



## CAMBRIDGE ACORN PROJECT

### Inner Me - - - Outer Me Training Programme:

*Aim: This is a piece of work based on the learning we have done from the last four years of direct work, and project work, with children and young people (which has now reached over 600 children and young people) and a thematic analysis we have completed on all of this work. Children and young people have consistently identified a belief of not being understood in school settings – this can range from trauma, to worries about getting into trouble, to concerns about reading, writing and maths, anything in between, and all of this combined. Yet the message is consistent – if the adults around them understood their inner world more, this would help children and young people to enjoy, achieve and thrive more consistently. Schools are amazing places and can have a transformative impact on the lives of children – this training is designed to support schools in their efforts and to offer a therapeutic perspective on engagement with education, through a core focus on equality. Through training, we hope to equip volunteers to offer brief interventions to children and young people to promote more equal outcomes in education.*

Training will be run for around 3 hours per week over consecutive weeks and will cover:

1. **‘Inner Me - - - Outer Me’. Therapeutic skills for work with children.**
2. **Mental Health with Children, Basics and ‘First Aid’.**
3. **Groupwork in Schools – Supporting with SATS and Exams; Supporting with transitions.**
4. **Groupwork in Schools 2: ‘Happy Minds Plans’ and Emotional Work Across the PHSE curriculum.**
5. **Safeguarding Training.**

