



Information about endorsement as a Practitioner Trainer by Emotion Coaching UK

1. Emotion Coaching UK endorses training in Emotion Coaching which covers the following areas:

- Background to Emotion Coaching.
- Recent neuro-scientific evidence linking how to support children's self-regulation.
- Insights into the stress-response system and the foundations for positive behaviour and well-being.
- Importance of attunement and meta-emotion awareness.
- Practical exercises and skill development in Emotion Coaching.

2. 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 training + 2 x follow-up sessions
- Have delivered at least one training session on Emotion Coaching covering the key areas detailed in point 1 (above). This needs to be evidenced by submission of completed training evaluation form. From this we are able to ascertain that the required context was covered as well as your skills in delivering training to others.
- Completed a reflective log – at least four entries over a minimum period of three months, including one entry where Emotion Coaching did not go as planned or could be thought of as unsuccessful.
- Declare that you have read the key texts.

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 perspective.

3. Endorsement lasts for 12 months. To renew the endorsement, an application needs to be made which contains:

- Evidence of the delivery of one EC training²
- Reflective log with a minimum of four entries. One entry needs to highlight when Emotion Coaching did not go as planned or could be thought of as unsuccessful.

² If training opportunities have not been available for you during the year, you are welcome to transfer your accreditation to Emotion Coaching Mentor. This continues to recognise your skills in using Emotion Coaching as a communication tool. Your accreditation can move back to Practitioner Trainer following a year when you have again delivered and evaluated training in Emotion Coaching.

4. Cost: £80

5. Practitioner Trainers accredited by Emotion Coaching UK:

- Receive a comprehensive powerpoint slide training pack
- Are able to train others in Emotion Coaching in their workplace and locality
- Are able to use the Emotion Coaching UK Practitioner Trainer logo
- Receive regular newsletters on latest research and practice



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- Are invited to an annual Practitioner Trainer Learning Day (free of charge)
- 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).
- Are **not** accredited to train others to become Practitioner Trainers.

6. Key Texts

Books

- Gilbert, L., Gus, L. & Rose, J. (2021) *Emotion Coaching with Children and Young People in Schools: Promoting Positive Behaviour, Wellbeing and Resilience*. Jessica Kingsley Publishers, London.
- Gottman, J and Declaire, J (1997) *Raising an Emotionally Intelligent Child*. The Heart of Parenting. New York: Simon and Schuster.
- Siegel, D. J. & Bryon, T.P. (2011) *The Whole-Brain Child*. Constable & Robinson Ltd. London.

or

Siegel, D.J. *Brainstorm, The Power and Purpose of the Teenage Brain* (2013) Tarcher/Penguin, New York.

Optional

- Sunderland, M., 2015. *Conversations that Matter-Talking with Children and Teenagers in Ways That Matter*. Worth Publishing.

Articles

- Gilbert, L (2022) Emotion Coaching in relation to: Triune brain, polyvagal theory & handheld brain model. ECUK
- Gilbert, L (2020) *Remember we are all wearing spectacles! What is research about and what can we do with it?* ECUK
- 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.
https://www.researchgate.net/publication/275041216_Emotion_Coaching_A_universal_strategy_for_supporting_and_promoting_sustainable_emotional_and_behavioural_well-being
- Gus, L., Rose, J., Gilbert, L. and Kilby, R., (2017). The Introduction of Emotion Coaching as a Whole School Approach in a Primary Specialist Social Emotional and Mental Health Setting: Positive Outcomes for All. *The Open Family Studies Journal*, 9(1).
<https://benthamopen.com/FULLTEXT/TOFAMSJ-9-95>
- Porges, S. (2004) *Neuroception: A subconscious system for detecting threats and safety*. Zero to Three



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- Rose, J., Gilbert, L., McGuire-Sniekus, R. (2015) Emotion Coaching - a strategy for promoting behavioural self-regulation in children and young people in schools: A pilot study, *European Journal of Social and Behavioural Sciences*.
<https://www.bathspa.ac.uk/media/bathspaacuk/education-/research/emotion-coaching/EJSBS Article Rose et al Emotion Coaching.pdf>