



After some lovely weather, it's raining, so an opportunity to write to you all.

Janet Rose, Louise Gilbert and I have trained over 4500 people now in Emotion Coaching around the UK (and beyond). I thought this newsletter would be a good opportunity to write of some of the news we are aware about, demonstrating how the ideas of Emotion Coaching are spreading and assimilating into day-to-day work. Those people who have attended our two-day training sessions (or equivalent) have seemed to be able to use the training session as a catalyst for exciting developments in their area of work. This is probably a bit chicken and egg as the potential for exciting developments may have sent them in search of us!

Thank you to everyone for sending me in your news so promptly. I'm sure there is other valuable and interesting work going on; so do share with us so we can share with others. And now in no particular order.....

Clare Stevens, North Yorkshire

Parent workshops+ pilot project + Virtual Schools.....

Three educational psychologists (Clare Stevens, Marianne Doonan and Gillian Harper) from North Yorkshire attended our two-day training weekend in London in September 2016. Since then they have delivered Emotion Coaching parenting sessions to a significant number of parents.

Over four different sessions: two in primary schools (where over 50 parents attended in each school) and two in a secondary school, separated into parents of Key Stage 3 pupils and another for parents of Key Stage 4 pupils, over 180 parents have attended. Amazingly (*to my mind*), was that even though the workshop sessions were in the evening in the secondary school - 75 parents attended! Clare partly attests these excellent attendance figures to the strong pre-existing relationships she had with the school. A universal letter was sent out to all parents, and this was followed up by additional conversations with some families. Clare said that in their first session, they were expecting about a dozen people to turn up. As more and more parents kept arriving, additional chairs needed to be added to the circle until there were over 60 chairs in all. Clare reports that many of the Key Stage 3 parents who attended their session were either anxious about their children in general, concerned about the transition of school phase and/or were parents of children with additional needs. A parent commented:

"I am really impressed the school has provided the opportunity for parents to do this. I think it's such a fundamental part of the child's development and providing training like this will have huge benefits to everyone".

Ongoing developments in North Yorkshire include a pilot project in a large primary school over this summer term. The pilot will take the form of an Action Research project involving both school staff and parents. Following training in Emotion Coaching for the school staff and over 50 parents, a core group of staff (including a representative from each year group) have been identified. Clare meets with this core group every 6 weeks to support implementation and address barriers as they arise across the school. Data being collected includes: measures of academic progress, Boxall profiles, staff completion of Likert scales and ongoing collection of vignettes.

A further development is that Clare and Marianne have been seconded by the Virtual School in North Yorkshire. They will be developing the Attachment Aware Schools model (which incorporates Emotion Coaching as the universal provision).

Alice Brown, Warwickshire

Linking VERP and Emotion Coaching to provide supervision

Alice, as part of her work through her company The Wellbeing treehouse, has been working with Sarah Temple (founder of EHCAP, which has been part of the group delivering Mindful Emotion Coaching training across services for children and young people in Somerset). Alice has been applying Video Enhanced Reflective Practice (VERP) to Emotion Coaching.

In May, Alice delivered a training day to Sarah and four Somerset Emotion Coaching champions in the principles of Video Interaction Guidance (VIG), using Video Enhanced Reflective Practice (VERP) as a supervision model and the link and applications to Emotion Coaching.

The training was based on Alice's belief that both approaches share common aspects. For example, Alice believes both VERP and EC are based on similar values, share a similar theoretical (parent-child interactions, importance of attachment and emotions) and research background (observation-led research leading to intervention/clinical applications), both are related to attunement and connection, and both improve communication and interactions, establish connection, improve empathy and promote better relationships with others.

The next stage will be offering online VERP supervision groups with the four champions. Alice promises to keep us updated on how this progresses. *[Maybe a presentation at our next get together might be of interest to others. I know of other practitioners who see a useful and potential link between VIG/VERP and EC.....]*

Emily Cottle, Bath

A professional life shaped by Emotion Coaching

Emily writes of her professional journey with Emotion Coaching.

"Emotion coaching has become a part of life for me now since my time with Janet Rose at Bath Spa University, where I was lucky enough to become involved in the initial project [in Melksham]. I attended the Tuning into Kids training [delivered to the academic staff], and shadowed Janet as she delivered the Emotion Coaching training, learning so much about this wonderful 'tool'.

I successfully introduced the Emotion Coaching techniques to my colleagues at the pre school where I was deputy manager. The continuity of these techniques used by us all resulted in very happy, secure, confident children.

I am delighted to say that I have recently got a job at Bath College as an Early Years Lecturer, and am thrilled to be able to educate these young practitioners using techniques and research from Emotion Coaching. However, not only am I educating them, I am also using the techniques on them (hormonal teenage girls) with amazing results!"

Andrew Byrne, Trafford

Educational Psychology and CAMHS working together on pilot + doctoral research

Andrew, an educational psychologist, is working with a CAMHS colleague to provide training around emotional resilience and Emotion Coaching focused on the needs of LAC on behalf of the virtual school to designated teachers in Trafford. They are in the middle of piloting with 6 schools with the aim of rolling out to all schools in the borough next academic year.

As a spin off from this, a Trainee Educational Psychologist from The University of Manchester is going to be tracking one particular school, Lime Tree Primary in Sale, who are currently participating in the pilot and in the autumn term the EPS will be delivering whole school training on Emotion Coaching. This is to form the basis of her doctoral thesis. *[Great to have another piece of research underway!]*

Ryan Kilby, Leicestershire

Invitation to speak at Charlie Waller Memorial Trust Conference, Keele + data tracking tool development

Ryan, a head teacher from Leicestershire, has been invited to deliver a key note speak on Emotion Coaching in his school by The Charlie Waller Memorial Trust in their conference in June at Keele University.

Ryan has also developed a Social Tracker and Friendship Tracker which the school have been using for 6 months now. Ryan says this is showing “great promise and is giving the school meaningful data” about how to track their pupil’s social and emotional development in a finely tuned and nuanced manner.

Faye Morgan-Rose, Thailand

Update in terms of SE Asia – “love being the Rep here!”

Faye was one of the early adopters of Emotion Coaching from the University of Birmingham, Educational Psychology Doctoral programme. She is now a fully qualified educational psychologist working in Thailand. Faye did a training day in Bangkok in the autumn with about 15 staff from different Bangkok schools. As a result, several of Faye’s Thai parents and expat teachers have borrowed Faye’s John Gottman book. In case you’re in south--east Asia or know people who are and would like a local Emotion Coaching contact Faye’s details are:

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Sue Webb, London

Delivering training to school support staff

Sue is a Professional Coach, Leadership Consultant and Trainer and attended our two-day training in London in September 2016. Sue has delivered training with 50 support staff in a large primary school in Slough. She broke it into 2 afternoon sessions - one in January and one in March. The feedback at the end was excellent

and the school passionately felt that the teaching staff should have this training as well, so 2 weeks ago Sue trained all 30 teaching staff.

The Principal wrote, “we noticed there had been a decline in the way that adults responded to children who were experiencing emotional moments. We are a values based school and have resilience as one of our values. We wanted to help children who experience moments to develop resilience and help the young person to identify and control their emotional behaviours. [Emotion Coaching training for support staff] gave staff the background of how the brain works and why children experience these moments. Following the training, the staff were able to use the emotion coaching techniques to regulate a child’s behaviour during a moment. One support staff arrived at my door the next day and said,

‘I used all the steps Sue demonstrated to us. It was amazing to see how it enabled the young person to calm down and control their behaviour’

There was an immediate difference in the way that staff were approaching situations, especially on the playground at lunchtimes. We now have fewer incidents arriving at the door of SLT and I believe this is a direct impact of emotion coaching.”

Sue says she is thrilled to be able to deliver this training – “I can see staff thinking deeply about their practice as a result”.

Sarah Murray, Northamptonshire

Pre-EC training package + TaMHS

Sarah Murray and Kirsten Krawczyk from Northamptonshire Educational Psychology Service are planning a 'pre-EC' training package focusing on Meta-Emotion Philosophy, attunement and attachment. Sarah and Kirsten are finding that these seem to be some of the ideas that schools are not familiar with and think this could be a reason for why for some staff, the response to the query “how is Emotion Coaching going” – is - “it's not working”.

In addition, Emotion Coaching is now one of the TaMHS building blocks in Northamptonshire. The Educational Psychology Service is offering centralised training to all schools in the county as part of TaMHS.

Kirsten and Sarah are also in the process of writing an Emotion Coaching script for a whiteboard animation.

Rohail Aslam, Sandwell

National Lottery funding to support parental Emotion Coaching

As mentioned in the last newsletter, Rohail and Saj Khan via Actov Change, were awarded National Lottery funding to work with their parents and train them in Emotion Coaching techniques; help them to set goals in creating change, not only in their child's behaviour but also in the way they themselves manage their own emotions. To support this goal a white board animation aimed at parents, was made about Emotion Coaching.

At the moment, Rohail and Saj are “neck deep in Emotion Coaching training with parents”. Rohail says that “parents are lapping it up and really getting vocal about how easy they are finding the implementation of Emotion Coaching. We're even incorporating elements of diaphragmatic breathing and visualisation into the parent support plan”.

One mother said "I suddenly feel supported and coached by someone who is teaching me a lot that I really didn't know about, emotions and how I might be able to manage them, both in myself and my daughter. It's a real eye opener for me."

Rohail also talks about the desire to translate text about Emotion Coaching into some of the different languages of his community in Sandwell in a bid to connect with some of the more 'hard to reach' community groups. Rohail and Saj view Emotion Coaching as a way in which parents from all communities can connect with and influence their children and help promote a familial sense of belonging and connection.

Kathryn Thorn, Rotherham

Training sessions for schools + Headteacher Conference + Attachment Friendly Schools Project

Kat, an educational psychologist in Rotherham, organised for the whole educational psychology service to have a training day on Emotion Coaching in May. Kat says that "the Emotion Coaching has had a hugely positive impact already. Two colleagues in the team contacted me the day after your training to say they had used it during consultations that morning! We have lots of training sessions diaried in for settings, the first of which is this this week."

Kat and another educational psychologist, Karen include Emotion Coaching training as part of the Attachment Friendly Schools Project. They presented this project to the Governing Body of the Virtual School ahead of half-term and one of the Secondary Head Teachers was keen that it went on the agenda for the upcoming SEND Conference for Head Teachers taking place at the end of June. As a result, Kat and Karen will be delivering a short workshop on Emotion Coaching, it's research-base and how schools can access further training.

Kat is also hoping to encourage some of the schools in the Attachment Friendly Schools Project to use EC in their Action Research projects.

Sarah Temple, Somerset

Tuning into Teens Training

Tuning in to Kids is an evidence based Parenting Programme devised and researched by Sophie Havighurst and Ann Harley at The Mindful Centre, Melbourne University. Drawing on John Gottman's Emotion Coaching, Tuning into Kids is an attachment based parenting programme. On 23rd and 24th August, Tuning in to Teens (TINT) training (the teen version of the Tuning into Kids programme) will be run by Christiane Kehoe who is travelling here from Melbourne to facilitate. The cost will be £500 per person plus £135 for a TINT manual and the training will be in Sherborne, Dorset. Book at www.tiktrainers.co.uk

Adrian Minks, Lincolnshire

Presentation to SENCo forum

The Educational Psychology Service in NE Lincolnshire recently delivered a presentation on Emotion Coaching to their SENCo forum. It was received very well, with several people afterwards requesting more

information. Adrian says “we left them with the 'connect before you correct' message”.

Emotion Coaching UK News

A number of practitioners have completed the requirements to enable Practitioner Trainer status. We welcome the knowledge, experience and contributions of: Kate Billington, Sarah Murray, Clare Stevens, Charlotte Read and Warren Simpson. We aim to have some ‘practitioner trainer’ events in the future. We also have our first ‘Emotion Coaching Organisation’ - Rowdeford School in Wiltshire. Thanks to Charlotte Read for being the driving force behind this.

Janet and Louise have been invited to speak at a conference entitled *Wellbeing in the Classroom*, Adelaide, Australia in June 2017. They will deliver keynote speeches on the neuroscience of emotional development, self-regulation and learning and deliver master classes on Emotion Coaching. Arrangements have also been made to meet with the South Australian Department for Education and Child Development.

A research-based journal article written by Licette, Janet, Louise and Ryan Kilby entitled ‘The introduction of Emotion Coaching as a whole school approach in a primary specialist SEMH setting: positive outcomes for all’, will be published very shortly in a special edition of the *Open Family Studies Journal* entitled “Qualitative explorations of family-school relationships regarding children with EBD and RAD”. We are slightly surprised the journal editor has permitted such a long piece of research to be published but the editor says it is an “important piece of work”. Credit, admiration and respect to Ryan Kilby and his staff at Meadow View Farm School for making such a difference to their children’s lives.

The same journal edition will have an article on Attachment Aware Schools led by Janet Rose entitled *Attachment Aware Schools: working with families to enhance parental engagement and home-school relationships*. The evidence base grows.....

Janet and Licette continue to deliver key note speeches and deliver training. Louise will be submitting her PhD on the professional transference of Emotion Coaching this summer! (More about other research work by members in the Emotion Coaching community in the next newsletter).

Many Educational Psychology Services are keen to incorporate Emotion Coaching into their way of working and their local offer. As a result, Licette has delivered practitioner level training to Educational Psychology Services in Barnsley, Nottingham City, Cornwall, Surrey, Aberdeen City, Trafford, Rotherham and Birmingham. Training days for Northamptonshire and Ealing are planned.

We have our third training weekend coming up on 15-16 July in Bath. Again people with a range of backgrounds and interests will be attending. My favourite attendee story is of a woman in New Zealand who read about our training via the website (via a tweet), contacts her daughter, who is working as an au pair in the Netherlands (before starting teacher training), and suggests she might take advantage of the opportunity to do the training before returning to New Zealand. As a result, there will be another person with an accent similar(ish) to mine at Norland College in July!

This ‘bit’ of news has ended up being a little longer than anticipated. We are so happy to be able to share with you some of the wonderful work and developments underway around the UK (and world!).

Licette Gus, June 2017