



December 2016 Meeting

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.

Our two guest speakers were Dr. Kate Billington and Charlotte Read. Kate talked about her research with children missing education and how Emotion Coaching formed part of the communication tool she developed for use with the children and young people. We were all fascinated by Kate's use of narrative approaches in her research and the "I" poems that were produced were poignant and powerful.

Charlotte Read talked about how Emotion Coaching is used in the school where she teaches and is Emotion Coaching Lead in the school. Charlotte teaches in a special school for children with moderate learning difficulties. Many of the children in the school also have associated speech and language and communication difficulties. Charlotte shared some of the resources the school are starting to use.

Rohail Asalm and Saj Khan shared their exciting developments in Sandwell. Rohail and Saj via Actov Change were awarded National Lottery funding to make a white board animation about Emotion Coaching for parents. We've had a sneak preview and it's a wonderful resource to help explain Emotion Coaching.

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, 207), '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

Emotion Coaching UK Training

Over 5000 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.

In 2016 for the first time, individuals had the opportunity to be trained in Emotion Coaching by the founders of Emotion Coaching UK Janet, Louise & Licette. Two, 2- day courses ran, in Cheltenham in May and then in London in September. These were attended by over 40 people from all over the UK and Ireland. Following the success of these weekends another training weekend will be held in 15&16 July 2017 in Bath at Norland College. See website for details.

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 Leader¹. Equivalent of 2 days training².
- 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.

¹ *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.*

² *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 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 for application forms

Tuning into Kids/Tuning into Teens

Two practitioners in the UK, Clare Wilson and Sharron Ricketts of Yeovil, Somerset have become accredited to deliver a training the trainers programme for the Emotion Coaching-based parenting programme Tuning into Kids and Tuning into Teens. These programmes were developed and researched in Australia and have a strong evidence base. See www.tiktrainers.co.uk

Conference News

Janet Rose and Louise Gilbert travelled to Washington DC in April 2016 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 13000 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 were delighted to present at this prestigious conference.

Licette Gus, Louise Gilbert and Felicia Wood presented a symposium on Emotion Coaching at the International School Psychologist Association (ISPA) Conference in Amsterdam in July 2016. Licette also delivered a workshop on Emotion Coaching at the ISPA conference.

Research

Since the last newsletter, a number of trainee educational psychologists from doctoral programmes at The University of Birmingham and The University of Bristol are using Emotion Coaching as part of their research and professional practice requirements. Sarah Murray, Kirsty Evans, Kirsten Krawczyk and Adrian Minks from Birmingham and Kate Billington and Tessa Fox from the Bristol have all incorporated Emotion Coaching as part of their research.

Kate shared aspects of her research at our December interest group meeting. We look forward to hearing about other research findings in due course.

The University of Missouri-Kansas City invited Dr. Janet Rose to contribute to a guest-edited issue *The Open Family Studies Journal*, on the theme of qualitative explorations of family-school relationships and/or family dynamics. Two papers are being submitted, Janet, Louise, Licette, Rebecca McGuire-Sneickus, Karen McInnes and Rebecca Digby are reporting upon case studies as part of the Attachment Aware Schools Project and Licette, Janet, Louise and Ryan Kilby have submitted a case study about the contribution of Emotion Coaching to the well-being for pupils, staff and families.

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.

NASEN's *Special* magazine published an article by Licette and Ryan Kilby in their May edition about the impact of Emotion Coaching in the primary specialist provision for children with SEMH.

Following a small survey, Licette and Dr. Laura Meldrum-Carter published an article on SecEd's website about how to implement Emotion Coaching as a whole school approach in secondary schools. <http://www.sec-ed.co.uk/best-practice/student-wellbeing-emotion-coaching-in-schools/>. A top tips implementation sheet is available on the Emotion Coaching UK website

Licette and Felicia Wood have submitted a chapter on Emotion Coaching to David Colley and Paul Cooper, editors of the book (in progress), *Emotional Development and Attachment in the Classroom. Theory and Practice for Students and Teachers*. This will be published in the summer term of 2017 and will support initial teacher training which now needs to include teaching about attachment and emotion regulation in children and young people.

Please share any news with us about Emotion Coaching in your life and work!

Licette Gus, February 2017