

Training Brochure

INTRODUCTION

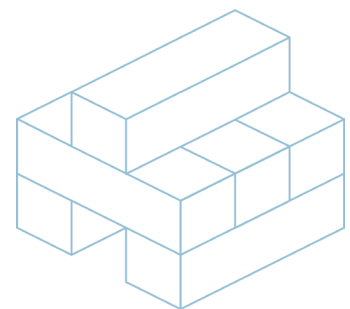
Thank you very much for taking the time to read about our courses. We hope the information that you'll come across in this brochure will be helpful towards making an informed decision for your next round of training.

Section 31 Training and Consultancy is a feeling focused training company. We want to stop children being moved from home to home by standing as an advocate for the "naughty kids" and promote a new perspective of care and give a new, deeper level of understanding.

We are passionate and professional trainers with a range of experiences, however our main goal is to promote the importance of **stability and consistency in care.**

We provide a wide range of training sessions to social care workers, predominantly foster carers and social workers with a focus on the inner child, the feelings and the thoughts that drive children's actions throughout their care journey. **Focusing on the child's narrative.**

Sometimes it is easy for care givers and providers to overlook the emotional impact of the decisions they make on a daily basis, instead they just see the external shells of those around them and react accordingly. Therefore we carry **a blame free ethos.**



www.section31training.co.uk

workshops@section31training.co.uk

OUR APPROACH

We provide an extensive insight into the thoughts of those who have grown up in care. Our founder is an experienced care leaver and we continuously consult with children in care to ensure we are championing their current issues.

We teach people how to feel and empathise, using real stories and real experiences of care. Social care staff have been receiving training throughout their career and they have heard of such harrowing stories about what children have had to endure.

However, regardless of their knowledge much of their actions remain the same because they do not feel the effects of their daily decisions for the children under their care.

We can see this because regardless of how the care system has improved over the years, poor decisions are still being made and the care system remains, in the child's eyes, very much like a conveyor belt.

Our main goal is to promote the importance of stability and consistency

We want to stop children being moved from home to home by standing in as an advocate for the “naughty kids” and promote a new perspective of care growing a deeper level of understanding.

Children are moved from home to home and by the time they have left care many of them would have moved twenty or more times. This issue remains current, but what is the cause of this is? Essentially, placements often break down because children are viewed as being “too naughty”, their behaviours drive carers to give up and they are just moved along, one in, one out. We believe this is emotional abuse, and when they leave care they are left with nothing, in low cost housing to fend for themselves, is that not neglect?

Essentially the care system often systematically abuses children in care over the course of their time spent.

So does this mean the care system is full of bad people?

No, we believe that people focus their efforts on the shell of the child rather than caring for the inner child. People look at what children do wrong and penalise them for it. However, we believe that caregivers are good people with good intentions but their focus is often in the wrong place.

OUR APPROACH

continued.

Like = Love = Rejection = Pain

Caregivers fail to understand that really all these children want is unconditional love and a sense of belonging, but the fear of being rejected causes them to express challenging behaviours which conflict with their internal needs and often confuses caregivers

Our founder Scott King brings uniqueness to the company as he has lived the entirety of his youth in care. However, his time in care wasn't exactly great, during his journey through care he lived in twenty-three foster homes, two children's homes, three supported lodgings placements, two hostels, two B&B's, and four flats. In total he had thirty-six addresses.

For him, life in care was an emotional rollercoaster and a battle with his inner-self. He did not achieve any real academic success during his teens and his behaviour was always very challenging. As he matured he began to understand his "inner-self" - in other words the powerful emotions which controlled him and prevented him from developing and moving forwards. He began to reason with his conscience and become self-aware.

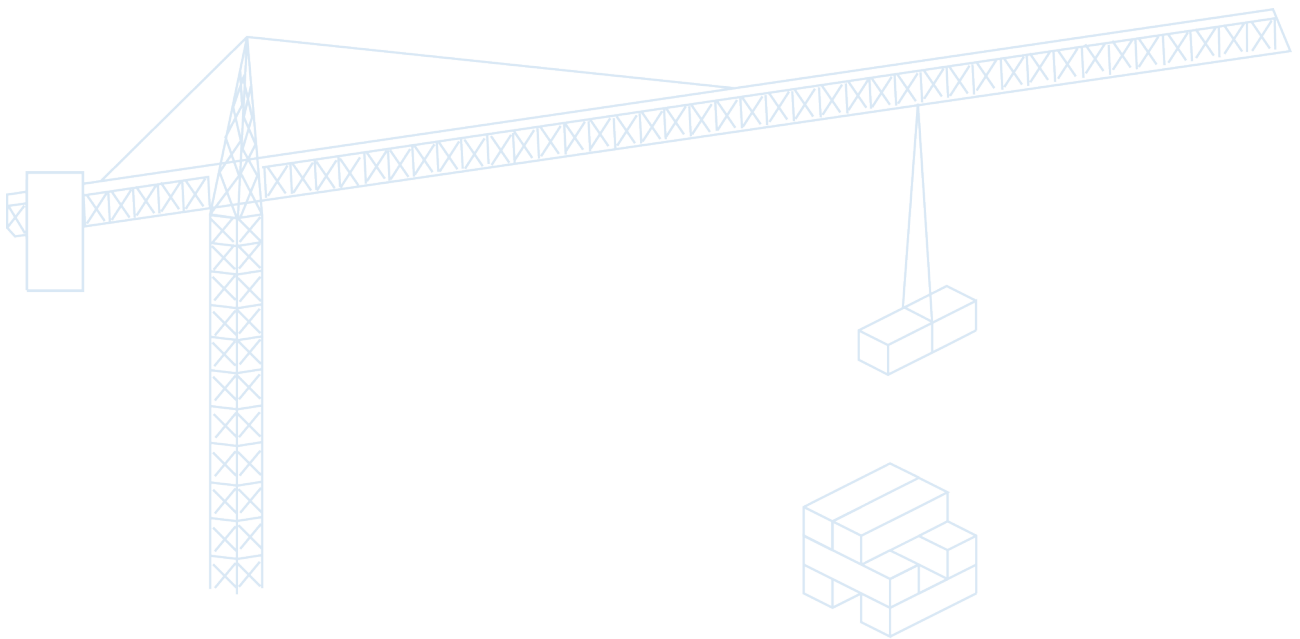
He understood why he felt this way when he was a child and linked that to how he was feeling as an adult. This self-awareness allowed him to realise that throughout his life he was a puppet. He reacted the way he did because he had a deep subconscious mistrust of the world around him and that the people close to him would let him down. He realised that his brain was hard-wired to expect the worst, leading him into situations where the worst was all he could expect.

He understood that he used to attack his foster carers not because he didn't like them but because he was starting to like them and his conscience had learned that attachment goes like this: Like = Love = Rejection = Pain. As a child he did not understand this, he just felt anger and didn't know why. He felt the need to hurt people but when questioned he just didn't know what he was feeling. He realised that just as emotions were the puppeteer of his own childhood actions, those same emotions became the puppeteer of his adult life too. He also saw adults working with people like the child he used to be, also dancing to the same tune and tangled up by the same strings.

Now he can recognise the impact of his past without being a victim of it. He can share his experiences without blame or judgement to help today's adults make better carers for today's angry and scared children.

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TRAINING



Section 31 offers a range of services but predominantly we offer training to social care professionals. We have a number of courses which can be delivered individually or collectively as a modular programme. Training courses use videos and raw experience to aid understanding. Our training is unique as attendees will directly feel the issue being raised because we teach using emotion as a tool rather than a barrier, targeting the conscience of our audiences. Our courses touch people's emotions and impact on people's consciousness to help them fully understand the effects of their practice.

However, these feelings we induce are positive and are about understanding, we never attack, pass blame or point fingers, we just tell it how it is. We do have the upmost respect and understanding for the roles of caregivers and we highlight that throughout. This is about moving forwards not dwelling on hurt.

We believe that adults focus too much on actions and not enough on the cause and if we are to provoke change we must have the same respect for those we teach and look at what drives them, their conscience. We aim to rewire people's ways of thinking and feeling so that the newly formed conscience can influence better decisions within caregivers and social care professionals. The Puppet Project (see our background) proved that emotion focused training works and so we will continue to deliver it and we will continue to provoke change and betterment.

Workshops can be booked individually or together as modular courses. We can also create tailor made programmes based on our clients learning objectives. If there is a specific issue that is prominent within your organisation which you feel we can help with we can place a focus on those areas.

This is one of the best courses you have ever provided. It really should be more mandatory. I didn't want it to end.



The Child's World

[Prerequisite Workshop]

Aims of the course:

- To emotionally impact the group positively, helping them to directly feel the emotions of children in care and understand how children feel.
- Be able to link emotion to actions.
- Understanding the inner child and the feelings involved in “bad behaviour”.
- Understanding the impacts of multiple placement moves.
- Common outcomes for care leavers, current issues / statistics.
- The consequences of blame upon the child.
- The importance of life story work and documenting positive achievements.
- What is normal? What does it mean to adults? What does it mean to a child?
- The development of the human conscience from birth to adulthood, reflecting on care experiences.
- Helping children and young people to manage their own behaviour.

During this course the facilitator will take attendees through his emotional journey through care. Videos are used to inject raw emotion and aid understanding. The facilitator will reflect on his care journey remembering what happened and expressing what he was unable to express as a child.

This course is a view from the eyes of the inner child and a self-reflection of the inner self. This course is designed to help caregivers empathise with children and view them in a different light instead of just “naughty” children with “bad behaviour”.



Self Awareness

[The Child's World workshop is prerequisite]

Aims of the course:

- Understand the role of the human conscience, how it is formed, why it is present.
- Taking a look at own behaviours and understanding the emotions that drive them.
- Understand how self-awareness can improve interpersonal and professional skills.
- Using self-awareness to overcome negative emotions.
- Understand the inner-self and the inner child driving the actions of adults.
- Using self-awareness to manage mental health.
- The importance of a healthy mind.
- Separating emotional from rational behaviour.
- Developing a blame-free ethos, moving away from a victim culture.
- Transactional Analysis (looking at interactions with the world).

This course will help attendees to understand what influences their own behaviours and the root cause of these behaviours. Psychology and service user reflections are used to aid understanding of how a sense of right and wrong is formed and how this impacts on external behaviours. This course has been developed to help professionals move the focus away from the child's behaviour and look at behaviour holistically and in context, opening minds and building a better understanding of self. Attendees will then begin to understand how much the influence of their own actions have on the children in their care.

When reading placement referrals, I will be more open now to saying yes to a more 'complicated child'.



Siblings In Care

[The Child's World workshop is prerequisite]

Aims of the course:

- To understand the emotional connections of siblings.
- Sibling battles, quarrels and influences upon each other.
- The fears of being split apart.
- Brotherly love governing decisions and motives.
- The different interpretations of the same situations.
- How the pain of one hurts the other.
- Blaming, fighting and feelings.
- Caring for each other after care.
- The importance of keeping sibling groups together.

This course will look at the emotional journey of brothers Ben and Scott King. Both brothers faced trauma together and a high number of placement moves. Their experiences will be shared during this course and attendees will understand the importance of sibling bonds and how important it is to keep siblings together.

This has helped me to observe behaviours better and make better choices and help the child to recover more effectively. By thinking and practicing out of the box.



Creative Ways Of Engaging With Young People

[The Child's World workshop is prerequisite]

Aims of the course:

- Geocaching: Carers will learn about geocaching and create geocaches.
- Understand “places of attachment” and neutral places.
- Dealing with challenging behaviours in a constructive way.
- Alternative ways of saying no.
- Helping children break free from chaos.
- Building self-esteem and self worth.
- Feelings rolls: Understand how to create a feelings roll and how this can be used to help children express their feelings.
- Learn how to make play dough and salt dough.
- Making “boring” things fun.
- Engaging with older young people.
- Clay-play, helping children express feelings with clay.

This course is an interactive workshop which will provide carers with a wide range of low cost but engaging activities they can use to engage with hard to reach children. We feel it is important to bond with children and build strong relationships with trust at the heart. Carers will be expected to unleash their creativity and also learn how play can help children recover from trauma and communicate how they feel about themselves.

Very thought provoking!
I wish I'd seen it at the
start of my foster
parenting.



Skills To Foster Add-on Day

[The Child's World workshop is prerequisite]

Aims of the course:

- To emotionally impact the group positively, helping them to directly feel the emotions of children in care and understand how children feel.
- Be able to link emotion to actions.
- Understanding the inner child and the feelings involved in "bad behaviour".
- Understanding the impacts of multiple placement moves.
- Common outcomes for care leavers, current issues / statistics.
- The consequences of blame upon the child.
- The importance of life story work and documenting positive achievements.
- What is normal? What does it mean to adults? What does it mean to a child?
- The development of the human conscience from birth to adulthood, reflecting on care experiences.
- Helping children and young people to manage their own behaviour.

Eight out of ten carers tell us one thing after attending "The Child's World" course; "we wish we had this training before we became carers". This feedback is led us to create an add on day to be attended as part of their induction. This is a specially tailored version of The Childs World which will help new carers understand the child's narrative. Carers will be given a set of skills which they will be able to use to build relationships, engage with and support children in their care.

Capturing a Journey Workshop

[The Child's World workshop is prerequisite]

Aims of the course:

- To understand the importance of balanced record keeping.
- To understand the difference between facts and personal opinions.
- How reports can affect how a child is treated and judged in the future.
- Keeping inline a child's identity.
- Understanding that reports are not solely around safeguarding.
- Understanding constructive ways of writing up incidences.
- Bringing in a child's views and perspectives into reports.
- Understanding how your own feeling can impact how you write.
- Finding the positives within the negatives.
- Being mindful how children can and are able to read their files in adult life.
- Decoding historic events rather than taking them on face value.
- Sending and receiving referrals. Making sense of what others write about children.

This course is designed to help professionals understand the impacts of report writing upon a child's life. Trainer Scott King will share parts of his care files spanning a twenty-year period to help carers understand how unbalanced and opinionated care files can paint a negative picture of a child. The overall outcome is to get professionals to start to record information in a balanced way. Which encompasses both the positives and negative aspects of behaviours that children exhibit whilst also focusing on the child's point of view.

I have engaged in much life story work with children but this is a completely different approach. The life that is experienced through a child's eyes is worlds apart from that observed and documented by adults around them



Life Story Work

[The Child's World workshop is prerequisite]

Aims of the course:

- To understand the importance of life story work.
- Understanding PTSD and its long term impacts.
- Learn about the difference in narratives between first hand experiences and external observations.
- Respecting and crediting children's memories.
- Separating facts from opinion.
- Double life stories – How it was written vs how it was remembered.
- Recovery journeys and revisiting past people / places.
- How care files can be used to fill the gaps and make sense of it all.
- Finding the missing pieces, helping children / young people piece together their life.
- To understand the importance of revisiting old memories, places and people.

This course is not a substitute to any existing life story work training. This is an enrichment of that from the perspective of a child. Trainer Scott King will take attendees through his recovery journey sharing what was learned through life story work that was attempted with him but also the adult life story journey which he embarked upon with his brother. A journey through care can be extremely confusing for children and if life story work is not done, a never-ending void can stay with them as they transition into adulthood. This course is aimed at preventing such outcomes.

Men Who Care: Supporting Male Foster Carers & Inspiring Confidence

[The Child's World workshop is prerequisite]

Aims of the course:

- To hear real life stories and case studies of children and their views on male carers.
- To understand the importance of a father figure in the lives of children in care.
- The long-term effects of an absence of male role models in a child's life.
- Staying safe whilst building relationships.
- Exploring stigmas associated with men and abuse – societal beliefs around men and abuse.
- What are the main anxieties of being a male foster carer?
- Understanding a child's journey, past experiences of male and female interactions.
- Working with extreme behaviours including sexualised behaviours.
- The importance of play and creative engagement.
- Understanding issues around control.
- Managing emotional responses and responding appropriately
- To encourage male carers to use their skills to help children recover and develop.

Many looked after children will have experienced poor-quality relationships with men – living with often absent or abusive, unpredictable fathers who give out confusing signals. Within these experiences, children develop their own unique view of what men and fathers are like and how they behave. These viewpoints will heavily influence a child's behaviour and emotions when joining a foster family. For many looked after children, living with a male foster carer has been their first positive experience of an adult male. This course explores and promotes the importance of a positive and safe role model, exploring the anxieties experienced by male carers. The trainer will also share real life stories and experience of this

Preparing for Independence Workshop

Aims of the course:

- To educate young people about the difficulties of every day adult life.
- To share personal experiences around homeless, debt and mental health.
- To encourage young people not to leave care early and accept and make the most of services whilst they are available.
- To inspire young people and show them that success is possible even with an adverse past.
- To educate around avoiding debt and keeping good credit.
- To encourage young people to focus on their skill sets rather than their mistakes.
- To explore young people's personal goals and ambitions and what they will need to do to get there.
- To educate around the importance of getting a good education now for a better future.
- To provide answers and advice to young people who have worries and concerns around leaving care.
- To educate around the cost of living independently.

This workshop is aimed at young people approaching the age of leaving care. Brothers Ben and Scott King will share their experiences of leaving care young and the difficulties they faced but most importantly, what they learned from their mistakes. This workshop is about raising awareness of the importance of accepting support when it is given and making decisions for a better future. The main aim for this workshop is to prevent young people ending up in a bad place after care and instead encouraging young people to make the right decisions and reach their true potential.

Recovering from Trauma

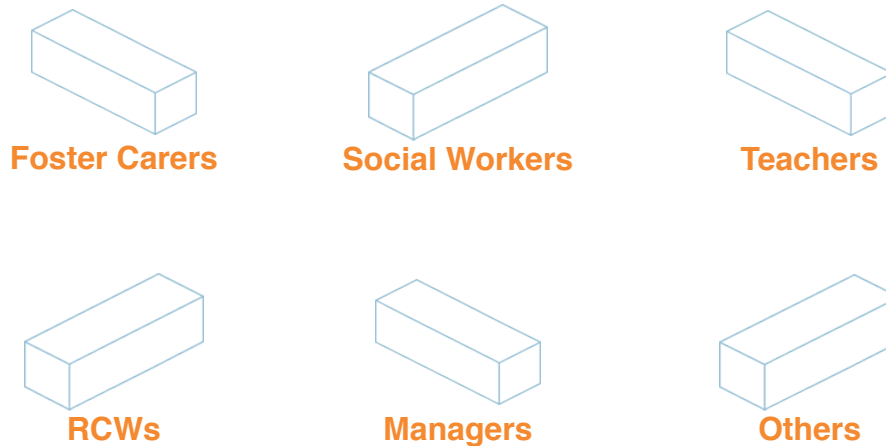
[The Child's World workshop is prerequisite]

Aims of the course:

- To understand the long term impacts of care.
- To understand the impacts of trauma on mental health.
- How to come to terms with past experiences and move forward.
- To understand how further trauma in care can be prevented.
- To understand the importance of relationship focussed recovery.
- To discuss how long term “rewiring” is possible.
- To look at real life recovery stories from care leavers.
- Understanding trauma cycles and how they continue through adulthood.
- Finding the missing pieces, helping young people to piece together their life.
- To understand the importance of revisiting old memories, places and people.

This course is another in depth experience sharing workshop delivered by care leaver Scott King. Brothers Ben and Scott left care with many questions, unresolved issues and emotional scars. A journey was embarked upon to track back and piece together a chaotic life into something that made sense. This journey is presented in this workshop and what was learned will be shared but also a reflection of how better care could have prevented the many scars and questions that were present when Ben and Scott left care.

Course Stages



Realisation of current issues for LAC and CL

1. The Child's Narrative

Emotional impact carers, carers begin to feel what children feel.

[**The Child's World Workshop**]

2. Impact of Behaviours

Carers to assess their own autonomy, their behaviours, their past and the realisation of how they came to be who they are.

[**Self Awareness Workshop**]

3. Difference in Narratives

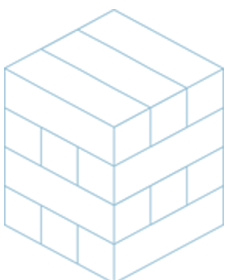
Using new knowledge to create new ways of working, to manage self and others effectively.

[**Siblings In Care Workshop**]

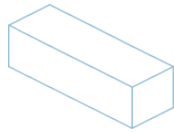
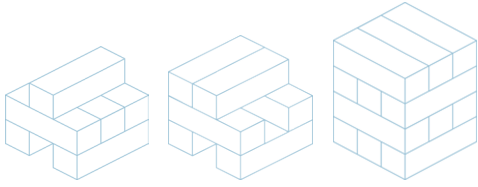
4. Importance of Relationships

What has been learned? How will this be used to help self and others?

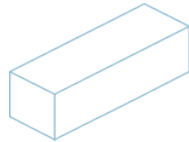
[**Creative Ways Of Engaging With Young People Workshop**]



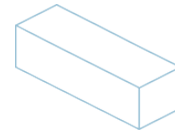
Course Stages



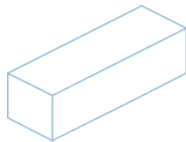
Foster Carers



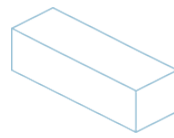
Social Workers



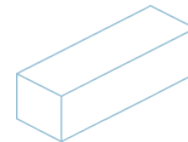
Teachers



RCWs



Managers



Others



Skills Attained:

- Increased emotional intelligence.
- Ability to separate own issues with interactions between self and children.
- Ability to assess and manage own emotional responses.
- To see beyond behaviour and understand the root cause.
- A better understanding of how being in care feels for children.
- A range of new methods and tools to manage challenging behaviour and support a child's social and emotional development.
- Understanding the significance of adults in a child's life and the impact of loss on development and behaviours.
- Understand how the human conscience is developed and the role this "inner guide" plays on feelings and behaviours.
- Understanding how "bad behaviour" links to a deprivation of basic needs.

ADDITIONAL COURSES

We also run several additional courses, these courses can be booked as add on courses. We have developed these additional courses based on what carers have asked of us during our main courses. If you would like any more information on the courses below please contact: workshops@section31training.co.uk



Providing a Secure Base

Technology? What are your children up to?

Life Story Work

Empowering Children and Young People

Rebuilding Self Esteem

Preparing for Independence

Urban Dictionary: A Guide to Slang

Academic Seminars for Social Work Students

Young People Workshops

Conference Speeches

Motivational and Inspirational Talks

Avoiding Homelessness

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For over six years Section 31 has been running emotion focused training programmes for foster carers and social workers across England and Wales originally through a pilot project called The Puppet Project, which was set up in January 2013 by care leaver Scott King.

Initially The Puppet Project was never supposed to be a business or a company. Scott just strongly believed that the best way to influence change is to directly inject emotion and empathy into caregivers so that they not only understand the journeys of children in care, but feel them too.

Scott's intention was to try and reach as many foster carers as he could and stop them from moving kids on from their home because for him, stability and consistency was absent from his journey and the links between poor outcomes for care leavers and the frequency of placement moves whilst in care was evident.

The Puppet Project was supposed to run for a year, however in that year the project received huge support and people from all areas of the care world were overwhelming Scott with bookings and requests for additional services.

People were inspired and were changing the way they think and the way they work the moment they went home.

Foster carers who were thinking about giving their foster children notice, changed their minds and said that they would hold on and change their approach, social workers were being reminded why they became social workers and people were reworking practice because of what Scott had taught them.

The icing on the cake was receiving a letter from The Department of Education which was personally written and signed by the children's minister Edward Timpson MP. He said that the department had been following Scott's work and that this type of work is invaluable and a much needed contribution to the development of children's services, he wished Scott well and gave him his support. It was clear that this work needed to continue.

Therefore, Scott decided to completely redesign the project into a fresh company which would encompass everything that had been asked of him, in order to do this, he would need to expand and bring on board additional team members to meet the demand, so that is exactly what he did. Scott closed The Puppet Project and launched Section 31 Training and Consultancy in collaboration with Joey Peaks. So here we are ready to tackle the stigmas associated with children in care, and redefine what is currently referred to as "naughty" children.

Together we plan to expand our services, reach out further and impact a wider audience. Eventually, we plan to expand our client list and promote, recruit and train a selection of care leavers who, with our support will create their own training programmes and share their experiences too, with their own professionally delivered but personalised training programmes and workshops.

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Scott King is an active campaigner working nationally to drive change and improve the life chances for those in and leaving care. He also set up Edward Timpson's Ministerial Advisory Group where he was chair for the first year before handing the position to another care leaver.

He was also a LILAC Assessor for 3 years and is currently a Mentor, Motivational Speaker and soon to be an author. Scott's passion is to educate social care professionals around the importance of keeping children in a stable home and the damage that multiple placement moves can cause.

He has been through a difficult journey in care and has moved between 36 different homes, so he can directly empathise with the emotions that children in care have to deal with on a daily basis. His experiences have taught him that as children we know what naughty means but we aren't able to understand the emotions that drive our behaviour.

Scott focuses his energy into helping others understand these emotions so that the right environment can be created to help children thrive, deal with trauma and loss and most importantly, feel they belong.

Scott provides extensive training and is able to recognise his past without being victim of it, using what he has learned to teach others how being in care actually feels. Scott also uses his experience to build relationships with children and young people encouraging them to talk about what is affecting them. Scott then promotes what these children are saying during his training to keep the topics current and in line with today's children.

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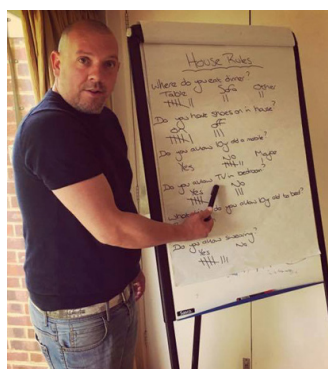


Scott and Ben King have been subject to a life filled with instability and inconsistency. However the only thing that has remained constant throughout, is the inseparable bond of their brotherhood. People and places have come and gone, although even though their physical bond was severed against their will their emotional bond remained firm and connected - described by them alike to the storyline of E.T. and Elliot, being connected by the soul. In spite of the fact that they haven't always needed each other physically they have always needed each other to be ok.

Ben and Scott were brought into care when Ben was three and Scott was six months old, they stayed together for six years and were then seperated.

Although Ben and Scott lived apart and were connected biologically and emotionally they were still two very different people, and so their narratives and experiences were different.

They now work together to improve the care system based on what they have experienced and have learnt. Wishing to prevent siblings being seperated so regularly. Because they know that when care ends, siblings are an important part of your future.



Joey Peaks has worked in several residential settings over his 14 years as a care worker and part of management teams, he too has seen what a lack of stability can do to children in care. Joey has also worked with children and adults with disabilities and learning difficulties so has a good understanding of how people with additional needs process life in care. Joey helps with workshops and facilitates training programmes alongside Scott.

Section 31 offers bespoke courses that work. We know what doesn't work and we know what makes training boring and patronising. We understand that many of those who attend our courses have already had extensive training and some have obtained degrees so there is no point in preaching what is already widely known. We provide the nuts and the bolts that bring everything together, making it all make sense.

Anybody can say they are good at what they do but we know we are because of the feedback we receive. We have delivered over 600 sessions across England, Scotland and Wales with 100% positive feedback.

TESTIMONIALS



Of all the training I have undertaken nothing was more thoughtful than having a trainer that is able to provide a first-hand perspective.

Amazing course - true story. It's good to learn where I can do better by way of understanding life from the child's perspective, their thought process and their behaviour

This training should be part of the mandatory training for anyone working with kids in care

I have learnt a lot from this course. I wish this course had been mandatory or offered to me when I first started working with my employer. I believe that I may not have said no to taking on some of the children that were put forward to us. I would have had a better understanding of these children.



TESTIMONIALS

continued.



I will be telling my husband about what I have learnt today. I hope this will help him to have a better understanding of foster children.

This may be the best course I have been on. I have a greater understanding from the child's perspective.
The videos are very powerful.

This is probably one of the best courses I've ever been on.
Very powerful: self-reflecting.

This has helped my understanding of how different things seem to the child. The impact of negative experiences have for a very long time on a child's life. To look out for triggers - pre productive behaviour.



RATES

All courses are set at a day rate of £400 a day, courses typically run between 10:00 and 14:30 as this works best for foster carers but we can be flexible with times.

Travel expenses are set at 0.45 pence per mile unless special travel arrangements are needed such as planes, ferries, trains or taxis. Overnight stays will sometimes be required for clients who are especially far from where we are based.

We are very flexible, able to work weekends and evenings as well as creating tailor made courses which suit the learning outcomes of the client.

For conference fees please contact Scott via email: scott@section31training.co.uk

workshops@section31training.co.uk

CONTACT US

Bookings:

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