

What is Healing Together?

A training offer to support children's mental health and well-being in schools. The Healing Together programme is a six week trauma informed programme offered to children ages 6-16. It combines trauma informed principles with relational approaches, neuroscience and attachment models. Each session helps children make the link between the mind and body and teaches simple tools children can use to help them to regulate. The materials are grounded in research and written by Dr Asha Patel (Clinical Psychologist) and Jane Evans (Childhood Trauma Expert). The programme is developed by Innovative Minds an award-winning social enterprise that supports children impacted by domestic abuse. It is delivered by Camden Educational Psychology Service and Camden Early Help Team.

How would Healing Together benefit your school?

Approximately one in three women and one in four men will experience domestic abuse at some point in their lifetime. It is estimated that 90% of children whose parent is abused are present when it occurs and that 62% of children are directly abused by the perpetrator. Children who experience early trauma, can grow up feeling unsafe in their home. This can have consequences such as; depression and anxiety, truancy and exclusion, academic and cognitive difficulties, bed wetting, social needs, insomnia, self-harm, increased risk of suicidal behaviour and many other factors. The Healing Together Programme is for children who have experienced domestic abuse and are now living in safety.

What do children and schools think about Healing Together?

Countrywide, feedback has shown the positive impact of the Healing Together Programme on young people's social, emotional and mental health. In Summer Term 2020-21 the programme was piloted in London Borough of Camden. Some reviews are below:

Thank you for running The Healing Together Programme. It has helped so much
(School SENDCo)

At the end of my session I feel relaxed, happiness, tired but happy and calm
(pupil age 15)

Don't feel scared of the programme because it can be really fun sometimes. The programme helped me feel calm. Smelling and feeling different things was the best part
(pupil age 8)

How does it work?

Schools who wish to apply should complete the referral and consent form for any child/ren they would like to refer. A pre-assessment session will next be arranged to see whether the programme is suitable. The Healing Together facilitator will help the school decide if the child or children they have referred should receive one-to-one sessions or form a small group programme. The programme will run for 6 weeks. Each week, the child/ren will be given a take-home leaflet with information covered in the session. At the end of the programme, the Healing Together facilitator will share feedback with the school and parent/carer and discuss how the child can be supported moving forwards.

Sessions and Costs

The Healing Together facilitator will deliver 6 sessions to an individual child or small group of children. The cost including pre-and-post support is 6 Educational Psychology Sessions or £1560 for schools in the SLA or £2100 for schools outside the SLA. **There are a limited number of funded spaces available on a first-come first-served basis.** Sessions will be delivered in Spring and Summer Terms 2022.

Training Session Content	Round 1 Dates	Round 2 Dates
An introduction to the Healing Together Programme - A virtual session held by the Healing Together facilitators for parents/carers and professionals. Any person wishing to request an individual session can do so.	W/c 31 st January	W/c 25 th April
Session 1 <ul style="list-style-type: none"> • Healing Together Introduction • Keeping Safe • Grounding and breathing 	W/c 21 st February	W/c 9 th May
Session 2 <ul style="list-style-type: none"> • How our brain and bodies work together 	W/c 28 th February	W/c 16 th May
Session 3 <ul style="list-style-type: none"> • Physical sensations • Our bodies warning us • Sensory safety 	W/c 7 th March	W/c 23 rd May
Session 4 <ul style="list-style-type: none"> • Finding your feelings • Feeling your feelings 	W/c 14 th March	W/c 6 th June
Session 5 <ul style="list-style-type: none"> • Coping strategies 	W/c 21 st March	W/c 13 th June
Session 6 <ul style="list-style-type: none"> • My support plan • Dear Buddy letters 	W/c 28 th March	W/c 20 th June
Post Programme Session - Feedback given to the child's school and parent/carer to further support that child going forwards.	W/c 25 th April	W/c 4 th July

If you would like to make a referral please complete the referral form and return the consent form by 10 January 2022

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