

## Training and resources with Ed Sipler in the South Eastern Trust – September 2024 – March 2025

These topics, all using zoom, are planned from October 2024 to March 2025. All workshops run from 10 am to 1 pm. Workers can sign up to any of the courses through Eventbrite from the Western Trust. [Training Brochure Sept 24 - Mar 25 - Tra \(pagetiger.com\)](https://www.eventbrite.com/e/building-our-childrens-developing-brain-tickets-952695948227?aff=oddtcreator)

The focus of training this year is to support the workforce making use of on-line self-help resources with their service users.

It is strongly recommended that practitioners complete the on-line work for themselves to become familiar with the content. They can be found at [Self-Help Resources | ASCERT](https://www.pagetiger.com/selfcareforfamilies) or for Building our Children's developing Brain <https://view.pagetiger.com/selfcareforfamilies>

The booklets can be downloaded from these sites. This is a suggestion, not a requirement. Workers who use the on-line work for themselves are asked to complete the evaluation link on the appropriate platform to help gauge impact. It is being planned that we will be moving to train others in guiding this training. If interested contact Ed Sipler [ed.sipler@setrust.hscni.net](mailto:ed.sipler@setrust.hscni.net)

**By attending any training, you are agreeing to provide a short evaluation to give feedback of the impact of this training and using what was covered in the training.**

**Training sessions include:**

- **Building emotional regulation in children with parents using**
- **Using Self-compassion to improve well-being *Building our Children's Developing Brain***
- **Using low intensity CBT based tools to build resilience (revised Bend Don't Break)**
- **Making Our Nervous System Work For Us- Using the Polyvagal Theory to Improve Well-Being**

**Building emotional regulation in children** through working with parents. This one-half day workshop will equip workers to use *Building our Children's Developing Brain* adapted from ***The Whole-Brain Child*** by Dan Siegel & Tina Bryson with practical parenting strategies to help the different parts of our children's brains work together. It is important to stress this is not infant mental health work, but the stage beyond this.



The material can be used by those trained in 1-1 work or with groups of parents (participants will be provided a PowerPoint guide to deliver the work in groups)

**Dates: All 10:AM to 1:00 PM on Zoom**

- **December 3<sup>rd</sup> 2024** <https://www.eventbrite.co.uk/e/building-our-childrens-developing-brain-tickets-952695948227?aff=oddtcreator>
- **January 21<sup>st</sup> 2025** <https://www.eventbrite.co.uk/e/building-our-childrens-developing-brain-tickets-952697763657?aff=oddtcreator>
- **March 5<sup>th</sup> 2025** <https://www.eventbrite.co.uk/e/building-our-childrens-developing-brain-tickets-952699167857?aff=oddtcreator>

## **Using guided self-help to build resilience – Bend Don't Break**

This half day workshop is aimed the workforce who see clients with mild or moderate emotional or mental health difficulties. Good thinking skills, support and self-care are central to supporting well-being and resilience.

Low intensity work means the member of staff has the skills to coach people through the use of CBT-based self-help material. The training will build the confidence and skills of participants to use a low intensity resource, Bend Don't Break with their clients which has been revised with a 2023 version.

**Dates: All 10:AM to 1:00 PM on Zoom**

**October 22<sup>nd</sup> 2024** <https://www.eventbrite.co.uk/e/bend-dont-break-building-our-resilience-tickets-952714804627?aff=oddtcreator>

**November 13<sup>th</sup>** <https://www.eventbrite.co.uk/e/bend-dont-break-building-our-resilience-tickets-952716720357?aff=oddtcreator>

**January 7<sup>th</sup> 2025** <https://www.eventbrite.co.uk/e/bend-dont-break-building-our-resilience-tickets-952718465577?aff=oddtcreator>

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## **Self-Compassion**

People in Northern Ireland tend to be their own worst critics. We tend to see our weaknesses, not our strengths and can be really hard on ourselves. There is good evidence that when someone practices self-compassion, it improves not only their physical health and well-being, it also helps them achieve goals and make changes in their lives that are important to them.

How to “teach” self-compassion? The first step is to being to practice it in our own lives and model it in our interactions with family and service users.

What you will get from attending the workshop: An introduction to self-compassion, what it is and the evidence behind it, how to make the most of it, experience some of the exercises, and explore a way forward to integrate self-compassion in your work.

**Dates: All 10:AM to 1:00 PM on Zoom**

**21<sup>st</sup> of October 2024** <https://www.eventbrite.co.uk/e/self-compassion-why-the-way-we-talk-to-ourselves-matters-tickets-955513525677?aff=oddtcreator>

**21<sup>st</sup> of November 2025** <https://www.eventbrite.co.uk/e/self-compassion-why-the-way-we-talk-to-ourselves-matters-tickets-955526534587?aff=oddtcreator>

**4<sup>th</sup> of February 2025** <https://www.eventbrite.co.uk/e/self-compassion-why-the-way-we-talk-to-ourselves-matters-tickets-955538540497?aff=oddtcreator>

## **Making Our Nervous System Work For Us- Using the Polyvagal Theory to Improve Well-Being.**

In this workshop, participants will increase learning about our nervous system, the role of the Vagus nerve, and the Polyvagal Theory. With an on-line version of the workbook, it will enable an introduction to the Polyvagal Theory, with exercises to help to improve self-regulation This work is psycho-education to present information and introduce self help that is available.**Dates: All 10:AM to 1:00 PM on Zoom**

**December 11<sup>th</sup> 2024** <https://www.eventbrite.co.uk/e/making-our-nervous-system-work-for-us-using-the-polyvagal-theory-tickets-955246186057?aff=oddtcreator>

**March 3<sup>rd</sup> 2025** <https://www.eventbrite.co.uk/e/making-our-nervous-system-work-for-us-using-the-polyvagal-theory-tickets-955254962307?aff=oddtcreator>

## On-line Resources

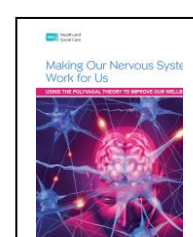
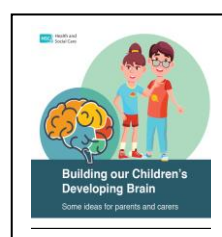
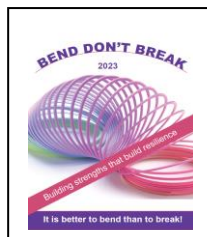
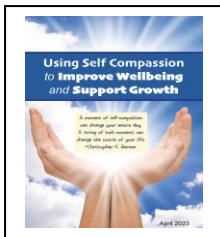
Increasing help seeking for well-being – on-line tools: An important question is how do we reach people earlier for support? In Partnership with ASCERT and the Autism team we took four self-help resources currently in existence and created on-line versions to enable people to do the work from these resources at their own pace. Opens best in EDGE. Copy the link into your search browser. Each has an evaluation link to gauge impact.

**Building our Children's Developing Brain** for parents to help build their children's emotional regulation is aimed at parents to help build emotional regulation. It is not infant mental health but beyond that as children get verbal and into school. <https://view.pagetiger.com/selfcareforfamilies>

**Using Self Compassion to Improve Wellbeing and Support Growth**  
<https://www.ascert.biz/self-compassion>

Teams can request sessions to introduce self-compassion to their teams by contacting [ed.sipler@setrust.hscni.net](mailto:ed.sipler@setrust.hscni.net)

**Bend Don't Break: Low intensity CBT based self-help to support resilience.** [Bend Don't Break | ASCERT](https://www.ascert.biz/bend-dont-break/) <https://www.ascert.biz/bend-dont-break/>



**Making Our Nervous System Work For Us- Using the Polyvagal Theory to Improve Well-Being** is available to improve wellbeing. It is not a quick fix but will require effort to put it into practice. The booklet is on the South Eastern Trust website under the healthy living tab, then building a toolkit for change, <https://setrust.hscni.net/wp-content/uploads/2023/02/Nervous-System-Brochure-Final.pdf>

An on-line version with visual clips of the resource is at: <https://www.ascert.biz/making-our-nervous-system-work-for-us/>

**You Tube Clips for psych-education and to support conversations.** Three you tube clips on well-being have been developed

- *Stress and Trauma and your nervous system* [https://youtu.be/beC3b9IWA\\_o](https://youtu.be/beC3b9IWA_o)
- *Self-Care Now When We Need it Most* <https://youtu.be/rfHLHwhD1Pw>
- *Dealing with worry* <https://youtu.be/dIYhhqf9Gc>
- *What supports long term change* <https://www.youtube.com/watch?v=ipiHO0rczCI&t=4s>

**3 clips have written resources the viewer can download from the description on the You Tube site. To find these clips search Ed Sipler on the You Tube or visit [www.ascert.biz](http://www.ascert.biz) under the resources section.**

Three more You Tube clips focus on alcohol and drug issues:

- *Alcohol Drugs and Change* <https://youtu.be/r9M-DRBrCHE>

- Coming back from a relapse <https://youtu.be/ukOVI7bHVk>
- Supporting family members <https://youtu.be/T1NEzxpAxY>

## Riding the wind of change – a series of five 15 minute clips to support well-being on You Tube site



Stress is a normal part of life, yet when it becomes overwhelming, can impact on anyone's physical health, mental well-being and relationships.

During a time of change in the South Eastern Trust, five 15 minute sessions were delivered to staff to support well-being during this period. As the information and resources talked about in these clips can be useful to anyone, recordings of these clips were uploaded to the Trust's You Tube channel and are now being made widely available. The first four clips have papers discussing the content in more detail that can be downloaded from the You Tube site



- **Managing change- survive or thrive**

<https://www.youtube.com/watch?v=MKbZIMp-c4U&t=16s>

- **Grounding, calming skills to help us turn down the volume of our fight or flight response**

<https://www.youtube.com/watch?v=vSqge7R-xml>

- **Being a bit kinder to ourselves**

<https://www.youtube.com/watch?v=gmh9CZoj8zw>

- **Supporting someone under pressure.**

<https://www.youtube.com/watch?v=3f0PG78Mq4I>

- **Pulling the themes together and a little more**

<https://www.youtube.com/watch?v=ZCgi7IPMK9s>

A play list of all 5 clips is on [Riding the Waves of Change - YouTube](#) and there are papers that go into more detail that can be downloaded from the description of each clip.

These clips are aimed at promoting well-being and are not a replacement for professional support. Embedded in the clips are avenues for making use of further on-line self-help at [www.ascert.biz](http://www.ascert.biz) or [Building a toolkit for change - South Eastern Health & Social Care Trust \(hscni.net\)](http://Building a toolkit for change - South Eastern Health & Social Care Trust (hscni.net)) Any feedback or comments are greatly appreciated.