



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.

Developing Therapeutic Skills: A Different Path to Impactful Change

Often the traditional route to acquiring therapeutic skills involves becoming a trained counsellor or therapist. However, it's essential to understand that working therapeutically is not synonymous with being a therapist. We believe that anyone working with children and young people can harness the power of therapeutic skills to create positive, lasting impacts.

The Power of Understanding Relationships: Who sir? Me sir?

The more we comprehend the intricacies of human relationships, the greater our ability to shape brighter futures for children and young people. Those employed in the children's workforce are uniquely positioned to become the role models these young individuals need. Their significant time spent together forms the foundation for positive change.

Our Unique Programme: We put the U in you gotta try this!

Our programme is tailored to empower individuals within the children's workforce. We focus on developing core skills in understanding the emotional and psychological development of children and young people. Here's what you can expect:

- **Identifying those in need:** Gain valuable insights into effective approaches for recognising individuals who require additional support. Your newfound knowledge will enable you to make a significant difference in their lives.
- **Building Secure Relationships:** Our programme is dedicated to enhancing your ability to build strong, secure relationships. These relationships serve as the bedrock for promoting resilience and emotional regulation in children and young people.

Not all children need a therapist, but ALL children need therapeutic moments

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.

Why Choose Our Programme?

- **For every Children’s Workforce Human:** Our programme is designed to cater to carers, parents and professionals in the children’s workforce. You don’t need to be a therapist to make a difference. Our programme equips you with the skills to create lasting change.
- **Practical and Transformative:** We focus on practical, real-world applications of therapeutic skills. You’ll walk away with the tools you need to immediately impact the lives of children and young people you work with.

THERAPEUTIC SKILLS PATHWAY

Level 2

Level 3

Level 5

COURSE CONTENT

MODULE 1

UNDERSTANDING THE WIDER THERAPEUTIC FRAMEWORK

- **The experience and purpose of therapy.**
- **Outlining roles - Who does what and who should I refer to?**
- **Exploring four therapeutic models.**
- **Considering ethics.**

MODULE 2

EXPLORING BASIC THERAPEUTIC SKILLS

- **Recognising therapeutic change.**
- **Conditions necessary for therapeutic change -**
 - Empathy.**
 - Congruence.**
 - Unconditional Positive Regard.**
- **Listening skills -**
 - Active Listening.**

MODULE 3

UNDERSTANDING HOW IDENTITY & PERSONALITY ARE FORMED

- **Personality development & stages of.**
- **Identity formation.**
- **The introjection process. An introject, in psychology, refers to the internalisation of aspects of another person, usually someone significant in a person’s life; like a caregiver.**
- **Own introjects.**

MODULE 4

THE IMPORTANCE OF SELF-REGULATION TO MANAGE DISTRESS

- **Definition of self-regulation.**
- **Calming yourself.**
- **External regulation.**

Explain what happens in the brain when regulation occurs.

- **Parts of the brain.**
- **Emotional brain.**
- **Temperament and self-regulation.**

Demonstrate two s-r techniques.

- **Self-regulation exercise.**

MODELS AND PRINCIPLES THAT ARE INVESTIGATED

- TRANSACTIONAL ANALYSIS – TA
- KARPMAN DRAMA TRIANGLE
- WINNER'S TRIANGLE
- COGNITIVE BEHAVIOURAL THERAPY – CBT
- PERSON-CENTERED APPROACH
- ETHICAL FRAMEWORK & SCOPE OF PRACTICE
- ERIKSON PERSONALITY DEVELOPMENT

Flexible model of Delivery

TWO WHOLE DAYS

8 hour days

OR

FOUR HALF DAYS

4 hour days to allow for caring duties

ONLINE

Not via mobile

OR

OR

FACE 2 FACE

Your venue or ours

OPEN COURSE

Join as an individual

LEARN
TO
EARN

16
PD hours

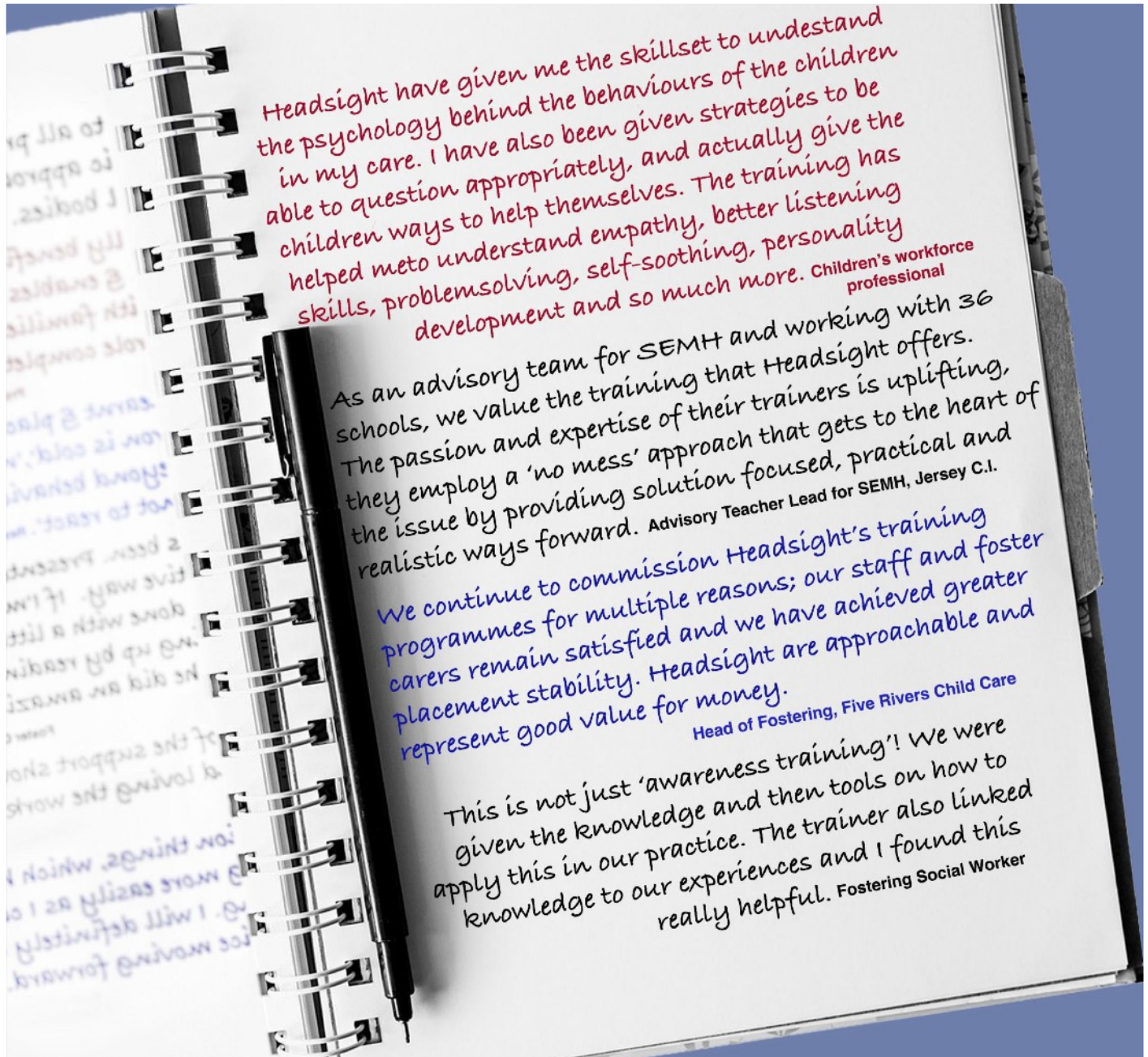
DTS TTT (TRAIN THE TRAINER)

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 who have attended and passed our Level 2 Developing Therapeutic Skills course, subsequently being instructed over a three-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 Developing 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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