

CPD sessions offered by Cognus Educational Psychology Service

All our training sessions can be offered on site at your school for your teaching and support staff, and many of these will also run as training events hosted by us. Below are examples of some of the CPD and training sessions that have been run by Cognus EPS in local schools recently. All of these can be adapted to suit your schools' needs. Please contact your link EP or the EPS to find out more!

Teaching and learning:

- **Precision Teaching** - *A highly structured (three-part) process designed to develop and assess 'fluency' of basic skills such as reading, spelling and maths.*
- **Reciprocal Reading** - *Reciprocal reading is a dialogue between a teacher, teaching assistant, parent and child(ren), the aim of which is to jointly create the meaning of a piece of text.*
- **Metacognition** – *'thinking about thinking' to explore different strategies to learn and problem solve effectively.*
- **Growth Mindset** – *developing an understanding with children that ability is not fixed and can be developed through learning and making mistakes.*
- **Work Discussion Group**- *Opportunities for staff to discuss their experiences, enhance their observational skills and explore the possible meaning of behaviour shown by children. (LM)*
- **Problem Management Framework**- *a clear structure for discussions in which staff can re-examine their own perception and understanding of a problem situation.*
- **Levels of questioning:** *using Blooms Taxonomy to explore how to differentiate questions and lesson plans within the classroom*
- **Supporting SEN children in the classroom: an introduction for NQTs.**
- **An introduction to...** autism, ADHD and attention difficulties, dyslexia and literacy difficulties.

Communication and interaction:

- **LEGO® based therapy** - *An evidence-based intervention approach for supporting social communication skills.*
- **Social Stories** – *how to write and implement social stories to support students with social communication difficulties develop positive behaviour in social situations.*
- **Communication and active listening skills** (available for staff or students).
- **Coaching skills** – for learning mentors, head of years, or line managers.



Social, emotional and mental health:

- **FRIENDS programmes** - *The 10-week intervention program can be taught to a large class, small group or individually to build resilience and prevent and treat anxiety and depression. It can be effectively delivered by College Teachers, Teaching Assistants, Emotional Literacy Support Assistants, Family Support Workers and other staff who have trained to be Facilitators.*
- **Bereavement** – *an understanding of the impact of bereavement and how to support others experiencing this emotional difficulty.*
- An introduction to promoting positive mental health and resilience
- **Using solution focused approaches in school** - *Solution-focused questions are designed to help people explore their strengths and resources rather than concentrate on their problems and deficits. The questions can help a young person identify what their goals or preferred future will look like when they have overcome their problems or challenges.*
- **Attachment** - *To develop an understanding of attachment theory and recent research. To understand the significance of attachment research for infant and child development and for successfully supporting children in schools and pre-school settings*
- **Tree of Life** - *Intervention to strengthen children's sense of belonging.*
- **Drawing and Talking** - *to enable children to express their worries in a safe space.*
- **Sleep and adolescents:** *Understanding, exploring and improving sleep for young people in school*
- **Supporting pupils with exam anxiety**

If there anything else your school needs or is a whole school development priority that is not listed above, we also offer bespoke training – just let us know.

