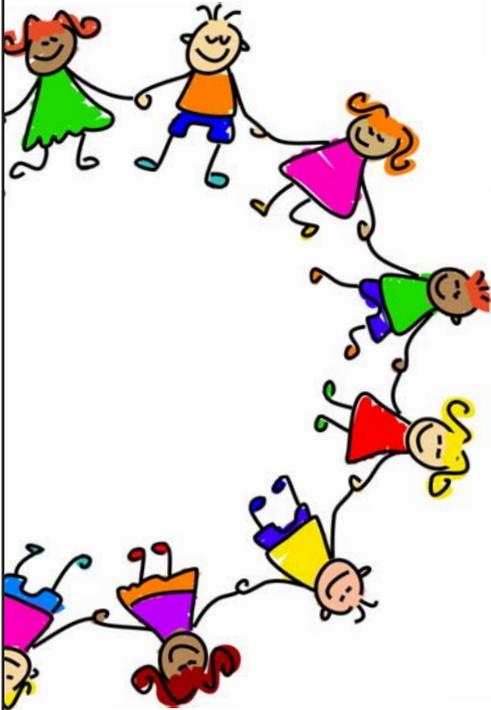




UNIVERSITY
OF ABERDEEN

SCHOOL OF EDUCATION
www.abdn.ac.uk/education



Supporting the Emotional Health and Wellbeing of Children

Saturday 13 November 2010

School of Education, MacRobert Building
(University of Aberdeen) 0900 - 1330

There will be one keynote speaker at this event - Dr Peter Rice, Consultant Psychiatrist with NHS Tayside Alcohol Problems Service and Chair of the Royal College of Psychiatrists in Scotland.

When registering online you will be able to select two practitioner-led workshops, from a selection of professionals working with children in their early years. Workshops include:

- Childcare@home Aberdeenshire
- Using a Mixed Counselling Method
- The Nature Nurture Project
- Attachment
- Promoting Health and Wellbeing through Transient Art
- A Box Full of Feelings
- Forest School

Cost: **£15 per person** Closing date for registration: **Friday 6 November 2010**

If you would like to attend the above event, please register via our online store:

<https://www.store.abdn.ac.uk/catalogue/products.asp?compid=1&deptid=9&catID=180&hasClicked=1>

For further details about this event please contact:

Tel: 01224 274502 Email: educpd@abdn.ac.uk



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Workshops

Childcare@home Aberdeenshire

Maureen Rennie

Childcare@home Aberdeenshire was set up by One Parent Families Scotland (OPFS) and Aberdeenshire Council's Childcare Partnership in 2005. The workshop will be centred around the purpose of this service and also how undertaking the BA Childhood Practice has supported Maureen in her role as chairperson of the Aberdeenshire Childcare Partnership and Manager of this service.

Using a Mixed Counselling Method - to Work with Young People and their Families

Mark Haith (Robert Gordon University, Aberdeen)

The workshop will look at a combined method of counselling drawing on cognitive Behaviour Therapy, Counselling and Solution Focussed therapy, which may be useful in working with young people and their families. Theory will be illustrated through applying examples of real case work to the method and participants are encouraged to bring examples from their own case work to examine.

The Nature Nurture Project

Terri Harrison

The Nature Nurture Project is an Early Intervention initiative that aims to promote the resilience of some of Aberdeen City's most vulnerable children. The project works with the principles that the natural environment promotes physical, emotional and mental wellbeing and that this, together with attuned nurturing interactions with carefully trained adults and the freedom to play in woodland settings, can help children thrive.

Attachment

Jacintha Birchley

Over the last 40 years Attachment Theory has become a major developmental paradigm for understanding human social and emotional development. The implications of 'maternal deprivation' are linked directly to expectations and responses in schools. The workshop will give a brief overview of attachment and participants will be given the opportunity to reflect on the importance of good early attachments through a case study.



Supporting the Emotional Health and Wellbeing of Children

Saturday 13 November 2010

Workshops

Promoting Health and Wellbeing through Transient Art

Kirsten Darling

Through first hand participation in 'transient art', this workshop aims to share and promote the implementation of open-ended art experiences, such as transient art, as a tool to support and enhance the emotional wellbeing of young children. Examples of children's experiences of this approach, with analysis using Ferre Laevers' Involvement Scale will be shared in order to open discussion and explore possibilities for practice.

A Box Full of Feelings

Diane Sim

A Box Full of Feelings is a product of academic research and is evidence based: it has proved to be a powerful tool to help 2 - 7 year olds develop skills in coping with their emotional development. Anger was identified as being the emotion that most children have difficulty in expressing appropriately. The workshop will give details of how the product was used and there will be an opportunity to trial the contents of 'The Box Full of Feelings'.

Forest School

Julia McKay and Antonia Dunwoody

Forest School provides fun experiential learning based on regular visits to the same area of local woodland/forest for an extended period of time (8-12 visits).



FOREST EDUCATION INITIATIVE

It has the potential to meet the needs of all ages and all abilities though it is found to be especially powerful with the very young. Ongoing research continues to show the positive benefits Forest Schools bring to their learners. Amongst these are improved behaviour, self-motivation, mental health and wellbeing as well as increased physical activity.

We aim to give participants a 'taste' of a typical Forest School Experience. Please come prepared with warm clothing as this workshop will take place outdoors.