



Our expert training will give you the understanding, knowledge and skills to support children's health and wellbeing in areas including mental health, anxiety, body confidence, healthy relationships and mindfulness.

NEW Get listening: building healthy relationships with children and young people

Date: Monday, 1 October 2018 (Edinburgh)

Trainer: Marie Ogilvie, Listen Well Scotland

Cost: from £79



It is very important to listen well, particularly when children feel the need to talk to someone in a safe and confidential environment.

This interactive training workshop will explore the positive impacts of active listening on your communication with the children, young people and families you work with, and will provide you with the necessary skills to build healthy relationships.

Key learning:

- Using listening to reflect on your relationships
- Considering what has shaped how you listen and respond, and when listening can be difficult
- Drawing on skills learned in different contexts.

NEW Practising self-compassion with children and young people

Date: Wednesday, 30 January 2019 (Edinburgh)

Trainer: Jan Montgomery

Cost: from £79



Having compassion means offering understanding and kindness to others when they fail or make mistakes, rather than judging them. Self-compassion means reacting the same way towards yourself. Children and young people are often their own worst enemies – their internal talk can be very negative and punishing, severely affecting the child's mental wellbeing.

This training workshop will help you to teach children a positive and encouraging way of talking to themselves using a variety of practical techniques.

Key learning:

- Considering the cultural context we live and learn in
- Exploring what is meant by self-compassion
- Learning about the emotional regulation system
- Exploring ways to practice self-compassion skills and attributes, including mindfulness-based techniques.

Mindfulness and autism

Date: Thursday, 6 December 2018 (Edinburgh)

Trainer: Jan Montgomery

Cost: from £89



This training workshop will discuss how autism affects the way a child communicates, interacts with others, processes information and the impact of stress on all of these areas.

You will learn how to use mindfulness-based stress reduction techniques to help autistic children self-regulate their stress reaction and increase their impulse control.

Key learning:

- How stress impacts on a child's thinking, emotional experience and behaviour
- How mindfulness can help autistic children and why
- Practising a range of techniques and developing programmes for individual children and groups/classes.



Mindfulness work with children and young people: Introduction

Date: Monday, 29 October 2018 (Edinburgh)
Friday, 26 April 2019 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89



This very practical workshop is an introduction to mindfulness, focusing on the origins of mindfulness and how it can benefit children and young people.

Key learning:

- What mindfulness is and what it offers children and young people
- How to explain mindfulness in a meaningful way to children and young people
- The link between regulating emotions and impulsive behaviour
- How to apply mindfulness techniques in your work with children and young people

"I very much enjoyed listening and practising techniques both for myself and children and young people I work with on a daily basis"

Delegate, Mindfulness and working with children and young people

Mindfulness and working with anger

Date: Thursday, 20 September 2018 (Edinburgh)
Friday, 1 March 2019 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89



This workshop is designed for anyone working with children or young people whose levels of anger have become a source of concern.

It will explore mindfulness-based stress reduction and cognitive techniques to help regulate and manage emotions like anger and anxiety.

Key learning:

- Helping young people understand what anger is and where their anger comes from
- What the cognitive approach tells us about anger and what our brain does when we experience angry feelings
- The trigger, escalation and crisis phases in the Arousal Cycle
- Mindfulness exercises to help children manage their angry feelings.

Mindfulness in your setting

Date: Thursday, 13 December 2018 (Edinburgh)
Trainer: Jan Montgomery
Cost: from £89



This workshop follows on from the introductory training course. It is suitable if you have begun to use mindfulness techniques in your work or are considering developing a mindfulness programme.

This course will offer guidance on which mindfulness techniques to use and how to develop and deliver a programme.

Key learning:

- How stress arises and how it affects us both physically and psychologically, and mindfulness-based stress reduction
- Develop your own mindfulness programme
- Mindfulness exercises – learning through practice.

NEW Hidden Dynamics: The emotional experience of working with children and adolescents

Date: Thursday, 15 November 2018 (Edinburgh)
Trainer: Rachel Melville-Thomas
Cost: from £89



Why do some of our interactions with children and adolescents affect us more than others? These may interfere with our ability to think clearly about their needs and remain objective, or it can simply be unsettling or distressing to us as human beings. Repeated exposure to difficult emotional experiences can be part of the path to burnout. So how do we hold on to our intentions to be helpful, empathic and effective workers and carers?

This seminar will explore the 'hidden dynamics' in child and youth work which play out under the surface of the behaviour we can see and describe.

Key learning

- Understanding what constitutes the 'hidden dynamics' between worker and client
- How to re-think and re-frame difficult relationships with young people and their families
- Understanding our own responses through reflective practice and awareness of the body and non-verbal reactions
- Learning to protect ourselves through enhanced self-awareness and professional support.



NEW Attunement in practice: working with children and young people

Date: Tuesday, 26 March 2019 (Edinburgh)
Trainer: Sandra Strathie
Cost: from £79



This course is for anyone working with children, young people or families.

Attunement describes a harmonious and responsive interaction where those involved share positive emotions and cooperate with each other. This is a desirable state for children's and adults' wellbeing, growth and learning. It supports adults to judge the amount and kind of help that a child needs to be successful in learning and works equally well for those with a role in developing adults, carers or parents.

Key learning:

- The 'attunement principles' and how to use them to develop others
- Increased observation skills through using the attunement principles for the analysis of interactions
- The theories of adult/child interactions
- Self-assessment of your own attunement to others and analysis of their own patterns of communication.

NEW Attuned group work with children and young people

Date: Wednesday, 20 February 2019 (Edinburgh)
Trainer: Sandra Strathie
Cost: from £79



This course will suit anyone who works with groups of children or young people or who is planning to start group work. It will suit those new to group work theory and practice as well as experienced practitioners.

The main focus of this course will be on the facilitation skills and knowledge base required to bring about cooperative, purposeful group work. The course will be highly interactive, drawing on the experience of the course participants.

Key learning:

- Understanding group work theory such as strategy, types of groups and processes that meet desired outcomes
- Designing exciting and creative groups through using whole brain activities
- Keeping groups on task through skilled guidance, scaffolding and managing conflicts
- Developing attuned interactions in groups through skilled facilitation and teaching
- Self-assessment of your own group work skills.



Positive mental health in children and young people

Date: Monday, 4 March 2019 (Edinburgh)
Trainer: Sian Chaffer, Place2Be
Cost: from £79



Mental health is a key ingredient in helping children to become successful learners, confident individuals, responsible citizens and effective contributors.

Without positive mental health, children and young people are at risk for a range of difficulties. But how does positive mental health develop, and how can we help children and young people who are struggling? This course will give you an invaluable understanding of mental health and relevant strategies to support young people.

Key learning:

- What is mental health? Why does it matter?
- The neuroscience of brain development
- Impact of toxic stress and early life adversity
- Links between mental health and behaviour – how can we help?
- Mental health 'red flags' – when to refer on for further support
- Secondary stress and self-care.

Relationships and the brain: helping children and young people build resilience

Date: Thursday, 4 April 2019 (Edinburgh)
Trainer: Jan Montgomery
Cost: from £79



This training workshop will focus on how the relationships that practitioners and carers build with children and young people, in good and challenging times, mould developing brains and can trigger positive changes to help build resilience.

Key learning:

- How our understanding of the brain should inform the way we view relationships
- The impact of trauma on relationships
- How to work with children and young people who have difficulties in forming relationships.

NEW The teenage brain: implications for behaviour and learning

Date: Thursday, 4 October 2018 (Edinburgh)

Trainer: Jan Montgomery

Cost: from £79



This workshop will focus on the adolescent brain and how it develops. It will explore why teenagers behave as they do, how they learn, and how they make decisions about their lives. You will learn how best to engage in these areas to ensure our young people receive the support they need to become healthy and happy individuals.

Key learning:

- Brain development in adolescence
- The impact of hormonal activity on the brain
- The impact of stress chemicals on behaviour and learning
- Supporting young people with anxiety disorders, anger, aggression and panic attacks.



A self-esteem approach to building body confidence for children aged 4-13

Date: Tuesday, 27 November 2018 (Glasgow)

Trainer: Nicky Hutchinson and Chris Calland

Cost: from £89



Poor body image and its impact on self-esteem and mental health is an issue that is increasingly affecting younger children. Research has found that body image is the single biggest worry for one in three girls and one in five boys aged 10.

This seminar will improve your understanding of the issue. It will equip you to offer practical support and help improve children's emotional resilience to the pressures they are under.

Key learning:

- The impact of poor body image on children and how to spot the warning signs
- The link between poor body confidence and eating disorders
- Evidence-based strategies and activities for raising children's body confidence.



NEW Managing young people's anxiety in school settings

Date: Monday 26 November 2018 (Edinburgh)

Trainer: Colin Foley, ADHD Foundation

Cost: from £79



This training workshop explores what anxiety is and how it presents in children and young people in schools. It will explore effective strategies for teachers and teaching assistants, including one-to-one, small group and whole class therapeutic approaches.

Key learning:

- Understanding anxiety and diagnosable anxiety disorders
- Identifying learners that are particularly vulnerable
- Developing a whole school approach to managing anxiety.



AVIGUK-accredited Initial Training Courses in

Video Interaction Guidance (VIG)

Video Interaction Guidance (VIG) offers a therapeutic intervention to help clients repair their important relationships e.g parent with child.

VIG Orkney delivers:

- regular face-to-face VIG training and supervision throughout Scotland for professionals from health, education, social work and voluntary sectors
- distance learning in VIG throughout the world
- professional development projects and training through Video Enhanced Reflective Practice (VERP)
- Residential Initial Training Courses in VIG, hosted in Orkney, in September 2018, April and August 2019.

Interested?

Visit www.vigorkney.co.uk or contact
Miriam Landor miriam@vigorkney.co.uk