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## **Reaching In Reaching Out (RIRO): Building resilience in young children and the professionals who support them**

**28<sup>th</sup> & 29<sup>th</sup> November 2019, Michael Palin Centre (9.15am – 4.45pm)**

***This workshop is open to all professionals working with children under 8 years old,  
in a healthcare or education setting.***

### ***Feedback from previous course participants:***

*“It provided an opportunity to reflect on my own resiliency skills and thinking patterns, and how this influences my practice and work with families”*

*“Sarah was skilled, knowledgeable, generous and inspiring”*

*“I’m feeling enriched! Lots of new ideas both practical, and for future study”*

### **Course Aims**

This 2-day workshop (cost: £200) is designed to reach young children under the age of eight years of age. It equips professionals working in early education and healthcare settings, with the knowledge and skills they need to model and teach resilience approaches to young children. RIRO skills training lays a strong foundation of thinking and coping skills that support resilience in the adults who care for and work with young children.

RIRO teaches ‘3 Rs of Resilience’ – skills to help *Relax*, *Reflect* and *Respond* effectively to life's challenges. This evidence-based program gives professionals the skills and theory to create a "culture of resilience" and to build critical resiliency skills in young children, using child-friendly approaches.

### **Course Content**

**Day 1: Adult Skills Training (helping adults to build their own foundation of the critical abilities for resilience, that they can model with children and families):**

- Identifying and strengthening critical abilities associated with resilience
- Using strategies to stay calm and focused in stressful times
- Identifying how thoughts can affect our ability to cope with stress and challenges

Whittington Health runs the services at the Michael Palin Centre for Stammering Children with the support of Action for Stammering Children

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- Challenging thinking habits that hinder resilience
- Generating alternative ways to handle conflict, problems and stress.

**Day 2: Child Applications (applying the above skills with children)**

- Adult skills overview
- Stress and resilience in children (research overview)
- Modelling resiliency skills to foster resilience in children
- Using child-friendly approaches to promote 7 critical resilience abilities

**Course Trainer: Sarah Caughter**

Sarah qualified as a Speech and Language Therapist in 2004 and has been working at the Michael Palin Centre (MPC) since 2009. She received a Masters in Cognitive Behavioural Therapy with Children and Young People (CBTCYP) from University College London and the Anna Freud Centre, London, in 2015. She regularly uses CBT with children, young people and parents who attend the MPC and has carried out research regarding the role of resilience in the process of change for a group of 10-14 year olds attending group therapy for children who stammer.

Sarah completed the Reaching In Reaching Out (RIRO) and Bounce Back and Thrive (BBT) intensive trainers course in Toronto in 2016 and has since published an article about the application of RIRO with school-aged children who stammer. Her interests lie in nurturing resilience in vulnerable children, young people and their families, and the professionals who support them.

For more information about the Reaching In Reaching Out programme, please visit:

<http://www.reachinginreachingout.com/index.htm>

To apply for this course, visit: [www.michaelpalincentreforstammering.org](http://www.michaelpalincentreforstammering.org) ('Therapists' – 'Training' section)