



City Psychology Service

Growing Optimism

Course Details

Dates and Times

To organise dates for your setting please contact Davinder-Singh.Dhesi@leicester.gov.uk (Senior Educational Psychologist)

This programme consists of 10 weekly sessions each lasting 80 minutes

Venue

Collegiate House, College Street, Leicester. LE2 0JX
☎ 0116 221 4800 📠 0116 221 1216

Audience

- Therapeutic Group Intervention programme for Year 5 (age 9-10) pupils

Areas Covered

- A group work course to help change the way youngsters think about themselves and their experiences, equipping them with social problem solving skills to minimise the risk of future depression. The course is inspired by the work of Dr Martin Seligman, a renowned Developmental Psychologist

Programme Details:

- Introduction to thinking strategies and techniques developed in Cognitive Behaviour Therapy (CBT)
- Provides opportunities to practise these within the structure of the course and encourage the application of these new strategies within 'real world' situations
- Pupils are selected through screening, to identify those whose current thinking style is likely to lead to future social-emotional difficulties, notably depression
- Current research suggests that this form of targeted intervention is likely to be more effective and efficient than 'universal' programmes that are provided to whole year groups or schools (Spence and Shortt, 2007)
- Pupils will develop improved emotional literacy skills
- Pupils will also acquire skills to identify and manage their feelings

Course Outcomes

- Pupils will develop improved emotional literacy skills
- Pupils will also acquire skills to overcome their tendencies to see events as the result of a fixed state and develop more helpful and more accurate cognitive strategies

Course Leader

Davinder-Singh Dhesi (Senior Educational Psychologist)

Cost

Leicester City Maintained Schools/Settings: £2025

Non-Maintained Schools/Settings : £2430

How to apply

To book your place visit www.lls.leicester.gov.uk

Full terms and conditions can be found on the website