

IS IT SUCCESSFUL?

The impact of the training has seen a significant reduction in incident forms, internal exclusions and staff are more confident with dealing with vulnerable and challenging children.

Mrs Blow | Headteacher
Morden Primary School | Nov 2020



WHO ARE FAMILY PSYCHOLOGY MUTUAL?

Family Psychology Mutual have been delivering evidence based therapeutic interventions to families since 2018. These interventions have been delivered in homes under a Functional Family Therapy (FFT) license. The service works collaboratively to reduce acting out, risk taking and anti-social behaviour of adolescents avoiding family breakdowns. Training for schools & parents is not directly related to the FFT programme but our delivery of this programme is delivered by FFT experience and clinically trained therapists.

Family Psychology Mutual (FPM) provides practice-based evidence services and training to our communities, this includes the RAFT training. We will therefore ask you to complete anonymous questionnaires before and after our programme which allows the workshops and training to be reviewed and tailored accordingly.



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HAVING BRILLIANT CHATS WITH CHILDREN

The RAFT training aims to help you further consider the 'RELATIONAL ACTIONS, FEELINGS AND THOUGHTS' (RAFT) in your conversations.

WHAT ARE WE TRYING TO DO?

- Increase positivity and nurturing responses whilst considering your own emotional responses and thoughts.
- Strengthen communication skills to help you keep the conversations going even if difficulties or stuck positions arise.
- Support you to further develop children's capacity to manage and process emotions given their experiences.
- Provide a consistent approach for whole school staff and parents.



THE RAFT MODEL, SUPPORTING SCHOOLS, PUPILS & FAMILIES



Research suggests that if we want to improve the life chances of all children, then parents and schools must work in partnership and be involved at every stage of a child's

school experience. The RAFT training aims to continue to build on this trusting relationship between schools and parents, to support children's engagement, emotional and behavioural development. Each child will have their own individual needs and whilst we acknowledge this, the RAFT training aims to enhance the opportunities for learning and to support children's emotional development by creating an environment at school that is nurturing and consistent.

The training aims to help parents and those that work within schools to have an increased personal awareness of the impact of their own emotional and communicative responses on others.

The training teaches communication skills and emotional regulation that helps develop and maintain a nurturing environment.

HOW WE REACT AND INTERACT IMPACTS OTHERS

RAFT Training helps with de-escalation, it helps adults become more aware of their own emotional responses and it further increases adult's capacity to be nurturing and emotionally attuned, when communicating with children.

RAFT model helps you to think about how our actions, thoughts and feelings can be a driver to another person's responses in a mutually responsive way and we use this to help guide our responses and communications.

Live feedback from teaching staff who have already experienced the training.



Having practised, it is now easier to calm a child down who is in a state of distress

Children do seem to be able to return to calmness more quickly and feel listened to and understood

We work as a team and one person can take over if another staff member realises, they aren't calm enough to manage the situation

I think differently about their experiences and perspective

FOR SCHOOLS

The RAFT training aims to help develop/maintain a nurturing learning environment. To help staff have an increased awareness of the impact of their emotional and communicative responses on the pupils. To help staff use skills to help reduce distress, increase engagement, understanding and learning in the classroom.

We aim to achieve this through a staff member use of communication. The training links with concepts from interpersonal neurobiology, mentalisation, cognitive theory, all of which have provided the theoretical underpinning behind the training and communication skills.

We believe that training will guide a school to adopt a consistent approach of communication and interactions across the whole school. It is recommended that everyone within the school attends all parts of the training. It consists of two separate training sessions which is then followed by an interaction workshop, these sessions all have a duration of approximately 2- 4 hours.

Each training session includes interactive case study practice and within the 2nd session it will explore thinking traps. The training aims to build up the level of comprehension of how thinking traps can contribute to escalation in conflict, anxiety, resistance in children, parents, or staff.

There is also an option to practice communication around nurturing repair after upset or conflict before considering moving forward to possible negotiated options.



FOR PARENTS

The RAFT Model stands for relational, actions, feelings, and thoughts. This is an opportunity for you as a parent to support your child being the best, they can be during this important development stage in their lives.



You are being offered this training through your school, there is no direct cost apart from your time.

WHY IS IT IMPORTANT THAT YOU ATTEND?

The aim of the training is to provide parents with similar practical techniques on the development of communication, emotional regulation, and all-important skills practice. Practical examples can be discussed and will allow parents to explore real life situations, in a safe environment with an experience trainer.

Your attendance is important! You can support and build upon the consistency of approach that the school will be using every day to develop and maintain a nurturing environment at school for all pupils.