

# **Specialist Teaching and Psychology Service**

## **eCourses Brochure for Derby City Schools and Settings**

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## List of eCourses

<b>Course number</b>	<b>Training topic</b>	<b>Time (length)</b>	<b>Trainer</b>
20.1	Zones of Regulation	1 hour	Kirsty Beech
20.2	Emotion Coaching	4.5 hours	Judith McAlister
20.3	Lego Therapy (coming soon)	1.5 hours	Anna Worsching
20.4	Precision Teaching	1.5 hours	Charlotte Montandon
20.5	Behaviour Management in Schools	1.5 hours	Sarah Sanders
20.6	Sensory Attachment Approach - An Introduction	1.5 hours	Natalie Power
20.7	Attachment Needs and Trauma	1.5 hours	Caroline Fearon
20.8	Restorative Justice Approaches	3 hours	Sarah Atkinson
20.9	Writing Multi-Element Plans	1.5 hours	Stella Lawlor
20.10	Tackling School Non-Attendance including paper ATTEND tool	3 hours	Sarah Sanders and Judith McAlister
20.11	Paired Reading		Sarah Atkinson

With acknowledgement and thanks to all the Educational Psychologists previously employed by Derby City LA who wrote and created these courses during the pandemic 2020-2021.

## Introduction

This booklet contains information about eCourses written and presented by Educational Psychologists and available to Derby City Schools.

These eCourses were developed by the Derby City EP team in 2020/2021 in response to the pandemic to support SENCOs to be able to continue to offer staff training and development when face to face training was not an option.

SENCOs regularly ask for training courses on certain topics and EPs also frequently reference certain interventions and approaches in their reports. From this list of highly sought after training the EP team identified 12 courses to produce as eCourses.

The courses that are available are:

Zones of Regulation	Emotion Coaching	Lego Therapy (coming soon)	Precision Teaching
Behaviour management in schools	An Introduction to a Sensory Attachment Approach	Attachment Needs and Trauma	Restorative Justice Approaches
Writing Multi-Element Plans	Tackling Non-School Attendance (including ATTEND Framework)	Paired Reading	

These eCourses are introductory courses to approaches and interventions and are aimed at mainstream staff with little or limited knowledge and experience on the topic.

## About the eCourses

<p><b>Zones of Regulation</b></p>	<p>This is an intervention designed to support self-regulation of emotions and covers sensory support strategies. Children are supported to develop their emotional vocabulary and emotional awareness and work towards developing a tool kit of strategies to support regulation. The intervention was developed for children who struggle with emotional regulation, but it can be used for all children from primary through secondary.</p> <p>The training aims to give an introduction and overview to the Zones of Regulation intervention and considers how the Zones of Regulation intervention can be implemented as an individual, group, or whole-school emotional literacy approach for all pupils.</p>
<p><b>Emotion Coaching</b></p>	<p>Delivered by an accredited EC trainer over four 90 minute sessions. Emotion Coaching is a simple to use approach once practised, and once staff understand and appreciate the physiology that drives dysregulation. Staff will develop the skills to:</p> <ul style="list-style-type: none"> <li>• Interpret the underlying emotions driving behaviour</li> <li>• Empathise</li> <li>• Label and validate emotions</li> <li>• Set limits, if needed</li> <li>• Problem solve together helping the CYP to develop self-regulation skills over time.</li> </ul>
<p><b>Lego Therapy (coming soon)</b></p>	<p>LEGO®-based therapy is an intervention for children and young people with social communication differences. It uses a shared interest in LEGO®. The roles and activities are clearly structured to promote social skills, sharing and joint problem solving and it can be lots of fun!</p> <p>Following the training you should be ready to deliver LEGO® based therapy in your setting. All the resources needed to be able to set up the intervention will also be shared.</p>
<p><b>Precision Teaching</b></p>	<p>Precision Training is a precise and motivating way of monitoring progress. Rather than being an actual teaching method (as the name suggests) it is actually a method of measuring the effectiveness of teaching. The approach allows us to monitor a pupil's progress and evaluate the effectiveness of the programme. It can be used for developing pre-requisite skills in literacy, spelling and numeracy skills, particularly where there are gaps in learning.</p>

	<p>The training will aim to:</p> <ul style="list-style-type: none"> <li>• Describe the psychological theory of learning underpinning this intervention</li> <li>• Describe the main components of PT</li> <li>• Share appropriate teaching materials</li> <li>• Cover the 'rules' of PT</li> <li>• Enable staff to implement a bespoke intervention to identified children or young people.</li> </ul>
<b>Behaviour management in schools</b>	<p><b>Positive Behaviour Management in Schools</b> to support school staff:</p> <ul style="list-style-type: none"> <li>• To explore functions of behaviour</li> <li>• To explore what might be happening on the inside for a child showing challenging behaviour</li> <li>• To learn how to de-escalate a challenging situation</li> <li>• To think about ways of managing behaviour positively.</li> </ul>
<b>An Introduction to a Sensory Attachment Approach</b>	<p>A two-part training session:</p> <ul style="list-style-type: none"> <li>• Part One: 'The Just Right State' - Introduction to sensory processing and emotional regulation and how this is shaped by our early life experiences and attachments</li> <li>• Part two: Working with CYP who have experienced adverse life events/relational trauma, featuring Éadaoin Bhreathnach's 'Sensory Attachment Intervention'.</li> </ul>
<b>Attachment Needs and Trauma</b>	<p>This training covers:</p> <ul style="list-style-type: none"> <li>• What is attachment theory?</li> <li>• What is trauma?</li> <li>• What is the impact of insecure attachment and trauma on children in school?</li> <li>• What do these children need?</li> </ul>
<b>Restorative Justice Approaches</b>	<p>A way of managing inevitable conflict and wrong doing that occurs in school communities that focuses on: Personal responsibility; repair harm; develop understanding and empathy; opportunity to learn from the conflict. This training will aim to:</p> <ul style="list-style-type: none"> <li>• Develop an appreciation of restorative techniques and practices in a school setting</li> <li>• To develop confidence in implementing the techniques discussed.</li> </ul>

<p><b>Writing Multi-Element Plans</b> (including ATTEND Framework)</p>	<p>Multi-Element Plans (MEPs) are a tool that focuses on a number of factors and elements which can contribute to improved wellbeing and/or behaviour.</p> <p>They can support the graduated response to identifying needs and implementing support for children with Social, Emotional and Mental Health (SEMH) needs.</p> <p>This session will help you to:</p> <ul style="list-style-type: none"> <li>• Think about some of the key factors you need to consider when planning support for children with SEMH needs</li> <li>• Develop and write effective multi-element support plans.</li> </ul>
<p><b>Tackling School Non Attendance</b></p>	<p>Using the ATTEND tool - an approach to supporting students and their families, who find attending school difficult due to anxiety, social difficulties and many other factors. Training is aimed at Attendance Officers, SENCOs, Head Teachers and Pastoral Leads. The session or cost will also provide you with a paper version of the ATTEND tool for use in your setting.</p>

## **How to Access an eCourse**

Only Derby City School SENCOs can request access to an eCourse.

To access a course send an email to [stepsadmin@derby.gov.uk](mailto:stepsadmin@derby.gov.uk)

SENCOs can access one course at a time – so think carefully about which course you want to access first.

The SENCO must view the course in its entirety and share it with at least one member of staff before they can have access to another course.

The SENCO and additional member of staff must both return an evaluation form before any more courses will be sent.

## **Feedback and Certificates**

Certificates will only be sent to staff who complete and return an evaluation form.

Send your evaluations to [stepsadmin@derby.gov.uk](mailto:stepsadmin@derby.gov.uk)

## **Contact information**

Specialist Teaching and Psychology Service  
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[stepsadmin@derby.gov.uk](mailto:stepsadmin@derby.gov.uk)