



### December Meeting

Weather was cooler than our last meeting, but again great to see old friends and meet many new faces interested in using Emotion Coaching in their life and work. We spent a good 90 minutes going around the room, talking about how we were using Emotion Coaching in our work. Fascinating and very powerful to listen to the stories how people were using Emotion Coaching.

Felicia Wood set us a neuromyths quiz to start off the session on “Neuromyths and Neuroscience”. A lively discussion ensued. The take away message for me was to temper the excitement generated by the constant stream of evidence coming from neuroscience with caveats about the limitations of measurement.

Licette Gus talked about what to do when a child or young person “has flipped their lid”. Emotion Coaching is suggested as a series of steps one undertakes when a child or young person is displaying low levels of negative emotions. However, the question is always asked, “but what about when they have flipped?” Licette used a framework which combined Bruce Perry’s model of levels of brain arousal with the stages of Emotion Coaching. From this model, when a child has “flipped their lid” appropriately attuned responses would include promoting sensorimotor activities which would help to regulate the child’s physical responses by grounding and calming them; enabling ‘up-regulation’. Following this the problem solving aspects of Emotion Coaching could then be utilised.

### Emotion Coaching in the News

The Nuffield Foundation commissioned a report from the University of Oxford and University of Bristol on The Educational Progress of Looked after Children in England. One of the implications and recommendations for policy and practice was as follows:

“Initiatives to support pupils with social, emotional and mental health difficulties need to become more widely known and studied to address the educational problems we have highlighted ....These initiatives include nurture groups (Cooper & Whitehead, 2017), ‘attachment aware schools’ (Rose 2014) and ‘emotion coaching’ for pupils (Rose et al 2015).

[http://reescentre.education.ox.ac.uk/wordpress/wp-content/uploads/2015/11/EducationalProgressLookedAfterChildrenOverviewReport\\_Nov2015.pdf](http://reescentre.education.ox.ac.uk/wordpress/wp-content/uploads/2015/11/EducationalProgressLookedAfterChildrenOverviewReport_Nov2015.pdf)

### Emotion Coaching UK Training

Over 4000 people have been trained to date by the founders of Emotion Coaching UK over the past several years. This generally has been by the invitation of particular groups eg. schools, Adoption UK or Early Years Centres.

For the first time individuals will have the opportunity to be trained in Emotion Coaching by Janet, Louise, Licette & Felicia. Emotion Coaching UK are running a 2 day Certificate course in Cheltenham 7/8 May. This will be followed by London on 17/18 September. Prices are hoped not to be prohibitive at £175 for the two days. (£145 for students). See [www.emotioncoachinguk.com/#!training/rdmom](http://www.emotioncoachinguk.com/#!training/rdmom)

## Become an Emotion Coaching UK Practitioner Trainer

In conjunction with the new two-day training offer, the status of Practitioner Trainer is being offered.

### To be endorsed by Emotion Coaching UK as a 'practitioner trainer' applicants will:

- Have attended EC training conducted by Emotion Coaching UK Training Leader<sup>1</sup>. Equivalent of 2 days training<sup>2</sup>.
- Have delivered at least one training session on Emotion Coaching (evidenced by submission of completed training evaluation form)
- Submitted one case study to Emotion Coaching UK.

<sup>1</sup> *Emotion Coaching UK Training Leaders are actively involved in the development and practice of Emotion Coaching in a variety of settings from a research and practice point of view.*

<sup>2</sup> *Applicants with other training backgrounds need to discuss this with Emotion Coaching UK.*

### Practitioner Trainers accredited by Emotion Coaching UK:

Are able to train others in Emotion Coaching in their workplace and locality

- Are able to use the Emotion Coaching UK logo
- Receive regular newsletters on latest research and practice.
- Be listed on Emotion Coaching UK website as a Practitioner Trainer with the competence to deliver training in Emotion Coaching in their workplace and locality (so that others can use Emotion Coaching in their interactions with children and young people).
- They are not accredited to train others to become Practitioner Trainers.

If interested: contact [emotioncoachinguk@gmail.com](mailto:emotioncoachinguk@gmail.com) for application forms

## Become an Emotion Coaching Organisation ©

### An Emotion Coaching Organisation:

Has had all staff trained in Emotion Coaching by an Emotion Coaching UK accredited Practitioner Trainer and needs to:

- Ensure new staff are inducted in Emotion Coaching within 6 months of starting employment
- Nominate an Emotion Coaching Lead
- Provide Emotion Coaching UK with one case study - this can be a case study of a particular pupil or highlight progress in an area(s) across a school/organisation or classes e.g. development of emotional literacy, wellbeing (which might include behaviour), staff well-being, attainment etc.

Contact: [emotioncoachinguk@gmail.com](mailto:emotioncoachinguk@gmail.com) for application forms

## Conference News

Janet Rose and Louise Gilbert will be travelling to Washington DC in April to deliver a paper on Attachment Aware Schools and Emotion Coaching to the American Education Research Association (AERA) International Conference. AERA is the biggest education conference in the world and competition is very tight - over 13 000 papers are submitted for consideration every year and are subject to scrutiny by a panel of experts in the field. Janet and Lou's paper was scored very high by the panel (often 5/5 for the criteria) and they are delighted to present at this prestigious conference.

Licette Gus, Janet Rose, Louise Gilbert and Felicia Wood will be presenting a symposium on Emotion Coaching at the International School Psychologist Association (ISPA) Conference in Amsterdam in July 2016.

Licette Gus will be delivering a workshop on Emotion Coaching at the ISPA conference.

### **Somerset Emotion Coaching Champions Project**

Bath Spa University and EHCAP Ltd have had their contract with Somerset County Council extended until March 2017. They will train a further 40 Emotion Coaching champions in 2016 while supporting embedding the cascading process with the existing 130 champions. Sophie Havighurst, co-developer of the Tuning into Kids parenting programme is delivering Tuning into Kids for Somerset County Council in March

### **Research**

#### **UK**

Since the last newsletter, a number of trainee educational psychologists from The University of Birmingham are using Emotion Coaching as part of their research and professional practice requirements.

Sarah Murray has looked at whether children able to better label their feelings as a result of emotion coaching.

Kirsty Evans has examined the implementation of Emotion Coaching in a school.

We look forward to hearing about their research findings in due course.

### **OFSTED**

Bishop Sutton Pre-School's Ofsted has just been published and they have Outstanding (previous inspection was also Outstanding).

There was mention in the report of Emotion Coaching training they had attended:

"Training is precisely tailored to further support children's learning. A course in emotion coaching, for example, has given staff additional strategies to help children manage their emotions to a very high level."

Meadow View Farm School a specialist primary SEMH provision in Leicestershire has also just been recently judged to be Outstanding by OFSTED. Meadow View Farm School have used Emotion Coaching comprehensively for the past two years as a whole school approach. Wonderful progress is being made by pupils. Ofsted inspectors noted:

"a major strength of the school is in the understanding shown by staff about the conditions affecting individual pupils and the continuous support and sensitive encouragement for pupils to self-regulate behaviour."

### **Publications**

Janet and Louise's new book was published. It has an individual chapter on Emotion Coaching, as well as chapters on brain development and brain processes, the stress response system and Emotion Regulation.

*Rose, J., Gilbert, L & Richards, V. (2016) Health and Well-being in Early Childhood – Sage Publishers, London*

### **Next meeting:**



Licette Gus

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