

A Speechmark Practical Resource

Emotional Wellbeing

An introductory handbook

Gillian Shotton & Sheila Burton

Speechmark



Emotional Wellbeing An Introductory Handbook

Annelies Wilder-Smith



Emotional Wellbeing An Introductory Handbook:

Emotional Wellbeing Gillian Shotton, Sheila Burton, 2018-10-03 This is an essential resource for educators working to support emotional wellbeing in children and young people Written by the team behind the Emotional Literacy Support Assistant ELSA training programme it provides practical suggestions that can be implemented straight away to make a positive difference in the life of the young person The second edition of this bestselling guide has been fully updated and includes a new chapter on resilience as well as additional material on recognising and dealing with anxiety and anger The chapters give a clear overview of each topic underpinned by the latest research in educational psychology descriptions of vulnerabilities as well as case studies and suggestions for practical activities Topics include self esteem friendship skills social skills therapeutic stories dealing with loss and bereavement Designed for use with individuals groups or whole classes this will be vital reading for ELSA trainees as well as anyone wanting to provide the best possible support for the emotional wellbeing of the young people they work with

Emotional Wellbeing Gillian Shotton, 2012

Emotional Wellbeing Gillian Shotton, 2018-07 This is an essential resource for educators working to support emotional wellbeing in children and young people Written by the team behind the Emotional Literacy Support Assistant ELSA training programme it provides practical suggestions that can be implemented straight away to make a positive difference in the life of the young person The second edition of this bestselling guide has been fully updated and includes a new chapter on resilience as well as additional material on recognising and dealing with anxiety and anger The chapters give a clear overview of each topic underpinned by the latest research in educational psychology descriptions of vulnerabilities as well as case studies and suggestions for practical activities Topics include self esteem friendship skills social skills therapeutic stories dealing with loss and bereavement Designed for use with individuals groups or whole classes this will be vital reading for ELSA trainees as well as anyone wanting to provide the best possible support for the emotional wellbeing of the young people they work with

ELSA Trainers' Manual Sheila Burton, 2020-09-29 This is a comprehensive staff training resource to support the emotional development and wellbeing of pupils The ELSA Trainers Manual provides a comprehensive five day training and supervision programme designed to enhance the skills of Classroom Assistants and Learning Support Assistants enabling them to work effectively to support the emotional development and wellbeing of pupils Staff who complete the programme are known as Emotional Literacy Support Assistants ELSAs The ELSA programme includes comprehensive training materials ten PowerPoint files facilitator notes and handouts policy documents a pdf file of the participants course book and downloadable resources Topics covered are emotional literacy in schools self esteem understanding and managing anger social skills training friendship skills and therapeutic stories active listening and communication skills working with puppets introduction to Autism and loss and bereavement

Emotional Wellbeing GILLIAN. SHOTTON, Sheila Burton, 2025-10-06

The third edition of this essential resource provides clear overviews of key topics underpinned by the latest research along

with easy to implement practical suggestions It is vital reading for ELSA trainees as well as anyone wanting to provide the best possible support for the emotional wellbeing of the young people they work with **Gymtherapy** Rebekah Pierre,2018-05-11 This highly practical resource introduces the concept of Gymtherapy a pioneering approach to working with children that uses movement as a means of promoting emotional wellbeing Gymtherapy brings together the physical and emotional benefits of activity alongside the importance of safeguarding and supporting children particularly those who are socio economically deprived or emotionally vulnerable Written in an accessible and vibrant style Gymtherapy provides a full programme of lesson plans structured across five key areas Identity and Self Esteem Mindfulness Anger Expression Protective Behaviour and Gender Stereotypes Each lesson plan is based on accessible tried and tested strategies and outlines learning objectives equipment needed and step by step instructions for facilitating practical activities The chapters are illustrated with engaging real life examples case studies survivor stories and tips while at the same time linking practice to the underpinning social theory Gymtherapy is an invaluable guide for teachers social workers school leaders and anyone with an interest in providing for the welfare and wellbeing of the children they work with *Child and Adolescent Mental Health* Cathy Laver-Bradbury,Margaret J.J. Thompson,Christopher Gale,Christine M. Hooper,2021-05-12 This textbook provides an overview of child and adolescent mental health The text covers all core aspects on the subject from the importance of knowing why mental health in children is important to how to assess formulate and treat a variety of presentations seen in children and young people Beginning with an overview of conditions and the background to emotional and behavioural problems the book examines the different models and tools used to assess and treat children and young people and provides an outline of the practitioners working to help this population Chapters consider the many diverse identities and groups within the population addressing specific problems encountered in children young people and their families from different cultural backgrounds This revised edition addresses issues of current public debate such as gender identity and the role of social media in children s and young people s development and behaviour Featuring authors from a variety of clinical and research backgrounds this fully revised third edition is an important resource for all professionals working with children young people and their families including student and practitioner psychiatrists clinical psychologists mental health nurses and social care specialists **The School Mental Health Response Handbook** Tina Rae,Ali D'Amario,2025-03-21 Elevate your support for children s well being in schools with our user friendly resource offering practical strategies and guidance for busy educators to navigate and nurture mental health You ll deepen your understanding of the key emotional and social challenges children face today through evidence based techniques for engaging with children and young people at both a preventative level and to recognise and respond to mental health needs as they arise Covering topics including developmental trauma anxiety eating disorders school avoidance self harm and more this handbook is designed for the busy individual seeking to support the well being of children and young people to dip in and out of as needed Perfect for use in

school and educational settings the bounty of information sheets top tips and key strategies provided can be used to effectively provide the trauma informed nurture that so many children need

Commonsense Methods for Children with Special Needs and Disabilities Peter Westwood,2020-11-25 This fully revised and updated eighth edition of Peter Westwood s book offers practical advice and strategies for meeting the challenge of inclusive teaching Based on the latest international research from the field it offers practical advice on both new and well tried evidence based approaches and strategies for teaching students with a wide range of difficulties As well as covering special educational needs learning difficulties and disabilities in detail chapters also explore topics such as self management and autonomy managing behaviour and social skills The book offers sound pedagogical practices and strategies for adapting curriculum content designing teaching materials differentiating instruction for mixed ability classes and implementing inclusive assessment of learning Key features of this new edition include Additional information on linking all aspects of teaching to a Response to Intervention Model A focus on the increasing importance of digital technology in supporting the learning of students with special educational needs and disabilities Up to date resource lists for each chapter for those who wish to pursue a particular topic in greater depth Reflecting cutting edge international research and teaching practices this is an invaluable resource for practising and trainee teachers teaching assistants and other educational professionals looking to support students with special educational needs and disabilities

Personal, Social and Emotional Development through the arts Chris Ford,2011

Autism, Neurodiversity, and Equity in Professional Preparation Programs Jamanis, Shanna,Vogler-Elias, Dawn,2023-12-18 In today s world the prevalence of autism affecting approximately 1 in 100 children underscores the scarcity of proficient professionals capable of aiding those with autism and other neurodiverse conditions The absence of cohesive and interdisciplinary training programs exacerbates the hurdles faced by these individuals impeding their access to high quality care and assistance Consequently the needs of neurodiverse individuals remain insufficiently met and those with autism confront impediments to realizing their full potential due to a deficiency in specialized expertise and comprehensive support To counteract this issue Autism Neurodiversity and Equity in Professional Preparation Programs edited by Shanna Jamanis and Dawn Vogler Elias offer a transformative remedy This publication offers a comprehensive and multifaceted examination of professional preparation initiatives centered on neurodiversity integrating perspectives from disability studies neurodiversity diversity equity and inclusion to furnish a conceptual structure that empowers professionals across diverse fields The book s interdisciplinary approach aims to equip professionals and students across domains such as education speech language pathology occupational therapy nursing social work and creative arts therapy With its array of chapters encompassing case studies instructional activities and program narratives readers acquire valuable insights and pragmatic tools for effectively supporting neurodiversity The editors commitment to embracing diverse viewpoints ensures a nuanced comprehension of neurodiversity support fostering empathy and elevating the standard of care Autism Neurodiversity and

Equity in Professional Preparation Programs by Shanna Jamanis and Dawn Vogler Elias provides a much needed resource to tackle the global challenge of aiding those with autism and neurodiversity By advancing interdisciplinary knowledge and evidence based practices this publication not only tackles the dearth of proficient professionals but also champions a more inclusive and compassionate world For academics scholars and practitioners spanning various disciplines this book serves as a crucial steppingstone toward establishing more equitable and empowering environments for individuals with autism and neurodiversity

Pupil Friendly IEPs and Target Sheets Gillian Shotton,2009-09-18 Involving children in discussing planning and reviewing their targets for learning and behaviour is a key element of Every Child Matters 2003 and the Children s Plan 2007 This new edition of Gillian Shotton s best selling book has been updated to include new templates for teachers looking to involve children in writing their Individual Education Plan IEP as well as the introduction of target sheets applicable for all primary and secondary students The resource provides a useful tool for helping teachers put some of the Assessment for Learning strategies into practice Features of the new edition include IEP templates with brand new illustrations Pupil friendly target sheets to engage learners in the target setting process A Pupil Friendly Pastoral Support Programme developed specifically for secondary aged pupils An Act of Kindness log to encourage and record positive acts in the classroom The accompanying CD Rom provides easy to use engaging and fun templates which allow teachers to truly involve pupils in the planning and reviewing process These resources can either be printed off as resource sheets to be filled in and coloured in by hand or they can be filled in on screen

The Handbook of Stress and Health Cary Cooper,James Campbell Quick,2017-02-07 A comprehensive work that brings together and explores state of the art research on the link between stress and health outcomes Offers the most authoritative resource available discussing a range of stress theories as well as theories on preventative stress management and how to enhance well being Timely given that stress is linked to seven of the ten leading causes of death in developed nations yet paradoxically successful adaptation to stress can enable individuals to flourish Contributors are an international panel of authoritative researchers and practitioners in the various specialty subjects addressed within the work

International Handbook of Education for Spirituality, Care and Wellbeing Marian de Souza,LESLIE J. FRANCIS,James O'Higgins-Norman,Daniel G. Scott,2009-10-13 Acknowledging and understanding spiritual formation is vital in contemporary education This book explores the dynamic relationship between education and wellbeing It examines the theory underpinning the practice of education in different societies where spirituality and care are believed to be at the heart of all educational experiences The book recognizes that regardless of the context or type of educational experience education is a caring activity in which the development of the whole person body mind and spirit is a central aim for teachers and educators in both formal and informal learning The chapters in this handbook present and discuss topics that focus on spirituality as an integral part of human experience and consequently essential to educational programs which aim to address personal and communal identity foster resilience empathy and

compassion and promote meaning and connectedness

Psychology at the Heart of Social Change Mick

Cooper, 2023-01-16 We live in troubled times climate crisis war and authoritarian populism are just some of the challenges we are currently facing Never has there been such a need for a new approach to politics nor such an opportunity for one To create a world in which people thrive we need to know what thriving is Over the past century psychotherapy and its parent discipline psychology has built up a vibrant nuanced and highly practical understanding of human wellbeing and distress This book describes a progressive political approach that integrates insights from the psychotherapeutic and psychological domain moving us from a politics of blame to a politics of understanding In this vision of society surrounded by a culture of radical acceptance all individuals can live rich and fulfilling lives We need those shaping our political landscape to understand psychological needs and processes more deeply to enhance our ability to work with others in a spirit of collaboration dialogue and respect

Handbook of Military Psychology Stephen V. Bowles, Paul T. Bartone, 2017-12-05

This expert compendium surveys the current state of military psychology across the branches of service at the clinical research consulting and organizational levels Its practical focus examines psychological adjustment pre and post deployment commonly encountered conditions e g substance abuse and the promotion of well being sleep mindfulness and resilience training Coverage pays particular attention to uses of psychology in selection and assessment of service personnel in specialized positions and training concerns for clinicians and students choosing to work with the military community Chapters also address topics of particular salience to a socially conscious military including PTSD sexual harassment and assault women s and LGBT issues suicide prevention and professional ethics Among the specific chapters topics covered Military deployment psychology psychologists in the forward environment Stress and resilience in married military couples Assessment and selection of high risk operational personnel processes procedures and underlying theoretical constructs Understanding and addressing sexual harassment and sexual assault in the US military Virtual reality applications for the assessment and treatment of PTSD Plus international perspectives on military psychology from China Australia India and more Grounding its readers in up to date research and practice Military Psychology will assist health psychologists clinical psychologists psychiatrists and clinical social workers in understanding and providing treatment for military populations veterans and their families as well as military psychologists in leadership and consulting positions

The Wiley Blackwell

Handbook of Forensic Neuroscience Anthony R. Beech, Adam J. Carter, Ruth E. Mann, Pia Rotshtein, 2018-01-26 Explores how the explosion of neuroscience based evidence in recent years has led to a fundamental change in how forensic psychology can inform working with criminal populations This book communicates knowledge and research findings in the neurobiological field to those who work with offenders and those who design policy for offender rehabilitation and criminal justice systems so that practice and policy can be neurobiologically informed and research can be enhanced Starting with an introduction to the subject of neuroscience and forensic settings The Wiley Blackwell Handbook of Forensic Neuroscience

then offers in depth and enlightening coverage of the neurobiology of sex and sexual attraction aggressive behavior and emotion regulation the neurobiological bases to risk factors for offending such as genetics developmental alcohol and drugs and mental disorders and the neurobiology of offending including psychopathy antisocial personality disorders and violent and sexual offending The book also covers rehabilitation techniques such as brain scanning brain based therapy for adolescents and compassion focused therapy The book itself Covers a wide array of neuroscience research Chapters by renowned neuroscientists and criminal justice experts Topics covered include the neurobiology of aggressive behavior the neuroscience of deception genetic contributions to psychopathy and neuroimaging guided treatment Offers conclusions for practitioners and future directions for the field The Handbook of Forensic Neuroscience is a welcome book for all researchers practitioners and postgraduate students involved with forensic psychology neuroscience law and criminology

An Educator's Guide to Mental Health and Wellbeing in Schools James Hollinsley, 2018-04-10 A brilliant collection of essays by educators psychologists and counsellors highlighting the critical importance of mental health and wellbeing of students in our schools The book has been collated and edited by James Hollinsley Head of the Longwood Primary Academy in Essex highly respected and awarded for their proactive approach to child mental health An absolutely critical read for all those involved in the education of young people the book offers a range of best practice case studies searingly honest anonymous stories from survivors of poor mental health who have also been or are practitioners in schools and advice from experts and specialists including psychologists counsellors and SEN specialists Social Work Practice in Mental Health Abraham Francis, Paula La Rosa, Lakshmi Sankaran, S.P. Rajeev, 2014-11-27 This book represents the sharing of knowledge and experiences that is cross cultural cross disciplinary and across countries It aims bringing to the social work practitioner a wealth of understanding about situations practices and cultures that could not possibly have been experienced first hand about mental health The book provides cross cultural perspectives on recovery strengths based practice mindfulness disaster mental health community mental health and other related aspects These contributions from across the world from different cultures and from vastly different experiences are a celebration of the global practice of social work The series of chapters in this book makes a contribution to a deeper understanding of various facets of social work in mental health The complexities elucidated here can be addressed by embracing the power of teamwork the power of visionary leadership and the power of reflexivity The book offers an opportunity for practitioners to explore all these in detail **Cambridge Handbook of Psychology, Health and Medicine** Carrie D. Llewellyn, Susan Ayers, Chris McManus, Stanton Newman, Keith J. Petrie, Tracey A. Revenson, John Weinman, 2019-05-16 This third edition of the much acclaimed Cambridge Handbook of Psychology Health and Medicine offers a fully up to date comprehensive accessible one stop resource for doctors health care professionals mental health care professionals such as psychologists counsellors specialist nurses academics researchers and students specializing in health across all these fields The new streamlined structure of the book features brief section overviews

summarising the state of the art of knowledge on the topic to make the information easier to find The encyclopaedic aspects of the Handbook have been retained all the entries as well as the extensive references have been updated Retaining all the virtues of the original this edition is expanded with a range of new topics such as the effects of conflict and war on health and wellbeing advancements in assisted reproduction technology e health interventions patient reported outcome measures health behaviour change interventions and implementing changes into health care practice

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