



Welcome to CIF West at Lakenheath Primary School

<https://suffolklearning.com/inclusion/community-inclusion-forums/>

24.01.24

Thematic Analysis

WHAT ARE WE PROUD OF?

OUR COMMITMENT TO THE KIDS
PROMOTING SEN IN OUR SCHOOLS
FORGING GOOD RELATIONSHIPS IN OUR SCHOOLS
BUILDING SUPPORTIVE RELATIONSHIPS WITH SES



HOW COULD THINGS BE BETTER?

LESS TIME 'ON' PROCESSES



MORE TIME 'IN' SUPPORTING STAFF AND STUDENTS

WHAT DO WE WANT?

MORE NETWORKING
SHARING IDEAS AND RESOURCES
BETTER COMMUNICATION
EFFECTIVE AND ACCESSIBLE CPD



TOPICS FOR THE FUTURE
TO VSEND OR NOT TO VSEND?

CREATING A SHARED VISION ACROSS SUFFOLK SCHOOLS FOR SEND

UPDATE FROM FAMILY SERVICES

EASY SEND WINS FOR CLASS TEACHERS





Mini – conferences

Sharing what works





Joining together on a theme



Taking a virtual approach to the issues that affect a lot of schools



Joining together to share approaches that have had impact



Actions and areas for further research



What themes are common to us all?



Will we support themes where it is working in our schools to help out those who are struggling?

Workshop: 'Therapy vs Therapeutic' empowering staff and removing barriers to therapeutic approaches

Jill Griffiths, Reni Landor, Susan Hunter *Senior Educational Psychologists*
Tracey Pilgrim *Specialist Teacher SEMH*



Welcome Matt Pull

Clinical Team Manager

West Suffolk Mental Health Support Team

- NSFT Service Update
- Therapeutic Perspectives



Norfolk and Suffolk
NHS Foundation Trust

Aims

To empower you to validate the existing therapeutic practice you offer

To share the good practice with colleagues within our community





Therapy Vs Therapeutic



Therapy: *the treatment of mental or emotional problems using psychological methods* (Oxford English Dictionary, Seventh Edition: 758).



Therapeutic: the adjective of therapy, *having a good effect on the body or mind* (Oxford English Dictionary, Seventh Edition: 758).



‘This infers that therapy has the intention to create transformative outcomes or a *therapeutic end* for the service-user, such as providing insight, change, or repaired well-being’ (Langley, 2006, cited in Hammond and Palmer, 2021: 118).

Or put very simply...



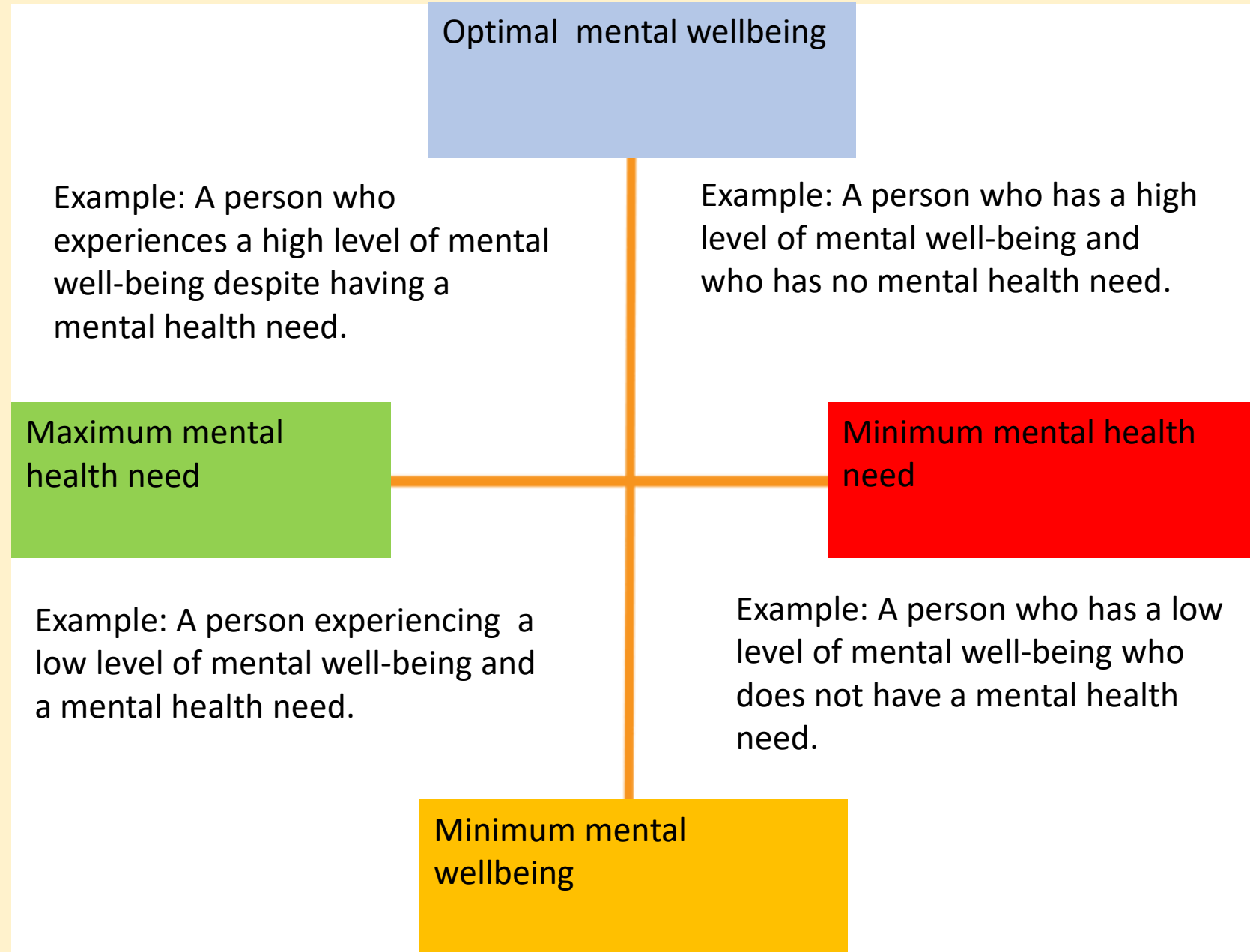
Features of therapy and therapeutic practice

(Based on Hammond and Palmer, 2021)

Universal – Therapeutic Practice	Targeted – Heterogenous Therapy	Bespoke – Manualised Therapy
<p>The potential, but not intention, to create a therapeutic outcome (e.g. a CYP who feels empowered after a conversation or interaction).</p>	<p>An intention to create and achieve a therapeutic end (i.e. change of insight to emotional, cognitive or behavioural aspects to an individual or group).</p>	<p>Explicit intention to create and achieve a therapeutic end (i.e. change or insight to emotional, cognitive or behavioural aspects to an individual or group).</p>
<p>Psychologically informed, evidence-based approaches and tools e.g. active listening, ‘wondering aloud’ WIN(E), PACE</p>	<p>Psychologically informed, evidence-based therapeutic approaches which may use elements or principles of specific modalities (including those from manualised therapies), e.g. ‘Think Good, Feel Good’ by Paul Stallard.</p>	<p>The use of a specific modality which frames the tools, relationship and tone of the session(s) e.g. Cognitive Behavioural Therapy (CBT).</p>



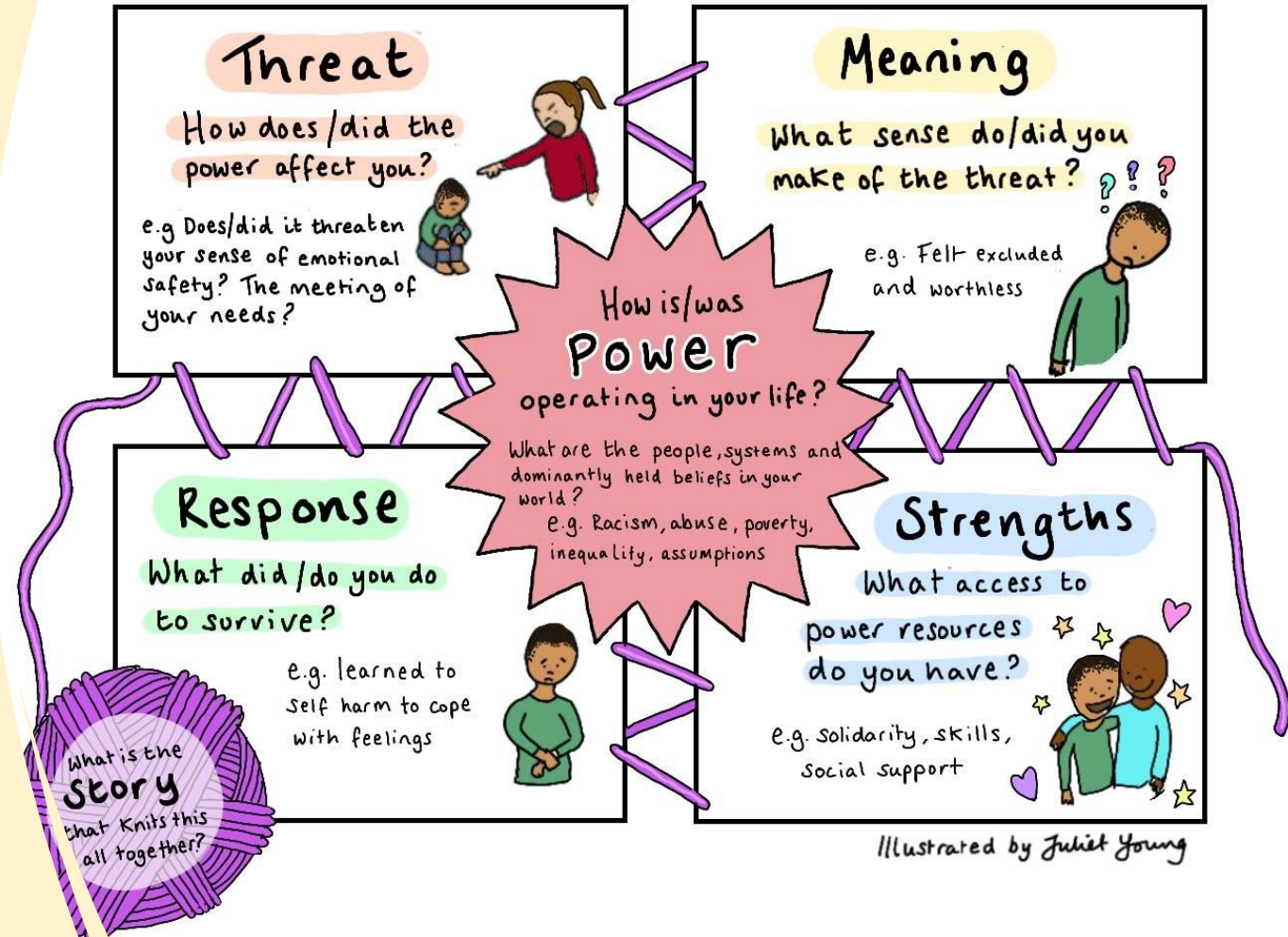
Continuum of Need



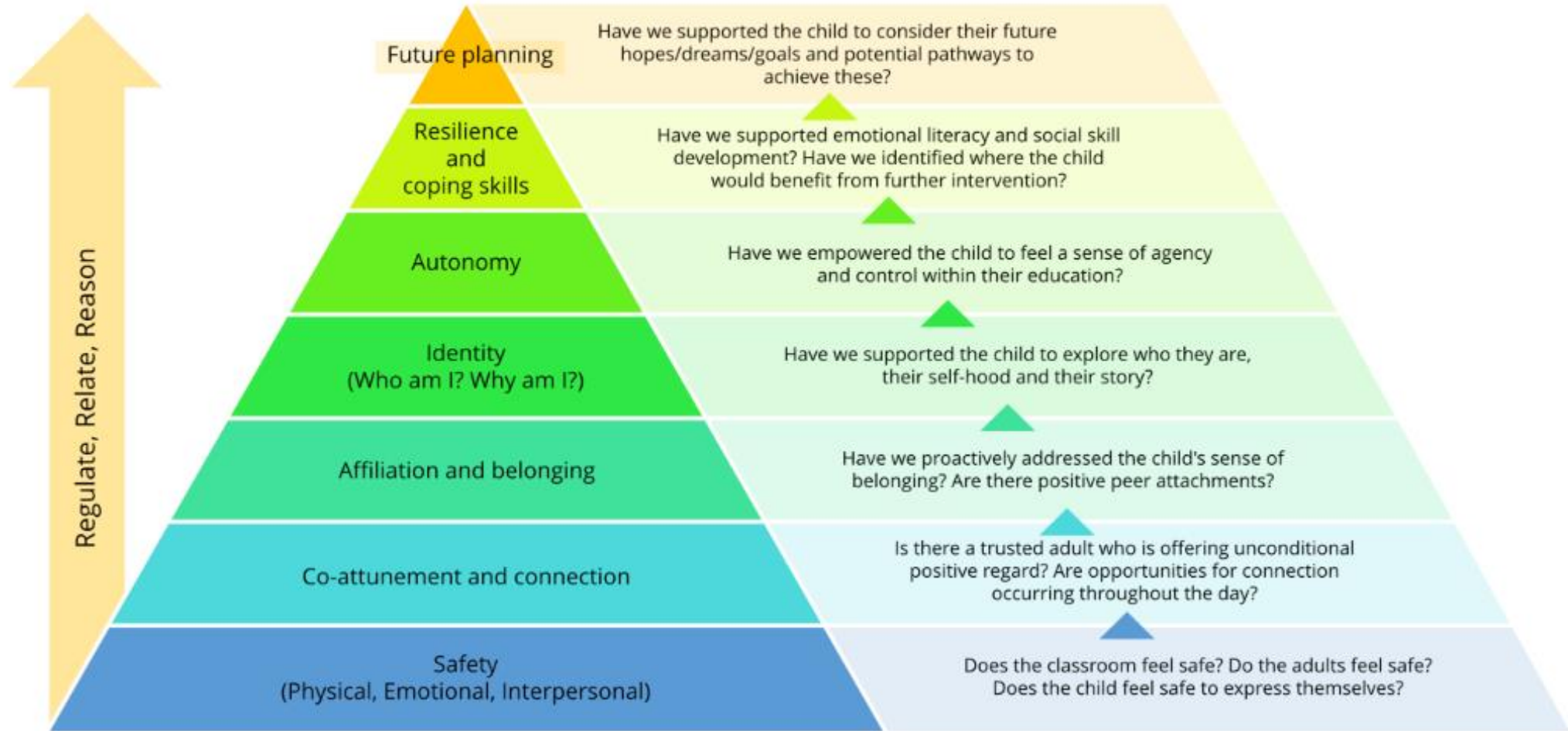
The Power Threat Meaning Framework – a brief introduction

A shift from asking
“What’s wrong with you?”
to asking
“What’s happened to you?”

Power Threat Meaning Framework (Johnstone & Boyle, 2018)



The Applied Trauma Responsive Classroom



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<https://www.youtube.com/watch?v=nIzKoCBTGok>

What do we already provide?

- These could be universal (every pupil can access) or targeted (only some pupils will be offered).
- Some ideas could include:

Spaces and places

Welcome

Transition supports

Particular people / relationships

Programmes / interventions

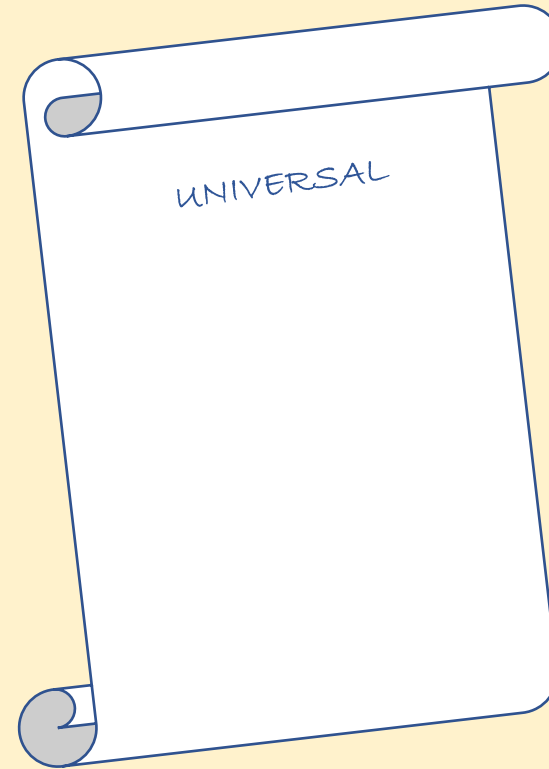
Curriculum

Sense of belonging

Activity

Share and record the range of universal and targeted provision within our community of schools

Identify a 'take away' idea to develop in your setting



Further reading

[Using PACE in School \(oxfordshire.gov.uk\)](https://www.oxfordshire.gov.uk)

cavuhb.nhs.wales/files/resilience-project/resilience-project-logo-adjustments/pace-pdf/

[Therapy vs. Therapeutic: Creating a Therapeutic Classroom \(traumainformed-educators.com\)](https://traumainformed-educators.com)



Thank you for coming!

Our next CIF is Wednesday 20th March,
venue to be confirmed, we look forward to
seeing you again then.

