

**MAGIC BASED INTERVENTION**

Within East Ayrshire, and our HEART (Helping Everyone At The Right Time) model of care delivery, we endeavour to ensure every child and young person and their families or carers will get the help they need, when they need it, from people with the right knowledge, skills and experience to support them. This will be available in the form of easily accessible support close to their home, education, employment or community. HEART arose from a desire to make help for families available and accessible at an early stage within communities, in keeping with the priorities and aspirations of the East Ayrshire Community Plan, the national GIRFEC agenda and The Promise. This supports the move away from a medicalised model of care and has a focus on relationship building, kindness and compassion and asking families what matters to them.

We all want to make a difference to the lives of children, young people and their families. It is important for health professionals to think creatively to find new ways of engaging, supporting and improving health outcomes for our children and young people. We also felt it was important that elements of our framework implementation should include fun and laughter with delivering many of our intervention through the use of play and magic.

Magic-based interventions and their effects on wellbeing have been consistently reviewed and research has shown that involving performing arts can help boost psychological and physical well-being.Research suggests that learning to perform magic tricks can result in a range of psychological and physical benefits, including improved fine and gross motor movements, enhanced social skills and raised self-esteem. Similarly magic-based interventions can also have a positive impact within a pedagogical context, and have been used to promote science education, increase curiosity and heighten critical thinking skills

**Benefits of Magic Based Interventions applied to practice**

Research has examined the benefits associated with clinicians performing magic tricks. Within health care settings, health professionals reported that performing magic tricks to help reinforce positive health messages, tackle anxiety, deliver life lessons and engage patients. Looking at the research conducted, there are many potential benefits of magic based interventions in supporting the wellbeing of children and young people. These benefits could include:

1. **Lateral Thinking and Problem Solving Skills-** Learning and watching magic will encourage and promote children’s use of problem solving skills. This develops their ability to solve challenges in their own lives. Families can also capture the benefits of utilising their problem solving skills, to find simple solutions to complicated situations.
2. **Fostering Trust**- Magic helps you understand the meaning of trust, and for many young people and their families, they want to trust services and professionals. Magic really helps to understand the importance of trust and the spirt of working together. When someone shows you a magic trick, they trust you with their trick, and this process allows young people to understand the meaning and benefits of trust.
3. **Story Telling and Imagination:** Magic requires a story, and every trick must have a story to keep us engaged, capture out attention and justify the action of a trick. For young people and their families this can support the process of emotional empathy, understanding, story-telling and imagination.
4. **Practical Skills:** Materials are often required to complete a magic trick, and therefore requires being creative and building new materials. This benefits young people and their families in understanding how to work together and promotes practical abilities.
5. **Cognitive Skills:** Learning or sometimes watching a magic trick, captures that ability to follow instructions, to listen, concentrate and develop self-control. It can also improve memory skills.
6. **Motor Skills:** Manipulation of objects with your fingers requires repetitive movements. This supports hand-eye coordination, and makes the movements more enjoyable.
7. **Team Work:** Tricks can be taught in groups, where people can work together to build props and stage a show. Learning magic may help to develop teamwork skills, including learning to give and receive constructive feedback, identifying individuals’ strengths, and helping to build community.
8. **Interpersonal Communication**: Magic can push people out of their comfort zone, which is when learning occurs. This can include having to give clear instructions, controlling onlookers’ attention, and overcoming nervousness. Having to conceal certain actions, and finding acceptable ways of explaining why one cannot reveal the secret of the trick can promote interpersonal skills, emotional regulation, respect, and self-presentation abilities.
9. **Adaptability and Resilience:** There requires to be a lot of flexibility, as the magician adapts the trick to a particular situation, or has to deal with an unexpected event. Not all magic tricks work, and often you have to accept and cope with failure, which builds resilience.
10. **Self Esteem and Confidence:** Magic provides a sense of pleasure from creating an unusual and enjoyable experience for others, one which the people watching cannot. It also allows children who are normally shy, or lacking confidence to experience a sense of mastery over an enjoyable task.

See the source image

Utilising the skills of a magician to support the emotional health and wellbeing of our children, young people and their families of all abilities across East Ayrshire using a fun, engaging and creative approach which has been evaluated positively by children, Young people, nursing and Education staff as well as feedback from parents and carers that emotional wellbeing has been improved dramatically following sessions with Scotty.

If this is an area you feel would benefit a child/children you are supporting and following parental consent for 1:1 interventions, please speak to your School Nurse or you can contact Scotty directly on [scott@scotlandsmagician.com](mailto:scott@scotlandsmagician.com), using this request Form: [Teaching Magic Request Process.docx](file:///\\ailsastore3\Childrens%20Services%20East\Mental%20Health%20&%20Addictions\Community%20MH&WB%20Supports%20&%20Services%20Framework\Magician\Teaching%20Magic%20Request%20Process.docx). Requests should also be cc’d to:Margaret.Manson@aapct.scot.nhs.uk Thereafter, Scotty will offer you availability and discuss any specific needs for a child/young person.

