



Applied Therapeutic Skills:

Unlocking a New Dimension of Professional Excellence

As professionals working with vulnerable children and young people (CYP), our paramount responsibility is to provide effective support that promotes their emotional and mental well-being. This course is designed to empower you with the tools and knowledge needed to take your support to a new level; not just another training opportunity but an investment in your capability to shape brighter futures for those in your care.

Why This Course Matters: Holistic, Tailored, Evidence-Based

Holistic Approach to Support: The course emphasises a holistic approach to supporting CYP, going beyond surface-level interventions to address their emotional and mental well-being comprehensively.

Tailored to Your Reality: Course content is specifically crafted to align with your responsibilities and interactions with vulnerable CYP - you'll be equipped with skills that you can immediately apply to your unique context.

Evidence-Based Excellence: Our course curriculum is rooted in research and approaches from leading experts in child mental health and wellbeing; ensuring that every technique and strategy you learn is backed by the latest evidence-based practices.

Advanced Skills Development: The course is designed for experienced professionals seeking to deepen their understanding and skills. It provides an opportunity to refine your existing expertise and expand your repertoire of therapeutic techniques. The advanced training in areas like attachment theory, relational listening, and creative problem solving empowers you to navigate complex emotional dynamics with greater confidence and proficiency.



Headsight was the first organisation to develop therapeutic practice qualifications that are not counselling qualifications and are designed for non-clinical professionals working with children and young people.

"EVERY ADULT IN A CHILD'S ENVIRONMENT HAS THE OPPORTUNITY TO PROVIDE BUFFERING, CARING AND THERAPEUTIC MOMENTS"

DR NADINE BURKE HARRIS

THERAPEUTIC

To have a positive effect on the body and mind. Focus is on the present, supporting the person to manage distress and develop resilience.

Empowerment and Resilience: The techniques learned in this course provide tools not only for immediate intervention but also for fostering long-term emotional growth. Equipped with a deeper understanding of attachment, shame and secure alliances, you will be better positioned to empower CYP to build resilience and cope with emotional challenges.

Ofqual Regulated Credibility: Your pursuit of excellence deserves recognition. Our course is offered as an Ofqual regulated qualification, elevating your professional development journey with a credential that signifies your commitment to quality and standards.

THERAPEUTIC SKILLS
PATHWAY

Level 3

NVR Prac.

Level 5

COURSE CONTENT

MODULE 1

APPLYING ATTACHMENT THEORY & UNDERSTANDING DEVELOPMENTAL NEEDS

- **The brain and attachment** - The brain's intricate circuitry underlies the formation and influence of emotional attachment in human relationships.
- **Attachment theory** - Explores how early emotional bonds with caregivers influence psychological development and later relationships throughout life.
- **Exploring attachment** - Involves understanding the emotional bonds people form, their effects on behaviour and relationships, and how they shape our development.
- **Developmental needs** - Taking a look at the concepts of Merger, Mirroring, Idealisation, Twinship, Belonging/ Connection and more.

MODULE 3

CREATING A SECURE ALLIANCE & RELATIONAL LISTENING SKILLS

- **What is a secure alliance?** Building a relationship characterised by trust, empathy, respect and collaboration.
- **Knowing the main components needed to create security.**
- **Understanding why a secure alliance is central to supporting developmental needs** - 4 S's, young

MODULE 2

RECOGNISING UNCONSCIOUS PROCESS & UNDERSTANDING AND RESPONDING TO SHAME

- **Understanding unconscious processes** - Looking at Projection, Transference and Countertransference.
- **What is meant by shame** - Shame is a profound sense of separation, from self or others.
- **How to recognise shame** - From the Physical to the Psychological to the Behavioural.
- **Defences against shame** - Move away, move toward or move against?
- **How to manage shame behaviours** - We'll look at some of the qualities needed, such as Vulnerability, Courage, Compassion and Connection and how to use these to help children reduce and manage shame.

MODULE 4

SOLUTION FOCUSED APPROACH & CREATIVE THERAPEUTIC TECHNIQUES

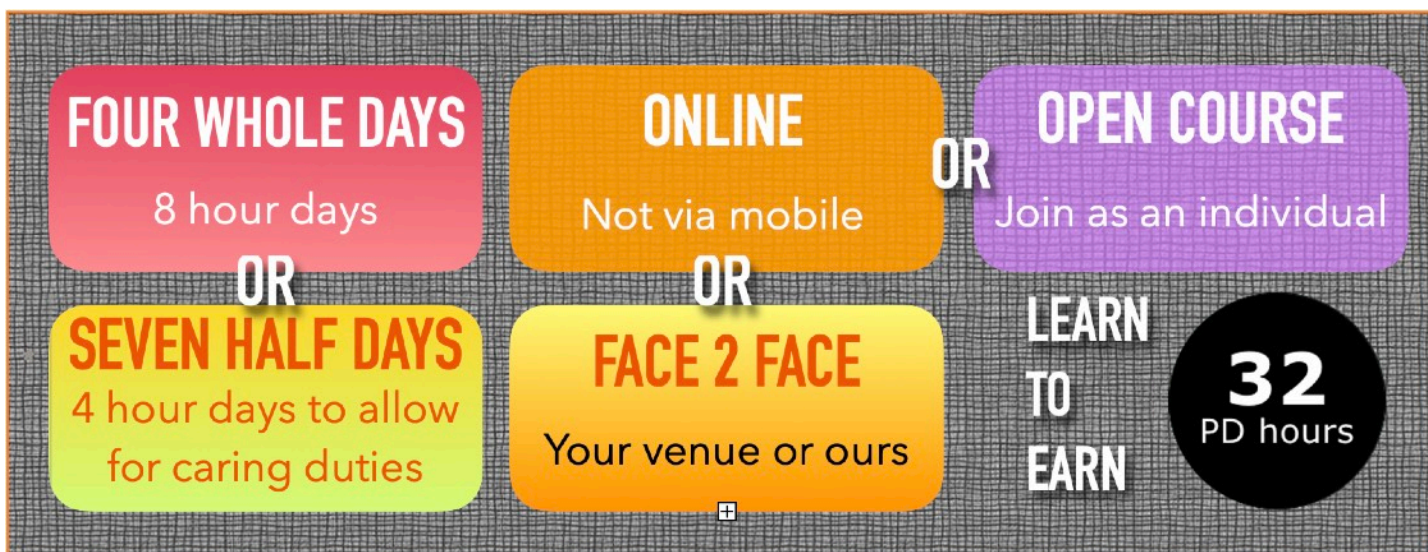
- **The theory behind solution focused approach** - Amplify the resources, don't focus on the deficits.
- **Left hemisphere.**
- **How to recognise when to use a solution focused approach** - An effective approach when motivation is present, to solve a problem.

people need to feel Seen, Safe, Soothed and Secure.

- **What is meant by relational listening** - Creating space for the listener to understand another's thoughts and feelings.
- **The components that make up relational listening.**
- **The blocks to relational listening.**
- **Strategies to use with powerful feelings.**

- **Demonstrating the stages of a solution focused approach.**
- **Theory behind creative therapeutic techniques (CTT)** - Not necessarily looking for a solution but exploring the processes that led to the behaviour.
- **When to use CTT.**
- **The difference between solution focused and creative techniques.**
- **How to decide which technique to use.**

Flexible model of Delivery



ATS TTT (TRAIN THE TRAINER)

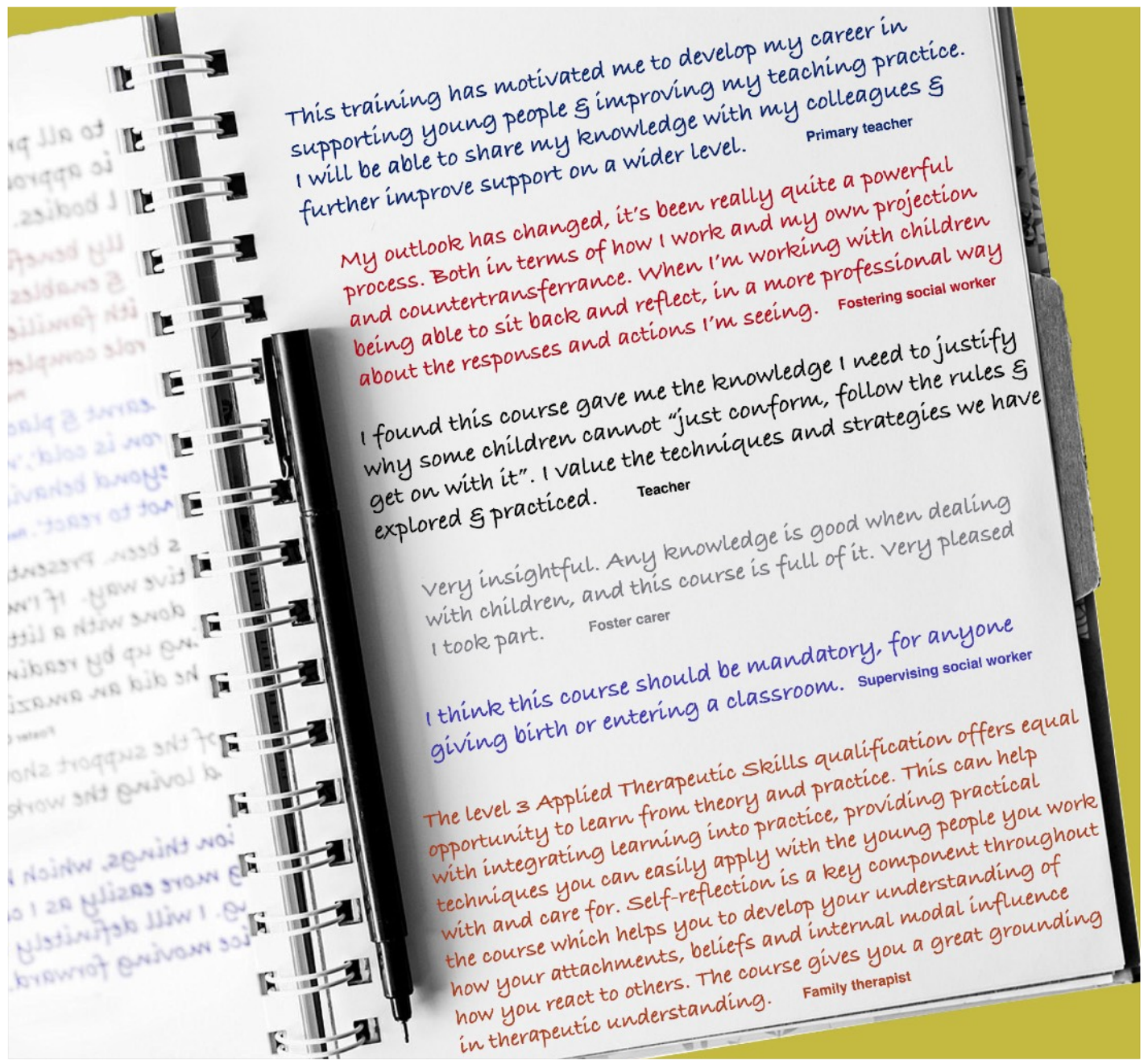
For large organisations with suitably skilled in-house trainers we have developed a Train The Trainer product. Who can become a trainer?

Professionals with a history of working in the sector will be instructed over a four-day period on how to deliver the programme.

The product will be licensed for use within your organisation only, for a term of two years before review. A licence fee, per head, will be chargeable, Headsight will manage certification and QA of your course.



Why? And What Others Say....



CONTACT US

To discuss which of our flexible Applied Therapeutic Skills packages best suits your needs or the needs of your organisation, please contact patrick@headsightservices.com or call to speak with us on 0300 302 1919

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training