



## Promoting therapeutic group work in London schools

For some children learning presents challenges that leave them unable to show what they know and can do. This leads to them feeling unmotivated, disengaged and frustrated at not experiencing academic success, often despite much thoughtful intervention on the part of the school. Adults may similarly feel disempowered at being unable to move beyond the barriers that stand in the way of academic achievement for these pupils.

Therapeutic group work approaches have been used very successfully to increase pupil motivation and engagement, and raise levels of attainment.

The Caspari Foundation has successfully secured funding from the Big Lottery Fund to roll out a three-year project running therapeutic groups with pupils in primary and secondary schools in local London boroughs.

Educational psychotherapists Jill McWilliam and Maggie Scott will work with senior leaders and staff to support schools in promoting understanding about the ways in which conscious and unconscious dynamics can play out in the learning situation. The first steps will be to use existing networks and contacts to identify boroughs and potential schools to work with and deciding the primary/secondary split in terms of numbers of pupils.

Secondary models will be designed to complement Therapeutic Story Group, and the projects are scheduled to begin in September. School-based staff are being trained to run groups by co-facilitating with educational psychotherapists which is part of Caspari's cascading strategy.



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School staff working in this way speak of feeling empowered and having greater confidence in their own capacity to think about and understand behaviour as a communication of emotional experiences, and use this understanding effectively to support pupils' learning.

Please contact us if you would like to be involved in this project at [admin@caspari.org.uk](mailto:admin@caspari.org.uk)

### Caspari Foundation

Angel Wharf  
53 Eagle Wharf Road  
London N1 7ER  
Tel 020 7704 1977

[www.caspari.org.uk](http://www.caspari.org.uk)

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## Introduction from the Chair

**After** five months without a chief executive officer, Caspari has appointed Kevin Kibble. Kevin, who joined in June has considerable experience of the voluntary sector and a wealth of knowledge of fundraising. His understanding of educational issues was enhanced by a period as Chair of Governors of an East London primary school and he has also been involved in publishing. We expect that this range of experience will be very helpful in developing Caspari's activities and we are very much looking forward to his being part of Caspari's future.

Kevin has already met a number of the people involved in Caspari's work including the two educational psychotherapists appointed to run the project financed by the Big Lottery Fund. These are Jill McWilliam and Maggie Scott. Jill will work three days a week and Maggie for two and a half days. This will allow some overlap and time for the reporting required by the grant.

Many Caspari members have been affected by changes in local government funding. This includes Claire Warner, who has been on the Governing Council for more than a year. She has had to resign because she is moving to Somerset where she hopes to make contact with other educational psychotherapists. We will miss her contribution as a trustee, but hope she will still be involved at some level when she has settled into her new home.

**Gill Salmon**, Chair

## CEO introduction

It is a great pleasure for me to be joining the Caspari Foundation as Chief Executive. I thank the Trustees for giving me this opportunity and I look forward to meeting as many of you as possible in the near future.

Of course I join at a difficult time – difficult for families, for education, and for charities – so I am aware of the challenges that face us. But these are also exciting times, The Big Lottery Fund grant for our Groups Project in schools enables us to further our reach and document the impact our work has on young people.

Fundraising is difficult at any time but the current economic climate is having a detrimental effect especially in our traditional income area of Trusts and Foundations, so a particular focus for me in my first few months is to look to diversify our income streams and move from our current project finance base to a more general core costs programme.

## The Journal

The Journal of Educational Psychotherapy is published by the Caspari Foundation as an annual publication, with articles concerning emotional well-being and learning. Some articles are based on purely clinical work; several are about work in school settings. Some may be more widely ranging psychoanalytical writing. All are considered potentially interesting to Caspari members and others concerned with looking at the emotional world and its effect on how children learn. The journal is free to members and sold to non-members. Some articles are made available on our website.

The forthcoming edition has been delayed primarily because of the link with CEWBS



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I would like to hear from you. For Caspari to grow and develop it is important that we grow together as an organisation and I want to take as many views into consideration as possible to inform the Trustees in their decision processes. I intend to meet with, and take advice from, our various support committees and funders as we develop a plan for sustainable development over the next five years.

I wish you continued success in the brilliant work you do to support vulnerable young people.

**Kevin Kibble**  
CEO

(explained in this newsletter by Heather Geddes) and we hope that this will make the wait worthwhile.

The CEWBS initiative brings Caspari together with like-minded organisations that wish to see changes in the ways that teachers are trained, prepared and supported in the difficult task of helping children to learn. It is hoped that not only teachers, but other professionals such as social workers who are involved in the education and emotional worlds of children in their care, will gain from reading about the thinking that informs various kinds of interventions in schools and elsewhere.

This edition will reach a wider readership than usual and will raise the profile of the Caspari Foundation and awareness of our work.

**Lee Marsden**, Co-editor, The Journal of Educational Psychotherapy



# Clinical service expands

During 2010-2011 the capacity of the Clinical Service at the Caspari Foundation has grown to 50 children/young people and their families and schools.

Four part-time therapists (one day a week each) now work alongside the Senior Educational Psychotherapist who, as well as overseeing their work, also offers individual one-to-one educational psychotherapy to children or young people and also supports parents or carers.

Work with children affected by violence at home or in their environment is funded by the City Bridge Trust. Through this funding Mark Griffiths works with groups of children and their families in school while Wanda Wadsworth sees individual children and their families at Caspari.

A number of smaller grants support the work of Gloria Condon, Wanda Wadsworth and Michael Reeves with children who have had a range of adverse experiences or difficulties such as bereavement and loss.

In addition, Caspari has contracted Patti Whitfield to undertake outreach work with pupils at a local special school.

This term we are pleased to welcome two new part-time members to the Clinical Services team of Educational Psychotherapists. Jill McWilliam and Maggie Scott will be working with a range of groups in schools funded by the Big Lottery Fund. This is an exciting new venture and we are looking forward to substantially increasing the number of children and families who benefit from the work of the Caspari Foundation.

**Anne Casimir**  
Senior Educational Psychotherapist



## MA training news

The MA training is going well with 13 current students and three new candidates offered places for September. There were six new students for this year but with large cuts in public spending, three candidates have had to withdraw or defer.

The programme board are looking at ways of making the course more accessible both in its format and its content. This is an ongoing process and I look forward to working with our new CEO Kevin Kibble and other colleagues to widen the appeal of the MA and the Reaching and Teaching course.

A number of Caspari members have been instrumental in starting up and supporting a Reaching and Teaching course in Brighton. In particular, I wish to thank Heather Geddes, Trisha Reid and Tracy Briggs. Heather is hopeful that further training is in the pipeline.

We were sad to say good-bye to long-standing tutor and seminar leader Vikki Rowland, who has left London to retire to Cheshire. She has promised to stay in touch and contribute to our work as and when she can.

**Ingrid Cleaver**  
Programme Board Leader

# 3rd European conference on child and adolescent mental health in schools

This conference, entitled Emotional Well-being in Educational Settings: Developing Skills and Communities in Challenging Times, will be held from 15-17 September at Fitzwilliam College, Cambridge University.

It will provide a forum for education and mental health professionals to share practice, research and new ideas and to review the impact of current changes in the direction of health and education policies.

Plenary speakers are Laverne Antrobus, Ben Furman, Emil Jackson and Poul Lundgaard Bak. Symposium themes will include: special educational needs and learning difficulties; mental health

interventions in educational settings; school and social exclusion; counselling in schools; creative therapies; coping with trauma in schools; and nurture groups. Dr Heather Geddes will be presenting a paper on Attachment, Behaviour and Learning, and Jill McWilliam and Gill Morton will be presenting a paper on Therapeutic Story Groups. Jenny Dover and Anne Casimir will be presenting a workshop on Educational Psychotherapy based on case study.

The standard fee for the conference is £325 and accommodation is from £95. Details from [www.tavistockandportman.ac.uk/3rdeuropeanconf2011](http://www.tavistockandportman.ac.uk/3rdeuropeanconf2011)



## Inbrief

**A** new book entitled 'Why Can't I Help This Child to Learn? Understanding Emotional Barriers to Learning' will be published in the UK by UKCPI/Karnac in November 2011. Edited by Helen High, it contains chapters by Salmon, Dover, Beaumont, Barrett, Geddes, Morton and Delaney.

**A** fortnightly group for adoptive parents will be offered at Caspari with the focus on concerns around the children's experience of learning and relationships in school. Parents may have children who are being seen at Caspari, but can also be referred, or self-refer, independently. The group will be run by Jenny Dover and Mia Beaumont. For more information contact the Caspari administrator at [admin@caspari.org.uk](mailto:admin@caspari.org.uk)

**The** book *Reaching and Teaching through Educational Psychotherapy: a Case Study Approach* (Wiley 2007) by Salmon and Dover has been translated into German.

## Consortium for Emotional Well-being in Schools – CEWBS

**This** group was started by Heather Geddes and Jim Rose of the Caspari Foundation who were later joined by James Wetz of The Urban Village School.

Their hope was to engage others working in the field of children's emotional well-being to promote the need for all teacher training – initial and CPD – to contain modules that help teachers recognise the social and emotional factors affecting behaviour and learning.

All the organisations approached to participate carried out their work in school settings, and so had a commonality of understanding about the issues affecting learning and behaviour. The CEWBS membership includes Antidote, NGN, SEBDA, EPL and representatives from training. Full membership will be available on the website, which is currently being developed.

### The agreed mission statement is as follows:

Many children experience difficulties in school as a result of adversity in early life affecting their social and emotional development and educational achievement. The Consortium for Emotional Well-being in Schools is a network whose members collaborate to develop best practice so as to influence service provision and policy making for this vulnerable group.

### Our work is based on evidence that:

- Children and young people learn and develop to their full potential in environments that promote emotional health and well-being
- Teachers can only shape such environments if their professional development is informed by a deep understanding of children's emotional and intellectual development
- The framework for this awareness and knowledge is provided by modules of study based on Attachment Theory and Basic Neuroscience.

There are plans to publish a special edition of the Caspari Journal, edited by Lee Marsden, which includes contributions describing the work of the CEWBS organisations. This will be of particular value to head teachers seeking to commit to intervention in school.

A further goal is to raise our profile with a major conference and to become active in connecting to the voices that influence policy makers at a political level.

**We welcome any comments.** Please contact [heathergeddes@ripeworsley.co.uk](mailto:heathergeddes@ripeworsley.co.uk)  
[jimrose\\_1@btinternet.com](mailto:jimrose_1@btinternet.com)  
[jaibwetz@hotmail.com](mailto:jaibwetz@hotmail.com)

## Are you a member of Caspari?

**Members** of Caspari enjoy benefits such as:

- ⊕ Discounted fees on Caspari training and events
- ⊕ Complimentary copies of our journal – *The Journal of Educational Psychotherapy*
- ⊕ Access to the Caspari library
- ⊕ Early notice of events, training and job opportunities
- ⊕ A '**members only**' information and download area of our website
- ⊕ Networking opportunities

For membership details and an application form contact [admin@caspari.org.uk](mailto:admin@caspari.org.uk)

## Is your membership up to date?

Make sure you continue to receive the existing and future benefits of membership by checking that your details and payment records are up to date. If you have any doubts, either check the members area of the website [www.caspari.org.uk](http://www.caspari.org.uk) or contact [admin@caspari.org.uk](mailto:admin@caspari.org.uk)



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