

Training – Supervision - Workshops - Group Work

The-exchange is able to provide training and supervision for School, College, University staff focused on key themes supporting the psychological and emotional wellbeing of children and young people.

Training themes include:

Managing self-harming behaviour

Assessing and measuring resilience

Psychological “first aid” with young people

Applied Counselling Skills

The supervision we provide is specialist support in processing and managing the impact of the work with children and young people. It recognises the toll this can take on the staff and it provides a focused support for this dimension of their work which can often be overlooked in the operations. Groups meet monthly and have facilitated sessions to consider the impact of issues and how the staff can support each other as they do what they can to respond to the needs of the young people and their families

The Group Work and Workshops are aimed at young people and continually evolve in respond to their needs. Examples of programmes we are currently running are

Workshops:

- **Body image and self-esteem**
- **Health relationships**
- **Managing anger, conflict and “disrespect”**
- **Being on line; phones and media**

Group Work Programmes:

- **Dealing with stress and anxiety in an Mindful way (4 weeks 1 hour per week)**
- **Self-esteem, self-belief and Resilience (8 weeks- 2 hours per week)**
- **Assertive not Aggressive (4 weeks 1 hour)**