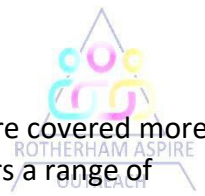


Additional training offer from Aspire Outreach – Academic Year 2024/25



The Aspire SEMH Outreach team can provide bespoke training on a range of topics which are covered more in depth and aim to develop a higher level of understanding on complex areas. This covers a range of SEMH topics as well as behaviour support in the form of Team Teach accredited training.

Key components of second tier training include:

| Training Course | Overview of training |
|------------------------|---|
| 1.Team Teach | Team-Teach training equips professionals, in educational settings, with skills to manage behaviours that challenge. Emphasizing de-escalation techniques and minimizing the need for physical intervention. It encompasses strategies for communication, risk assessment, and understanding behaviour triggers. With a focus on teamwork and collaboration, Team-Teach emphasizes the least restrictive interventions while ensuring safety for all involved. Participants learn to recognize signs of distress, implement preventative measures, and use physical intervention as a last resort, prioritizing the preservation of dignity and respect. |
| 2.Sleep training | Sleep training for children involves establishing healthy sleep habits and routines to promote restful and consistent sleep patterns. Techniques vary based on the child's age, temperament, and parenting philosophy, but common methods include gradual extinction, scheduled awakenings, and the Ferber method, which involves progressively increasing intervals of comforting. |
| 3.P.A.C.E. | P.A.C.E. (Playfulness, Acceptance, Curiosity, Empathy) Trauma-Informed Care Training offers a holistic approach to understanding and responding to trauma in individuals, particularly children. P.A.C.E. focuses on creating a safe and nurturing environment where individuals feel empowered to explore their experiences with playfulness, acceptance, curiosity, and empathy. This training equips professionals with practical strategies to build trust, regulate emotions, and promote healthy attachment relationships. |
| 4. Social Stories | Social Story Training involves learning and implementing the Social Story approach, to support individuals, in navigating social situations and understanding social cues. Participants in this training learn to create personalized stories using descriptive and perspective-taking language to explain social expectations, routines, and concepts in a clear and visual manner. |
| 5. Circle of Adults | The circles of adults approach utilises a structured form of colleague support to mobilise adult thinking about problem behaviour and to arrive at agreed strategies. Circle of adults sessions encourage consistent staff responses and a team approach to managing challenging behaviour. |
| 6. Circle of Solutions | Solution Circles follow a structured six stage process, with each stage having a time allocation in order for the whole process to be complete in 30 minutes. The 'Problem Presenter' begins by outlining the problem, whilst the group listens. The group are then invited to ask clarification questions. |