



THE TIGGER EFFECT!

How to Foster the Bounce-Back Boy

One in every 10 children suffers from a diagnosable mental health disorder



Dr Tina Rae

One of the country's leading experts in child adolescence

Dr Tina Rae has over 30 years experience working with children, adults and families in both clinical and educational contexts within local authorities and specialist educational services.

Tina specialises in social, emotional and behavioural disorders and difficulties. She is an Academic and Professional tutor for the Doctoral programme in Educational and Child Psychology at the University of East London. She has undertaken research in the areas of engagement and disaffection with learning in young people, debriefing following critical incidents, attachment disorders, emotional well being and the psychological assessment of young offenders.

Tina is also a prolific author and has written extensively on topics such as well being, attachment, emotional literacy, behavioural problems, anger and stress management, critical incidents, cognitive behavioural therapy, motivational interviewing, solution focused brief therapy, loss and bereavement in young people, youth offending and social skills development.

One the face of it, they are boisterous and robust...

The subject of mental health is fast becoming one of education's most talked about topics and one that every school in the country will be challenged by significantly in the future.

This INSET course is designed to stimulate a wider and deeper debate about how we understand, recognise and respond to the challenges of adolescent mental health, particularly in boys of preparatory school age.

Resilient boys can 'resist adversity, cope with uncertainty and recover more successfully from traumatic events or episodes'. This key note will explore the evidence for resilience based approaches and suggest ways in which all practitioners and parents can promote resilience in boys, families and those who work with them.

Psychologists have long recognised that some children develop well despite growing up in high risk environments. This capacity to cope with adversity, and even be strengthened by it, is at the heart of resilience. It is not something that people either have or don't have - resilience is learnable and teachable and as we learn we increase the range of strategies available to us when things get difficult.

During this specially designed day that focusses on the needs and challenges of preparatory schools, Tina Rae will draw on insights from social care, CBT approaches and positive psychology, as well as the growing evidence base from around the world, to develop an understanding of how resilience can be applied in work with boys both in the school setting and within their own families.

Boys need to become resilient to overcome the many adversities they face and will face in life: they cannot do it alone. They need adults who know how to promote resilience and are, indeed, becoming more resilient themselves.

This training day will support staff in developing their understanding of resilience theory and offer practical advice and strategies which can be used in both the home and learning contexts.

Participants will have the opportunity to further engage with the ideas and key themes presented by Dr Tina Rae via a series of key challenges posed during the day. Groups will be allocated a series of key questions as follows:

1. How do we create a school ethos and community which fosters resilience?
2. How do we ensure staff resilience in order to enable them to model resilient responses and behaviours?
3. How do we educate our boys about social networking and the dangers this may pose?
4. What do we do to promote healthy body image in our boys?
5. How do we teach our boys how to manage negative thinking patterns and engage in 'happy habits' of positive thinking and reframing?

This course is made possible by the kind invitation of Harrow School