

Activating Resilience and Coping (ARC)
Monday 4th July 09:30-16:00



Cognitive Behavioural approach programme to promote resilience and coping skills in children and young people

This course is for teachers, teaching assistants and pastoral support staff who work with all Key Stage 2 and Key Stage 3 students and those with social, emotional and mental health needs.

Research into promoting and developing resilience shows that Cognitive Behavioural Therapy helps children and young people cope better with life challenges. The Northamptonshire Educational Psychology Service programme for Key Stage 2 and Key Stage 3 students, underpinned by cognitive behavioural approaches, aims to:

- Teach life skills for coping with challenging situations.
- Normalise states of emotional distress, and develop self-regulation and self-soothing skills.
- Build positive social networks and role models, and teach constructive peer relationship skills, thus reducing bullying.
- Improve attitudes to learning and academic performance.

The training will enable school staff to:

- Identify the skills needed to run and facilitate the programme within their educational setting.
- Understand the theoretical underpinnings of the programme including the cognitive behavioural therapy model and the relationship between risk and preventative factors and resilience.

All staff who attend the training will receive a PDF of session plans, including resources to be used to support the implementation of the programme.

Cost: £225 per person for SWAN SLA members. £250 per person for non-members. Lunch and resources included

Venue: GUTP House, Sponne School, Brackley Road, Towcester NN12 6DJ

Book your place [here](#)

To find out more email: trainingschool@sponne.org.uk Telephone: 01327 350284 ext. 251