educational psychologists and get ongoing group supervision. MeLSAs are trained in how to help a child or young person become an independent learner. MeLSAs learn mediating learning skills to help them work with children and young people.	6 x 6 hours (in person) plus 3 x 3 hours supervision per year	All Staff

The Following training packages can be delivered to whole schools and/or clusters in RCT.

The format and delivery of these sessions can be negotiated and agreed as appropriate (please contact the EPS for further discussion via email EPS@rctcbc.gov.uk).

Title	Description	Session Length	Audience
Dynamic Assessment	This course will cover the theories underlying Dynamic Assessment (DA) and consider some of the key underpinning concepts and approaches relating to putting DA into practice in a school setting.	2-3 hours	All staff
Homunculi (CBT for ASD)	The Homunculi Approach to Social and Emotional Wellbeing is a flexible CBT programme for Autistic Young People that builds social and emotional resilience.	2-3 hours	All staff
Lego Therapy	LEGO® based therapy is more than simply playing with little multi-coloured bricks. It is a social development programme which helps children and young people to communicate with others and can be used with children who have a wide range of communication, developmental and emotional health needs. Helping them to relate to the world around them, and to be guided to address and resolve their problems.	2-3 hours	All staff
ADHD Theory & Practice	This course intends to provide learners with knowledge and understanding relating to ADHD. The activities included encourage participant reflections that can be implemented into practice.	2-3 hours	All staff
Psychology of Identify and Relationships	This course provides a broad-based understanding of research in social thinking, identity, influence, relationships and inter-group behaviour.	2-3 hours	All staff
Active Listening and Communication Skills	This training will explore ways in which we listen and communicate, with theoretical explanation of 'active listening', and what it means to be an active listener. Training highlights how improved communication and listening can have a positive impact on your job as well as your relationships with others.	2-3 hours	All staff
	This training course will introduce you to the main ideas and theories underpinning attachment theory and trauma with regards to children and young people. The course aims to develop		

Understanding Attachment and Trauma	participants understanding and knowledge of how trauma and attachment styles develop, how this may affect children and young people, and provide ways to support them.	2-3 hours	All staff
Role of Memory in Learning	Memory is essential to building learning, this course will explore the different types of memory and the role that each part play with regards to learning.	2-3 hours	All staff
The Psychology of Motivation	This training course will introduce you to the main ideas and theories underpinning the psychology of motivation. Exploring the different types of motivation and how people are motivated.	2-3 hours	All staff
Solution Focussed Approaches	This course provides a theoretical overview of Solution Focused Brief Therapy SFBT and its basic techniques. Participants will explore the use of Solution Focused approaches with both individual pupils and school systems.	2-3 hours	All staff
Appreciative Enquiry	This course introduces Appreciative Inquiry (AI) as a strengths-based, positive approach to leadership development and organizational change.	2-3 hours	All staff
The Role of Sleep	This course covers key psychological theories and concepts underpinning the importance of sleep to healthy psychological development and optimal emotional, social and cognitive functioning.	2-3 hours	All staff
Introduction to the PERMA Model of Wellbeing	This training explores the PERMA wellbeing model and its application to deliver a whole school approach to emotional health and wellbeing.	2 hours	SMT Wellbeing Practitioners
Loss and Bereavement	This training will focus on enhancing participants understanding of the theories of loss and bereavement and how to support bereaved children and young people in schools.	2 hours	All staff
Introduction to Emotion Coaching	This training introduces Emotion Coaching as a relational approach to support emotional regulation in children and young people and manage behavioural outbursts. The course covers: what is Emotion Coaching, how to use Emotion Coaching and where and when to use Emotion Coaching.	2-3 hours	All Staff
EBSA: Emotional Based School Avoidance	This course will cover how emotional based school avoidance develops as well as exploring a range of simple steps that staff can take, alongside families, to support children to return to school and engage regularly and meaningfully.	6 hours	All Staff

The Following training courses are all E-Learning Video Training hosted on the RCT Source.

These are free to all school staff in RCT and can be accessed at any time (the courses vary in length).

Title	Description	Delivery Method	Target Audience
Introduction to Personal Construct Psychology	This e-learning course will introduce you to the main ideas and theories underpinning Personal Construct Psychology (PCP). It will also discuss and demonstrate a variety of practical activities to assist you in your work with children and young people.	Pre-recorded video content on RCT Source	ELSAs / All Staff
Drama Approaches for ELSA	This e-Learning course will discuss and demonstrate a variety of practical activities using drama, to assist you in your work as an ELSA. Drama therapist Rosie Bufton provides insight into the benefits of using drama approaches when working with children and young people.	Pre-recorded video content on RCT Source	ELSAs/ All Staff
Dance and Movement Approaches for ELSA	This e-Learning course will introduce participants to the main ideas and theories around Dance Movement Therapy (DMT). It will also discuss and demonstrate a variety of practical applications to assist you in your work with children and young people.	Pre-recorded video content on RCT Source	ELSAs/ All Staff
Yoga Approaches for ELSA	This e-Learning course will discuss and demonstrate a variety of practical activities using Yoga, to assist you in your work as an ELSA. Michael Chissick shows the benefits of using Yoga when working with children and young people.	Pre-recorded video content on RCT Source	ELSAs/ All Staff
Introduction to EPS for ALNCo	This section will provide you with a greater understanding of the role of the educational psychologist and how we deliver our service to support schools.	Pre-recorded content on RCT Source	ELSAs/ All Staff
Using Musical Instruments to Support Children and Young people	This e-Learning course will discuss and demonstrate a variety of practical activities using musical instruments, to assist you in your work with children and young people	Pre-recorded video content on RCT Source	ELSAs/ All Staff
An introduction to Biophilia and Outdoor Learning approaches	This e-Learning course will introduce you to the main ideas and theories of Biophilia and how to incorporate outdoor learning approaches in your work as an ELSA.	Pre-recorded video content on RCT Source	ELSAs/ All Staff

Using Stories to Build Emotional Literacy	This e-learning course will introduce you to the main ideas and theories behind storytelling as a tool to support the development of emotional literacy in children and young people. It will also discuss and demonstrate a variety of real-world applications to assist you in your work with children and young people.	Pre-recorded video content on RCT Source	ELSAs/ All Staff