



Integrated  
Treatment Services  
Client-centred Therapy



Using your therapy team to  
support positive mental  
health and emotional well  
being in your students

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# Public Health England - Promoting children and young people's emotional health and wellbeing: A whole school and college approach

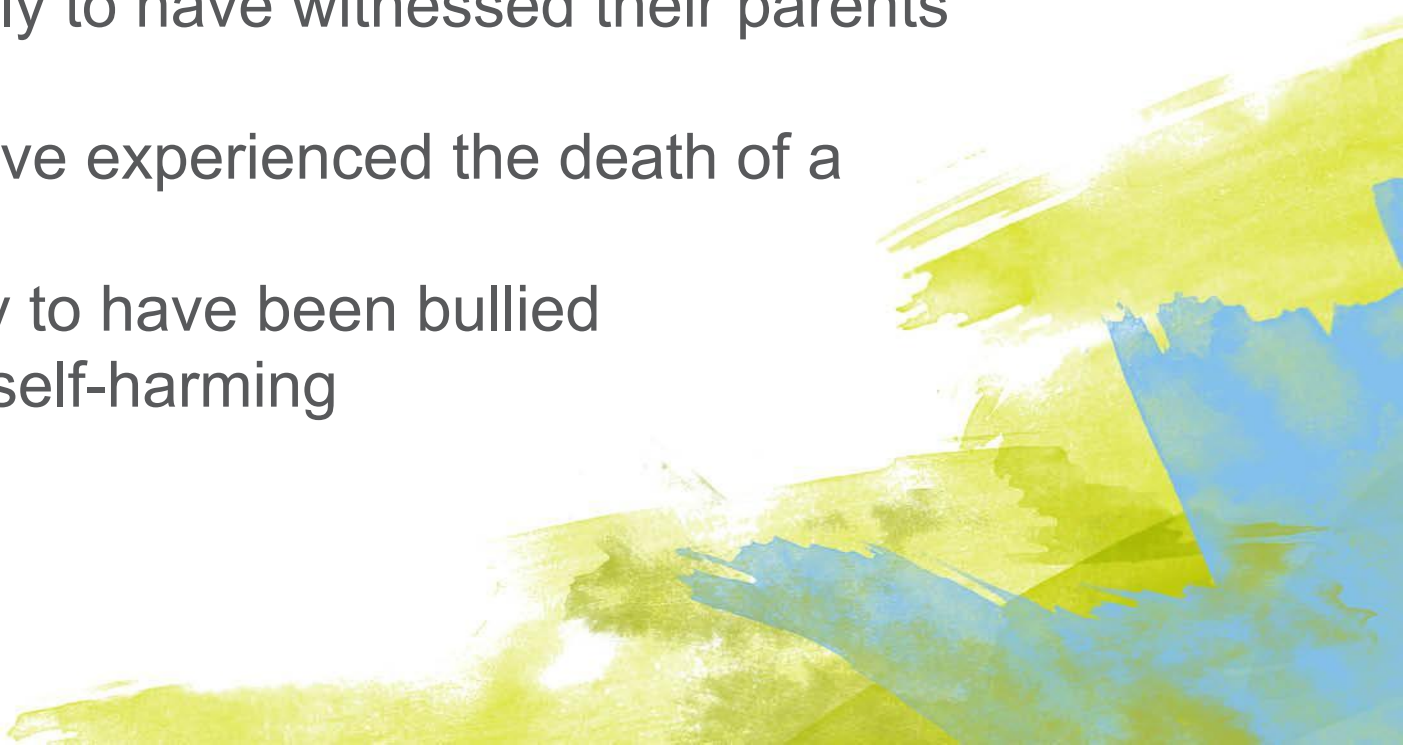
Links to the report and another webinar

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/414908/Final\\_EHVB\\_draft\\_20\\_03\\_15.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/414908/Final_EHVB_draft_20_03_15.pdf)

[https://www.youtube.com/watch?time\\_continue=2&v=CbyH2t5ObCI](https://www.youtube.com/watch?time_continue=2&v=CbyH2t5ObCI)

# Rationale:

In an average class of 30 15-year-old pupils:

- 3 could have a mental disorder
  - 10 are likely to have witnessed their parents separate
  - 1 could have experienced the death of a parent
  - 7 are likely to have been bullied
  - 6 may be self-harming
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# The Eight Principles - to promote emotional health and wellbeing in schools and colleges



# Your therapists

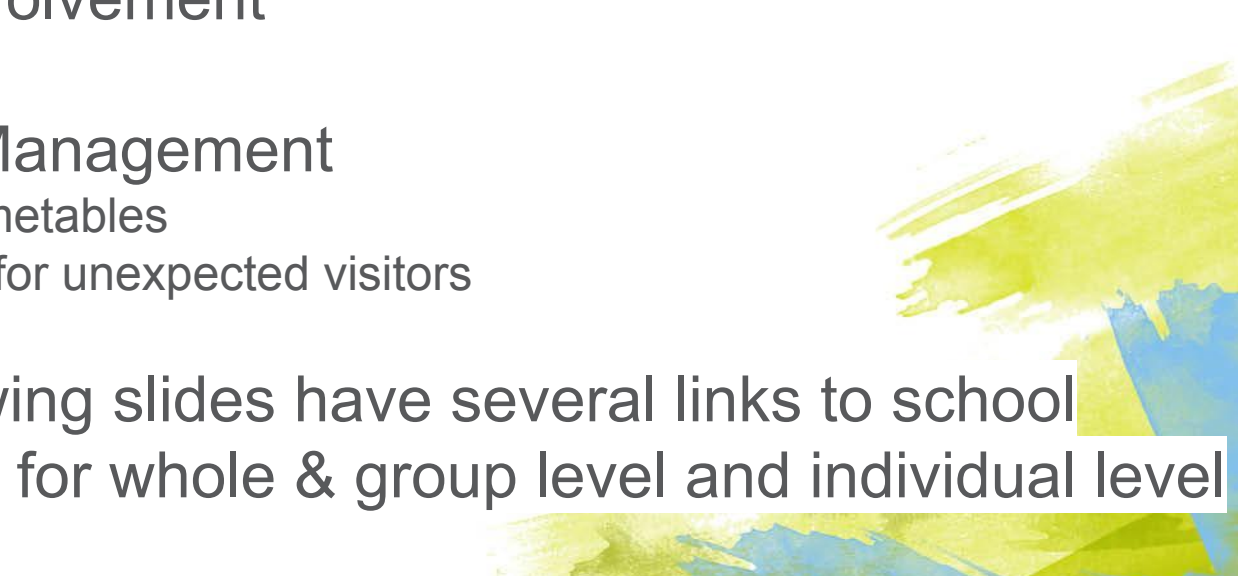
- Speech & Language therapists
- Occupational therapists
- Art therapies
  - Music
  - Play
  - Drama
  - Art
- Psychologists:
  - Clinical
  - Cognitive
  - Educational



# Speech & Language Therapy

- Turn taking
- Symbols & Rewards - choice board
- Visual questionnaires / surveys:
  - [Communicate in Print](#)
  - [Boardmaker](#)
- Teaching of emotions
  - What are they feeling
  - Why are they feeling it
  - What can they do about it
  - How to convey the emotion to others

# Speech & Language Therapy

- Focus group, involved in whole school events
  - Parent involvement
  - Change Management
    - visual timetables
    - prepare for unexpected visitors
  - The following slides have several links to school resources for whole & group level and individual level resources
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# Whole School Level Resources

[https://www.tts-group.co.uk/feelings-and-emotions-photo-activity-cards-50pk/1005472.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/feelings-and-emotions-photo-activity-cards-50pk/1005472.html?cgid=Primary%3APSHE%3AMental_Health) - for reminding the class about feelings in the day to day classroom. Eg Classroom labeling, referring to facial expressions throughout teaching, giving them a facial expression model

[https://www.tts-group.co.uk/circles-for-seal-circle-time-sessions-book/1004785.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/circles-for-seal-circle-time-sessions-book/1004785.html?cgid=Primary%3APSHE%3AMental_Health)

[https://www.tts-group.co.uk/i-feel-expressions-10-petal-empathy-fan/1011391.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/i-feel-expressions-10-petal-empathy-fan/1011391.html?cgid=Primary%3APSHE%3AMental_Health) - for students to use to indicate their feelings within the classroom

[https://www.tts-group.co.uk/feelings-fans-3-leaf-communication-aid/1004672.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/feelings-fans-3-leaf-communication-aid/1004672.html?cgid=Primary%3APSHE%3AMental_Health)

[https://www.tts-group.co.uk/sparkly-worries-and-wonders-circle-time-bag/1005269.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/sparkly-worries-and-wonders-circle-time-bag/1005269.html?cgid=Primary%3APSHE%3AMental_Health)



# Group Level Resources

[https://www.tts-group.co.uk/my-book-of-feelings/1004788.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/my-book-of-feelings/1004788.html?cgid=Primary%3APSHE%3AMental_Health)

[https://www.tts-group.co.uk/feelings-and-emotions-facial-expressions-stones/1012753.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/feelings-and-emotions-facial-expressions-stones/1012753.html?cgid=Primary%3APSHE%3AMental_Health)

[https://www.tts-group.co.uk/thumbbody-self-esteem-finger-puppets/1013052.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/thumbbody-self-esteem-finger-puppets/1013052.html?cgid=Primary%3APSHE%3AMental_Health)

# Individual Level Resources

[https://www.tts-group.co.uk/how-do-i-feel-interactive-reading-book/1002008.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/how-do-i-feel-interactive-reading-book/1002008.html?cgid=Primary%3APSHE%3AMental_Health)

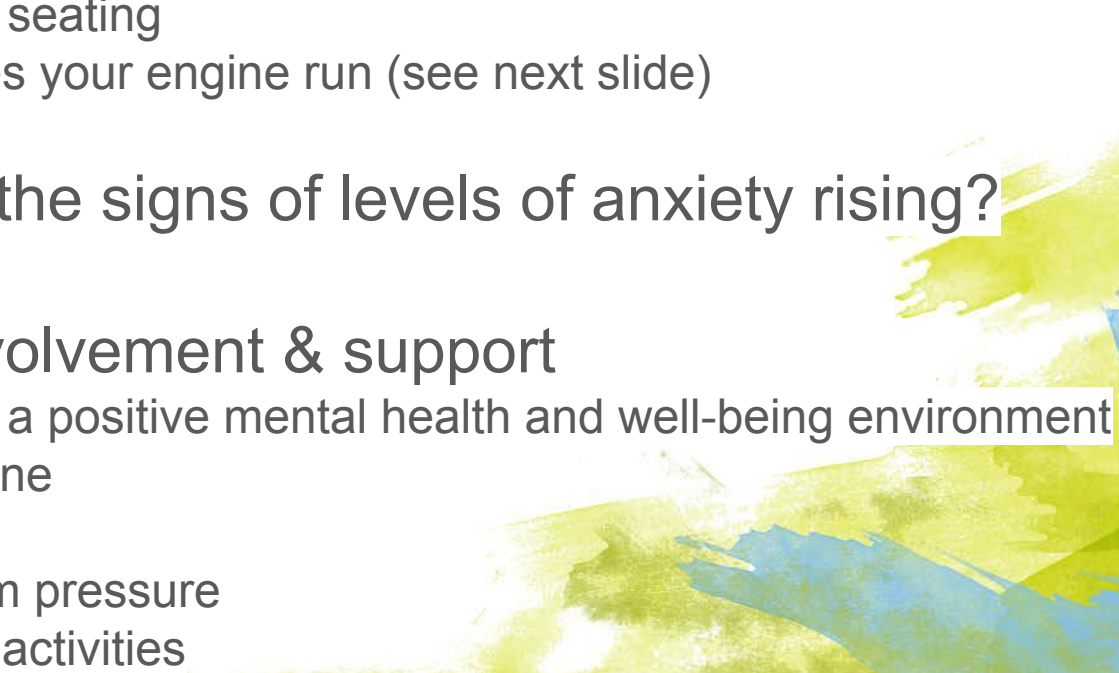
[https://www.tts-group.co.uk/emotions-and-expressions-discussion-cards-a-4-48pk/1007175.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/emotions-and-expressions-discussion-cards-a-4-48pk/1007175.html?cgid=Primary%3APSHE%3AMental_Health)

[https://www.tts-group.co.uk/stop-bugging-me-activity-kit/1011937.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/stop-bugging-me-activity-kit/1011937.html?cgid=Primary%3APSHE%3AMental_Health)

[https://www.tts-group.co.uk/the-healthy-coping-colouring-book/1014272.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/the-healthy-coping-colouring-book/1014272.html?cgid=Primary%3APSHE%3AMental_Health)

[https://www.tts-group.co.uk/5-point-scale-and-anxiety-dry-wipe-poster/1004784.html?cgid=Primary%3APSHE%3AMental\\_Health](https://www.tts-group.co.uk/5-point-scale-and-anxiety-dry-wipe-poster/1004784.html?cgid=Primary%3APSHE%3AMental_Health)

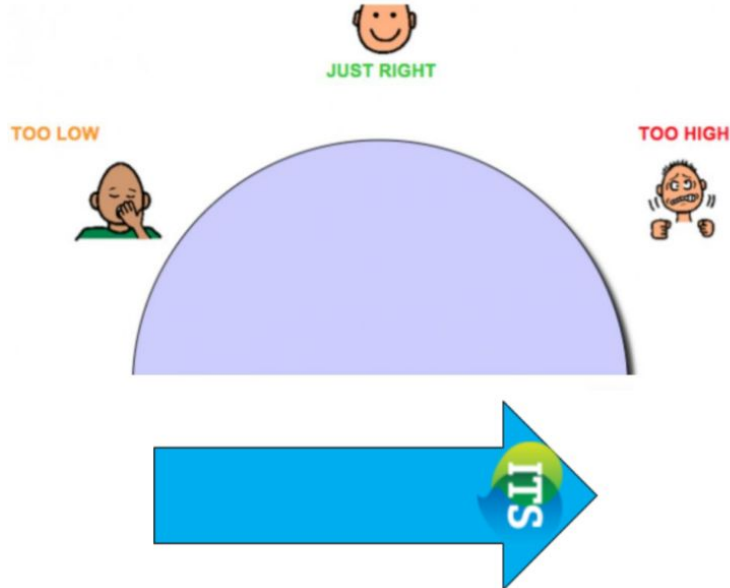
# Occupational Therapy

- Sensory needs / processing /avoid overload
    - Fidget breaks
    - Brain gym
    - Different seating
    - How does your engine run (see next slide)
  - What are the signs of levels of anxiety rising?
  - Parent involvement & support
    - Creating a positive mental health and well-being environment
    - Trampoline
    - Swings
    - Deep firm pressure
    - Calming activities
- 

# How does your engine run?

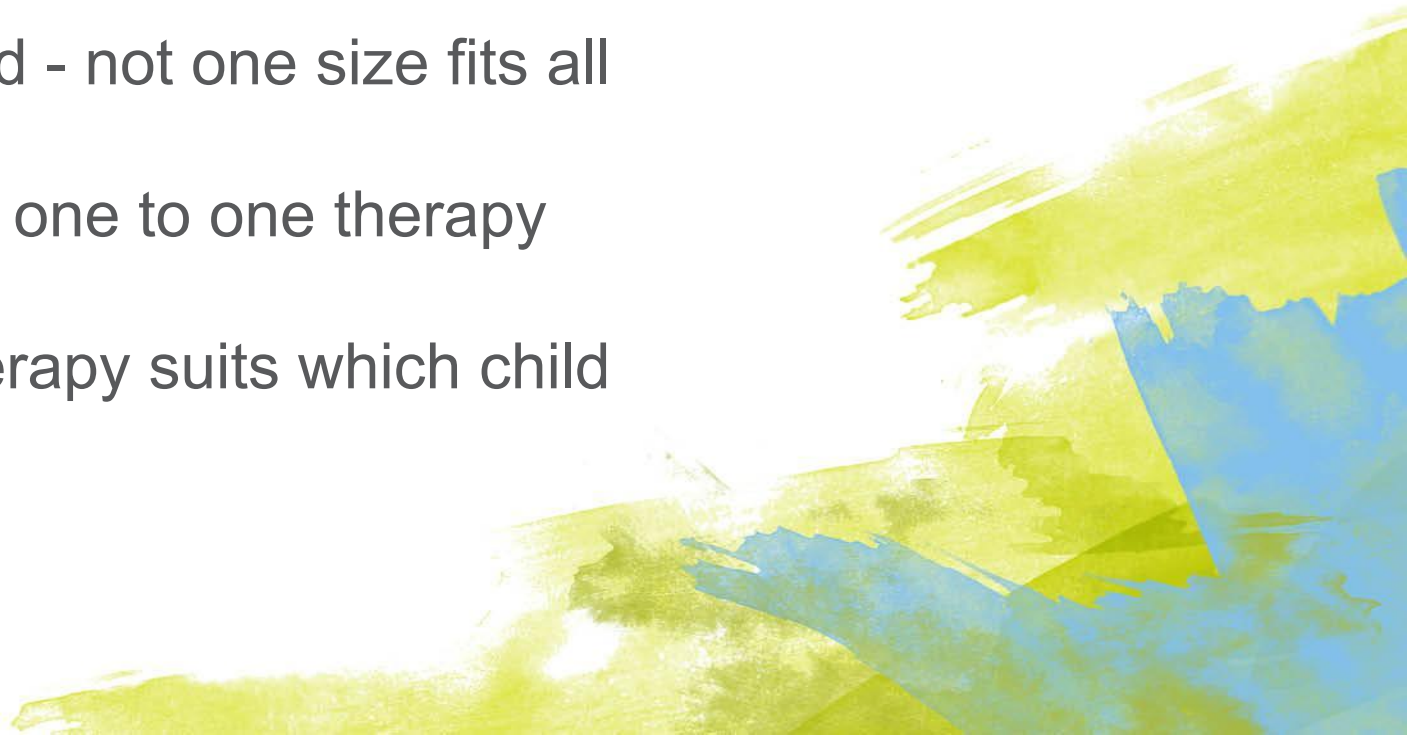
<http://integratedtreatmentservices.co.uk/?resource=engine-work>

<http://integratedtreatmentservices.co.uk/wp-content/uploads/2018/06/How-does-your-engine-run-1.pdf>



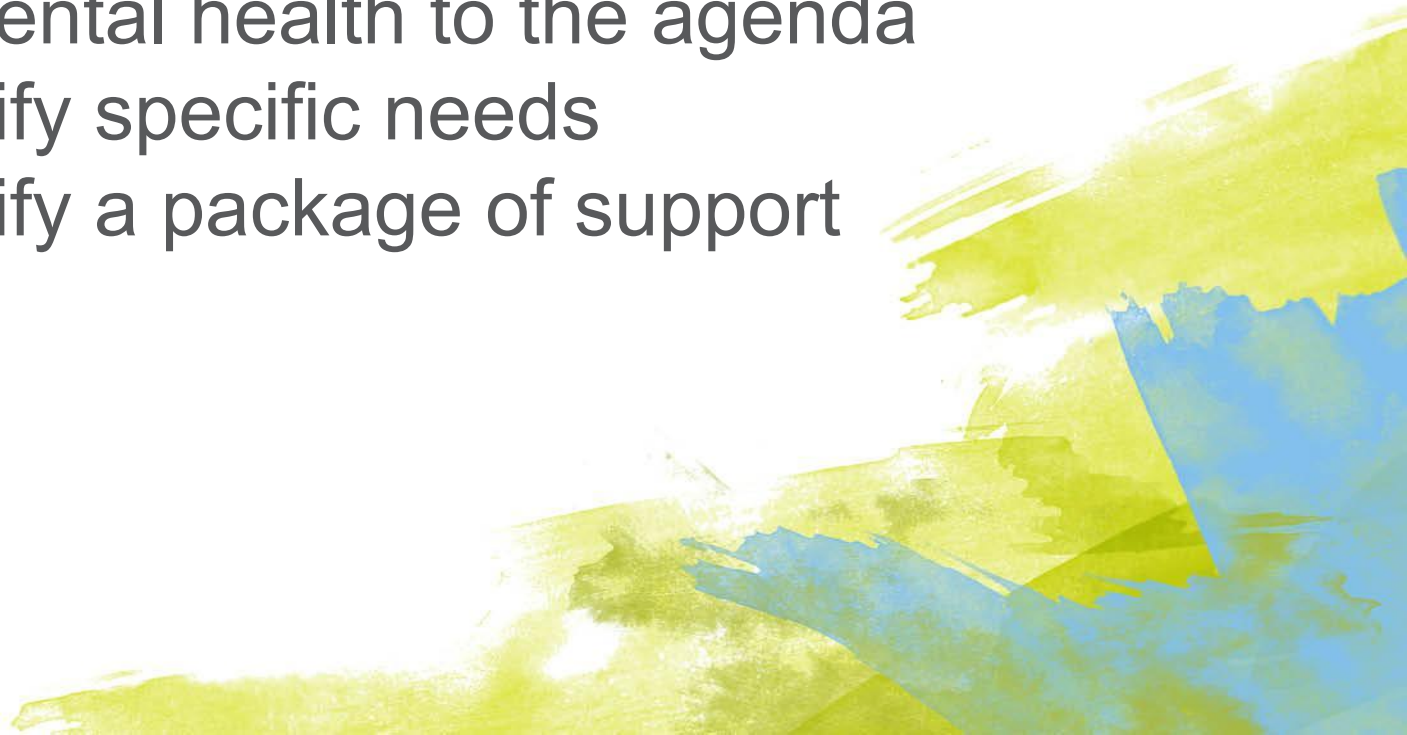
# Arts Therapy

- Psychodynamic therapeutic approaches
- Growing evidence base
- Person led - not one size fits all
- Generally one to one therapy
- Which therapy suits which child
  - Music
  - Play
  - Drama
  - Art



# Multi disciplinary team approach

- We all understand each others roles
- Bring mental health to the agenda
  - Identify specific needs
  - Identify a package of support



# Psychologist

- Clinical psychologist
  - CAMHS involvement
  - CBT approaches
- Cognitive psychologist
  - Areas of damage in the brain
  - How to accommodate this in the classroom
- Educational psychologist
  - How to facilitate curriculum ideas
  - Whole school initiatives
  - Help to identify needs of other psychologists

# Competition Time & Free Resources



- If you are a teacher, complete our Survey Monkey 1 of 5 free training spaces at our next Colourful Semantics Training Courses - follow this link <https://www.surveymonkey.co.uk/r/PD9HKP8>
- Look at our website for more free resources <http://integratedtreatmentservices.co.uk/resources/speech-and-language-therapy/>



# Thank you for watching

If you would like to provide us with any feedback or request assistance with implementing any approaches or ideas within your settings or sessions do get in touch via our contact details on the next slide.

We can provide training or direct therapy support to therapists and teaching staff

# CONTACT US

# Here's to a great year ahead!

Do let us know if there are other topics  
you want to hear about!



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