



July Meeting

Great meeting at the beautiful setting of Bath Spa University in July. About 15 of us got together. People came from Cornwall, London and many places in between. Lovely to see some new faces.

Janet Rose explained how she used the evidence from neuroscience in her Emotion Coaching training – neuroscience was never so fun!

Danielle Pee spoke about her interest in Emotions in the Body, specifically the physiology of fear and calm. Danielle shared a resource in which we could consider our own wellness balance in life with elements we might cultivate and those we might let go.

The weather was warm and dry so we were able to eat lunch outside in the sunshine. We shared ideas and asked questions of each other.

Somerset Emotion Coaching Champions Project

EHCAP and Bath Spa University have been commissioned by Somerset Public Health to co-deliver this project over 2015. The project is more than half-way through and approximately 100 people are participating in one of five groups around Somerset. The project aims to enable champions to cascade Emotion Coaching in their workplace. Case studies are being collected on children and young people who are being Emotion Coached by adults. For more information visit, <http://www.ehcap.co.uk/emotion-coaching>

Research

There is enormous scope for the evidence base for Emotion Coaching to develop. This is particularly so in educational establishments. The new OFSTED inspection framework from September 2015 will include a judgement on personal development, behaviour and welfare. This development can only add to schools' already increasing desire to support the wellbeing of their pupils.

At this stage we can look forward to hearing about two pieces of research:

Louise Gilbert has now completed the analysis of her data from the first community Emotion Coaching project in the UK, in Wiltshire and is now in the writing up stage. Louise's PhD is focussing upon the transference of Emotion Coaching into community and educational settings. Louise is examining how EC influences practitioners' meta-emotion philosophy; and looking to see if there was evidence of personal and professional transformative learning for practitioners' adopting an EC approach in their working practice.

Great news that Tessa Fox Educational Psychology Trainee from Bristol University now has ethical approval to start her Doctoral research entitled "Exploring the implementation of Emotion Coaching at a primary specialist provision for children with Behavioural, Emotional and Social Difficulties".

There are a couple of other potential research projects in the pipeline. As they become finalised we'll pass on details.

Movies and Emotion Coaching

A recently released book (*The Therapist's Notebook for Children and Adolescents* by Sori, Hacker and Bachenberg) has an interesting chapter on Emotion Coaching . It talks about using scenes from children's movies such as *Frozen* , *Finding Nemo* and *Shrek* to support parents who may struggle with some of the emotion-coaching steps. 10 minute clips from a movie is shown and the parents learn to process the scene with their child using the five steps of emotion coaching. The authors see this as a 'safe' way to practise Emotion Coaching. Attaching details of the chapter.

If anyone would like to watch some of the movies suggested and identify some key scenes where emotions such as fear, sadness or anger are depicted, we could share this resource with others. This idea may also be useful for training with professionals in the community. Let me know if you'd like to do this.

Publications

Three publications from Emotion Coaching in the UK have been published to date this year.

Gus, L., Rose, J., & Gilbert, L. (2015). Emotion Coaching: A universal strategy for supporting and promoting sustainable emotional and behavioural well-being. *Educational & Child Psychology*, 32(1), 31.

Rose, J., McGuire-Snieckus, R., & Gilbert, L. (2015). Emotion Coaching-a strategy for promoting behavioural self-regulation in children/young people in schools: A pilot study. *European Journal of Social and Behavioural Sciences*.

Rose, J. , Gilbert, L. & Richards, V. (2015) *Health and Well-being in Early Childhood*. Sage Publications.

Next meeting:

Saturday 5 December
Bath Spa University
10-3pm

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