

# Course Outline

## Resilience: 'Ordinary Magic' and Learnable Skills

This course will explore the evidence for resilience-based approaches and suggest ways in which all practitioners can promote resilience in children, families and those who work with them. Resilient children can 'resist adversity, cope with uncertainty and recover more successfully from traumatic events or episodes'.

Psychologists have long recognised that some children develop well despite growing up in high risk environments. This capacity to cope with adversity, and even be strengthened by it, is at the heart of resilience. It is not something that people either have or don't have – resilience is learnable and teachable, and as we learn we increase the range of strategies available to us when things get difficult.

This course will draw on insights from social care, psychodynamic thinking and positive psychology, as well as the growing evidence base from around the world, to develop an understanding of how resilience can be applied in work with children and families.

### Topics will include:

- Making sense of experience
- Constructive self-talk
- Mastery and self-efficacy
- Developing emotional literacy
- Problem solving approaches
- Challenging negative perceptions of self

A group consultation model will be used to help participants to reflect on the needs of children and families (and themselves) and to generate creative and novel ways of working.

### What others have said about the course:

'Inspiring, enjoyable and full of good ideas' (Social worker, London)

*All of our training is designed to be evidence based, interprofessional, reflective and informed by children and young people's voices.*