

**Stirling Council Educational Psychology Service**



**Child and Young People Programme**

**(Supporting pupils aged 6-18)**

**Overview:** *Seasons for Growth* originated in Australia in 1996 and is an educational programme which aims to promote the social and emotional wellbeing of children and young people coping with significant loss and change in their lives, usually as a result of death, separation, divorce or any significant change.

* The core emphasis of the programme is the development of resilience and emotional literacy through developing skills in communication, decision making and problem solving.
* The programme is educational in nature and does not provide therapy.
* We use the imagery of the four seasons to illustrate that grief is cyclical, not a linear journey with a clear end.
* Peer support is a key element of the programme, and confidentiality is strongly emphasised.
* Seasons for Growth maps directly to the eight Curriculum for Excellence health and wellbeing experiences and outcomes.
* Applicants are trained to be ‘companions’ who can deliver Seasons groups to a maximum of 4 to 7 pupils
* Seasons for Growth has been highlighted as the most used mental health intervention for pupils in Stirling Council in a 2019 audit by Educational Psychology.

**Seasons for Growth training is a full two day event. Details are below:**

**First set of training dates (Maximum 12 people)**

**Day One: Thursday 5th September 2019 - 9.15am to 3.30pm**

**Day Two: Friday 6th September 2019 – 9.15 am to 3.30pm**

**Second set of training dates: (Maximum 12 people)**

**Day One: Thursday 5th March 2020 - 9.15am to 3.30pm**

**Day Two: Friday 6th March 2020 - 9.15am to 3.30pm**

**What is the cost for schools?**

As this training is subsidised by Stirling Council, Stirling employees will be charged £80, however, staff from outwith Stirling Council will be charged £295. These costs cover a Companion Manual, one Journal, catering for the two-day training and follow up coaching support from the trainer to achieve Companion status with Seasons for Growth Scotland.

**To Book a place**

Please email Psychological Service [psychological@stirling.gov.uk](mailto:psychological@stirling.gov.uk) to request an

‘Application Form’ and “Endorsement of Suitability Form”

**Reconnector Dates**

**Thursday 5th September 2019 – 4.00pm to 5.00pm**

**Thursday 5th March 2020 - 4.00pm to 5.00pm***.*