

WEBINAR GUIDE

Autumn 2020

Helping you support children and families this
October and November





Empowering young lives

Kibble is a specialist child and youth care charity and a leading social enterprise. For over 160 years we've been supporting children and young people (aged 5 – 26), many of whom have experienced significant trauma.

Through our integrated services and dedicated support, we help them to move forward with their lives. We also provide a safe, stable environment to ensure the best outcomes for children and young people.

Our practice is becoming increasingly trauma-informed and includes; education, residential care, education day services, intensive fostering, young workforce development, secure care, psychological and therapeutic support, community housing, and housing support.

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Children in Scotland

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childreninscotland.org.uk

About us

Giving all children in Scotland an equal chance to flourish is at the heart of everything we do. By bringing together a network of people working with and for children, alongside children and young people themselves, we offer a broad, balanced and independent voice. We create solutions, provide support and develop positive change across all areas affecting children in Scotland. We do this by listening, gathering evidence, and applying and sharing our learning, while always working to uphold children's rights. Our range of knowledge and expertise means we can provide trusted support on issues as diverse as the people we work with and the varied lives of children and families in Scotland.

Be part of our network or join us in membership

childreninscotland.org.uk/join



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Welcome...

... to our October-November webinar guide, showcasing our online learning opportunities this autumn.



Karin McKenny

Learning & Events Manager

The pandemic has forced us all to find new ways of learning, collaborating and networking – and new ways to deliver our ambition to strengthen the skills of all those working with or for children. In this light, we've been hugely encouraged by the interest shown in our webinars, and we're delighted that we've been able to reach thousands of people since we transferred to a digital learning programme in March.

The webinars in this guide highlight the range of learning we're able to offer, from therapeutic life story work with children to emotional wellbeing in autism. Is there something you feel we haven't covered? We're always happy to hear from you if you have suggestions for webinar topics, or if you'd like to contribute to the programme yourself. You can contact me at the email below.

Annual Conference Week 2020: 9-13 November

Children in Scotland's annual conference is a learning highlight of the year and this year should be no different, despite the challenges we're facing. For 2020 we're offering a whole five days of online content, mixing live sessions with pre-recorded material and linked blogs, videos and interviews. Turn to page six of this guide for a short preview of the event, and look out for further details being shared on our social media channels.

What to expect from our webinars

In each webinar, our trainer will deliver a 90-minute session with interactive exercises. You'll be able to see and hear them and share your thoughts and questions during the session. Afterwards, we'll email you the presentation, alongside some additional learning and reading resources. In the week of the webinar, we'll email you instructions for accessing our GoToWebinar site. You'll just need a computer, tablet or mobile with WiFi / internet access.

About this guide

In this guide you'll find listings for webinars running in October and November, as well as interviews with our trainers where they discuss the key learning we hope you'll take away from the sessions. You can find the full learning programme on our [Eventbrite page](#). We hope you'll join us at one of our webinars and in the mean time if you have any questions about our ongoing learning programme, please get in touch.

With our best wishes for the remainder of 2020,

kmckenny@childreninscotland.org.uk

[@karinmckenny](https://twitter.com/karinmckenny)

Webinars

"One of the best trainings I have attended – lots of relevant information and practical examples to take away which I can apply immediately"

Delegate, February 2019

(Therapeutic life story work with children)

Therapeutic life story work with children: with Richard Rose

Adversity & healing

Date: Tuesday, 6 October
Time: 10.30am - 12pm
Trainer: Richard Rose
Cost: £35

Life story work is an effective therapeutic intervention that helps children and young people recover from abuse, trauma or neglect and make sense of a disrupted upbringing. As a result of the process, children and young people can develop a far better sense of their identity and how they want to live their lives. This webinar will examine the value of comprehensive life story work, how to communicate with children, and how painful issues can be redirected towards acceptance.



Leadership & management: attunement in leading, developing and mediating

Health & wellbeing

Date: Thursday, 8 October
Time: 10.30am - 12pm
Trainer: Sandra Strathie
Cost: £35

This webinar is designed for those who are responsible in some way for leading and managing others, and who would like to build on their effective communication and leadership skills. It will look at how attunement can support the functions of leadership and management and explore team dynamics as well as managing effective, democratic meetings. It will include sharing experiences of managing conflicts and gaining support through attuned practices.

"Enjoyed the day very much, with relevant information, some reassurance that we're on the right track, and a very good trainer"

Delegate, January 2020

(Leadership and management)



Coping with uncertainty and change: with Dr Suzanne Zeedyk

Health & wellbeing

Date: Tuesday, 13 October
Time: 10.30am - 12pm
Trainer: Dr Suzanne Zeedyk
Cost: £35

The pandemic has brought uncertainty to all our lives. This webinar will explore why change can feel tough, and why children and young people don't always 'bounce back'. What practical steps can adults take to support those continuing to struggle emotionally or behaviourally? What role have protective factors, especially relationships, played? Learn about why understanding the power of connection helps us to devise better solutions when challenges emerge.

Vicarious trauma and self-care

Adversity & healing

Date: Wednesday, 21 October
Time: 10:30am - 12pm
Trainer: Douglas Sharp
Cost: £35



Vicarious trauma, sometimes known as compassion fatigue, is an emotional reaction which occurs through indirect exposure to someone else's traumatic experience. Its symptoms mimic those of post-traumatic stress disorder. For example, foster carers supporting children in their care through trauma, or social workers working with children in cases of abuse and neglect. This webinar will explain the causes and effects of vicarious trauma and offer ways in which to self-protect and care in order to minimise and prevent the risk of being impacted.



Supporting children and young people who self-harm

Adversity & healing

Date: Friday, 23 October
Time: 10:30am - 12pm
Trainer: Penumbra / Torin Forest
Cost: £35



In this webinar we'll explore what self-harm is (and is not), why people self-harm, and how to support someone who self-harms. Learning will include what to aim for and avoid, and an introduction to useful tools and techniques to employ. The session will examine best practice and help you develop your understanding of self-harm and the reasons why a child or young person might self-harm.

During this challenging time, keep up with Children in Scotland and share your views through our channels:

Social Media

Follow us on:

 Twitter: [@cisweb](https://twitter.com/cisweb)

 Facebook: facebook.com/childreninscotland

 Instagram: instagram.com/childreninscotland

Members' News

If you're a member you'll receive our e-bulletin every fortnight with analysis of the pandemic's impact and tips for useful resources from Children in Scotland and across the sector.

News Update

Our free digest of child policy news stories is published every Monday and Thursday. If you don't already receive it, [you can sign up here](#).

Comment and Insight

Every week we publish blogs from members of our staff team, young people we work with, and our members and partners. [Click here to read a sample blog](#).

Children in Scotland Magazine

Our flagship publication is now available digitally. The next edition, a special issue themed around our Manifesto for the 2021-26 Scottish Parliament, will be published in December. [Click here to find out more](#).

25 Calls Campaign

Our campaign continues with a focus on the impact of the virus on children and families. Original call-makers are revisiting their proposals through our 25 & Up series, with responses published monthly. To contribute, contact our comms manager, Chris Small: csmall@childreninscotland.org.uk



Listening, Learning, Sharing, Supporting



Visit our **eventbrite** hub
to find out about all our upcoming webinars
and book your place

Promoting emotional wellbeing in autism

Health & wellbeing

Date: Tuesday, 27 October
Time: 10.30am - 12pm
Trainer: Ruth Fidler
Cost: £35



This webinar provides an understanding of the relationship between anxiety and autism, recognising the impact of anxiety on individuals with autism, and supports you to develop strategies to promote wellbeing. You will receive a current overview of autism spectrum conditions; gain an understanding of some of the causes and reasons behind raised anxiety in children and young people with autism; and go away with an action plan that you can use in your setting.



Supporting children and young people who internalise their distress

Adversity & healing

Date: Tuesday, 3 November
Time: 10.30am - 12pm
Trainer: Jan Montgomery
Cost: £35



There are many reasons why children internalise their distress. Often assumed to be quiet, shy or well-behaved when actually they are in pain, they can become invisible to those working with them. This webinar will explore how to recognise, support and communicate effectively with children who are unable to show their feelings when they need you most.

Annual Conference Week



£99 for a five-day ticket

The Children in Scotland annual conference is the biggest event of the year for the children's sector. It has expanded every year since it started, as we've come together to learn and share our skills, knowledge and experiences with colleagues from across the sector.

This year will be no different in that regard – although it will certainly be different in delivery method!

We'll have webinars, videos, discussions and more on themes including the early years, education, health and wellbeing, rights, participation, tackling inequalities, and supporting your staff.

So please join us online for a full week of learning and making new connections. We'll share our recent experiences, explore the issues affecting us today, and come together to plan for the future of this COVID-19 era and beyond, with improving children's lives as a common cause.

Check our Eventbrite hub (link below) for more details about Annual Conference Week and follow our social media channels for updates in October and early November.



Visit our **eventbrite** hub

to find out about all our upcoming webinars and book your place



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Meet our trainers



Torin Forest (they/them)



Skills, interests, background

I am a Peer Recovery Worker for the Edinburgh Self-Harm Project and I have an MSc in the Psychology of Mental Health. I love anything

creative, swimming, getting out and about in nature, drumming in groups, and I've just started to learn to play the guitar.

What I would like delegates to learn and take away from the training

I would hope that people leave the training feeling more confident and equipped to support people who self-harm, and gain an increased understanding of the nuances of this complex topic.

The most useful thing I have learned as a practitioner in relation to self-harm

Picking one thing is much too hard! The importance of hope, perseverance and compassion. And that recovery *is* possible.

The best thing about online learning

Making training more accessible to people who may not have been able to attend in person for whatever reason.

Top tip for staying safe and coping during the pandemic

Try to be gentle with yourself, and take time to rest and (creatively) express how you're feeling as much as possible.

Richard Rose



Skills, interests, background

I am known for working with children, families and carers affected by early life trauma; for direct work with children and young people and as a trainer/presenter in many countries across the world. Above all, I am a qualified social worker and have many honorary appointments including an Adjunct Associate Professor of Social Work.

What I would like delegates to learn and take away from the training

That we can all offer something to support therapeutic healing of our children – that we are all a collection of stories, once told, we can share our stories and so share lives. Attendees will see the intervention of therapeutic life story work and several approaches will provide a collection of tools useful for everyday use.

The most useful thing I have learned as a practitioner in relation to therapeutic life story work with children

That, once we bear witness to the story, we can truly begin to make sense and reframe the past and present. This process will support children and young people to move on to plan their future free from the weight of their past.

The best thing about online learning

Like many, I am learning the benefits of online learning and hopefully doing my presentations well. Online allows more opportunity to reflect and consider how the information impacts on practice, theory and planning. Without the distraction of the group, the travel and the time, it is possible to consider thoughtfully and use the chat feature when it suits.

Top tip for staying safe and coping during the pandemic

My top tip is to read, relax and stay safe – and to any budding authors out there, write!

Douglas Sharp



Skills, interests, background

I was a Children and Families social worker for 15 years until I left the local authority two years ago to focus on Social Work education. I work with Universities and agencies across Scotland to support social work students in practice placement. I have worked as a therapist since 2010 and I have a growing therapy and consultation practice. I deliver training to fellow professionals on mental fitness and trauma-informed practice.

What I would like delegates to learn and take away from the training

- Coping strategies and tools to use in life and work
- A frame of knowledge about the neurobiology of trauma
- For delegates to access a personal learning experience
- An opportunity to integrate new knowledge into your context.



The most useful thing I have learned as a practitioner in relation to vicarious trauma and self-care

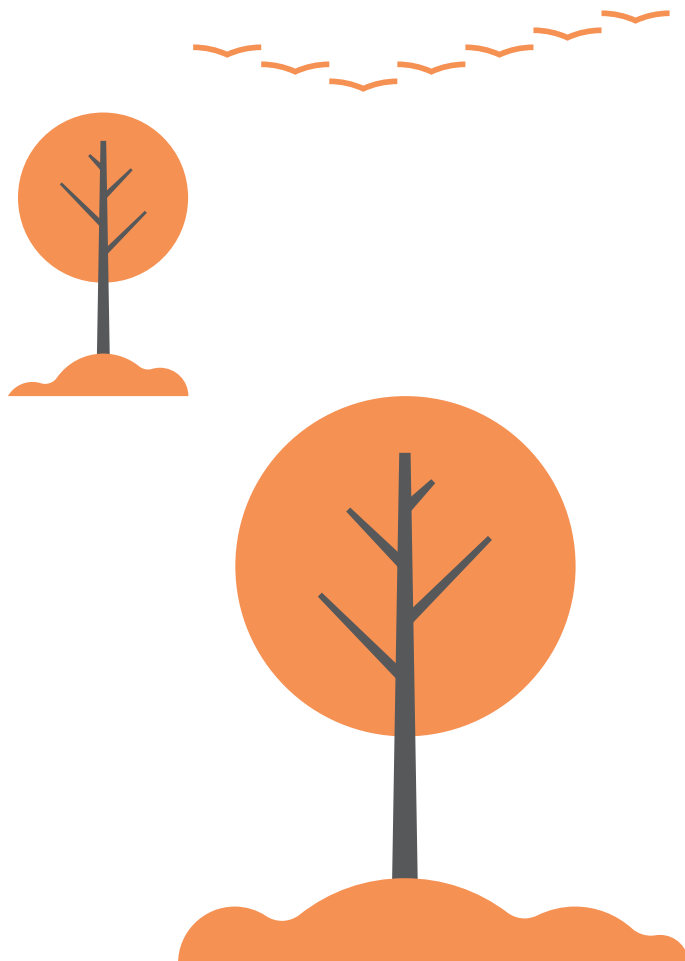
The phrase 'creative adjustment', is a concept in Gestalt theory that explores how we go along in life encountering adversity and coping to the best of our ability at any given time. When we meet a challenge we try our best to adjust to it, making our best effort based on the tools (knowledge and experience) we have acquired up to that point. In treating trauma we also need other people; research points to the fact that it is coping with adversity alone that makes trauma stick.

The best thing about online learning

It is very accessible. To get the most out of online learning, we have to prepare a space for it. As we're working from home, there are many distractions so the prior preparation of that learning space is important. Making the time and clearing the space is the first step to accessing what's on offer.

Top tip for staying safe and coping with the pandemic

Always make your own personal risk assessment. This applies to both physical and mental health. Survival and thriving is very much about a personalised response to the environment. There is lot of advice coming at us, but we need to filter it through a frame of 'what works for me and the people around me'.



Views sought on Professional Standards for teachers

The General Teaching Council for Scotland has published its draft refreshed and revised Professional Standards 2021 for teachers in Scotland.

They will be used by the profession from August 2021.

Revisions were informed by research into the views of children and young people by Children in Scotland.

You can view them and provide feedback at www.gtcs.org.uk/professional-standards-2021



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SCOTLAND

Early Learning and Childcare

Early Learning & Childcare (ELC) Inclusion Fund

Are you a registered funded provider of early learning and childcare (ELC) in Scotland and have a child/ren in your care with additional support needs?

The Scottish Government Early Learning and Childcare (ELC) Inclusion Fund provides grants to early learning and childcare settings to support children with additional support needs in Scotland access their funded early learning and childcare.

The Fund is now open to applications and will close on Friday 30 October. During the first two years of the fund almost £1m has been awarded in respect of just over 850 applications. ELC settings and childminders received funding for one-off adaptations, equipment, resources and training. ELC settings and childminders received funding for one-off adaptations, equipment, resources and training.

The response to the COVID-19 pandemic may have had an impact on some children's existing additional support needs and may have resulted in the emergence of additional support needs in other children. This fund could be used to support these needs.

For further information or to be added to our email mailing list for the ELC Inclusion fund contact:

inclusionfund@childreninscotland.org.uk.

The ELC Inclusion Fund is funded by Scottish Government and administered by Children in Scotland.

Applications now open



childreninscotland.org.uk



Twitter: @cisweb | #ELCInclusion



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