

# Caspari Foundation Newsletter

Helping vulnerable children to learn

Issue 03 October 2018



# Caspari Foundation

We are back for the Autumn Term! And a very warm welcome to our new students. I am hoping that all our students (new and returning), members and supporters have had a good summer.

Leading up to Christmas, we have events for your diaries/timetables, (please see below for all details) and, included here is interesting and heartening feedback about the EPIC Conference held in July.

And a couple of reminders.... please feel free to forward on our newsletter to anyone you think might enjoy reading it. Contributions of any kind towards it are also welcome, including ideas and suggestions for CPD trainings and reading. Please email me at [patriciafrances@yahoo.co.uk](mailto:patriciafrances@yahoo.co.uk).

We look forward to seeing you at one of our events.

Patricia Reid

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## Train with Caspari

Are you interested in how emotional needs can block a child or young person's (CYP) capacity to learn and wondering how to support them? Educational Psychotherapy offers a unique lens through which to understand and work with CYP with emotional difficulties. It combines teaching with a chance for CYP to explore and make sense of difficult experiences that might get in the way of learning and development. Would you like to learn more about this highly relevant and effective way of working with children and young people?

If so, you may be interested in enrolling on one of our training courses – the 1 year part time Certificate in Therapeutic Teaching or the 4 year part time Advanced Diploma in Educational Psychotherapy which can lead to UKCP accreditation. For more information please contact [lynsey@caspari.org.uk](mailto:lynsey@caspari.org.uk)

Registered address: 225-229 Seven Sisters Road, London N4 2DA Registered charity number: 1079575

## The Helen North Fund

By Flora Blackwood

The Caspari Foundation has recently received a very generous grant of £5,050 from one of its members. The donation is made in memory of a close family member, Helen North, who died of cancer in December 2017, aged 46.

The grant will be used by Caspari to provide 1:1 Educational Psychotherapy for this academic year for two children whose learning has been impeded by their bereavement of a close family member.

We are extremely grateful to the donor for their support. Thank you from everyone at the Caspari Foundation.



## The Journal of Educational Psychotherapy

By Lee Marsden and Jenny Dover

The 2018 edition of Caspari's annual journal is now hot off the press. We hope that readers are finding the range of papers relevant to their work and helpful in developing their thinking and practice. Feedback of any kind is welcome in helping us to produce a publication with which members can identify and which explains aspects of our work to wider audiences.

We are now ready to plan the content of next year's journal and invite you to submit articles that relate to Caspari's central understanding of the connection between emotions and learning. Writers may not necessarily be educational psychotherapists – we welcome articles from teachers and other professionals working in educational settings where our trainings can make a difference to ways of thinking about how children learn.

And..

Would you like to join our editorial team producing our terrific annual journal?

The current editors have enjoyed eliciting and editing articles over many years and would now welcome new thinking and perspectives to assist them.

Please contact Lee ([leemarsden@blueyonder.co.uk](mailto:leemarsden@blueyonder.co.uk)) or Jenny ([dover.jenny@gmail.com](mailto:dover.jenny@gmail.com)) to discuss.

## Group meetings

By Patricia Reid

A reminder that currently there are two focus/group supervision activities that are organised in London: the first Monday of every other month, SWEPT meets for EPTs (and other interested professionals) based in West, NW and SW London (please contact [patriciafrances@yahoo.co.uk](mailto:patriciafrances@yahoo.co.uk)) and the North London Forum (for those in North and North West London) meets every 6 weeks during term time (please contact [pattiwhitfield@btinternet.com](mailto:pattiwhitfield@btinternet.com) or [jmetgibbs@gmail.com](mailto:jmetgibbs@gmail.com)).

These get-togethers are a really good way for EPTs, both qualified and in training, to feel supported and in contact with each other and they also count towards our required supervision hours.

## The Big Lottery EPIC Project and Conference

By Anne Murray

Alas all good things come to an end and the Big Lottery EPIC Project funding ran out at the end of August 2018. We had to say goodbye to Gloria Condon one of the three EPTs who trained facilitators in schools and presented a very moving case study on a young girl at our Conference. What a remarkable speaker and EPT she is! Also to Ashleigh Callow our Research Co-ordinator who did the most incredible (and sometimes unbearably difficult) job of getting back from schools questionnaires and reports on the progress of children.



Using some underspend from the project, we are fortunate to be able to continue having Luke Palmer and Lynsey Daniels for one day a week to supervise the therapeutic groups in schools until 31 December 2018.

The July 2018 Conference showcased what we have achieved over the last 3 years. This included case studies and video presentations from a group of secondary boys and a very positive parent. A panel of two senior school managers and a trained facilitator spoke of the value of the Caspari work in their schools and we presented the findings of our evaluation of how the project impacted children and trained staff. This was amazing as it gave us concrete data about qualitative experiences which is always so hard to achieve.

Overall, the impact of the therapeutic groups on the emotional well-being and improved access to learning of the children and young people was positive and demonstrable. Also the trained facilitators reported, among other things, that they felt more confident in trying to understand and notice young people's behaviour. We will be able to post the final statistics in January 2019.

By the end of the project we will have worked with around 420 children and young people aged between 5 and 14 and trained 36 school based facilitators to run therapeutic groups under Caspari supervision. Two statistics which were particularly pleasing so far were that the retention rate of children in the groups was 96% and that 54% of the children and young people in groups were female. Given the Children's Society Report recently on girls' self-harming and emotional distress, this figure is all the more hopeful as the project shows it reaches vulnerable girls as well as boys - something which is not always the case. Despite low numbers, the whole conference was a great success. Thank you to all who were able to attend.

### The future

We plan to re-run the conference in the Spring Term 2019 and to target it at school managers with responsibility for Emotional Wellbeing and Mental Health. Members will also be very welcome to attend and we will post news on the website once we have the venue and date.

### What are they doing now?

By Susannah Penk

I am currently working for Brent CAMHS as part of their TaMHS team which is a targeted mental health service working in schools across the borough of Brent. The work is a combination of one to one educational psychotherapy, some group work, working with teachers and parents. Currently I work in a primary school and an alternative provision. I am also in the process of completing a Certificate in Therapeutic Play (PTUK) and am based one day a week in a school in North Kensington, where I am working with a number of children, mainly affected by the Grenfell Tower fire.

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### Caspari CPD Lecture Series

By Trisha Reid

Tamara Bibby, independent researcher and writer of *Education – An 'Impossible Profession'?: Psychoanalytic Explorations of Learning and Classrooms* (Routledge 2011) and *The Creative Self: Psychoanalysis, Teaching and Learning in the Classroom* (Routledge 2018) is giving a talk, **Using Winnicott to rethink schools and schooling**, at Resource for London on Saturday, 17 November, 10am to 12pm.

Tamara will explore the educational experiences of both teachers and learners in schools, colleges and universities through the lens of psychoanalytic theory and thinking.

Tickets are £20 for members and £30 for non-members. To book your place please contact Flora Blackwood at [flora@caspari.org.uk](mailto:flora@caspari.org.uk).



### Christmas festive drink and discussions

By Luke Palmer

For this year's Christmas meet up on Wednesday 5 December, (6.30pm - 9.00pm) at Finspace, we thought it might be a great opportunity for EPTs to share interesting ideas for therapy, like a particular story book, game, creative task etc that you feel others might find useful in their practices.

We can sometimes become too reliant on our tried and tested favourite activities so this would be a chance to come and discover new things and grow our 'toolkits'. It could be more of an open discussion rather than presentations.

If you would like to attend perhaps you could email me ([luke@caspari.org.uk](mailto:luke@caspari.org.uk)) with one or two ideas you might be able to share.



Please RSVP to Sharon ([admin@caspari.org.uk](mailto:admin@caspari.org.uk)) by Friday 30th November.

### Recommended reading: *Descartes' Error: Emotion, Reason and the Human Brain* by Antonio R. Damasio. Picador, 1994

By Patricia Reid

If you are interested in how emotions and feelings contribute to reason, adaptive social behaviour and neuro-science, this is the book for you. Written with extraordinary clarity, Damasio explores how 'human organisms are endowed from the beginning with a spirited passion for making choices, which the social mind uses to build rational behaviour' and how 'emotion and feeling, along with the covert physiological machinery underlying them, assist us with the daunting task of predicting an uncertain future'. Not a recently published book but a valuable and wise one.