



ABOUT THE I MATTER FOUNDATION STAGE COURSE

INTRODUCING THE I MATTER FRAMEWORK

OVERVIEW:

How do we respond to challenging situations and protect the mental health and wellbeing of young people and families, especially the most vulnerable? This training provides professionals and parents with a fast overview of the I Matter Framework. The intent is to offer a practical accessible approach clarifying what the research evidence is really saying about what helps most, and why. The I Matter Framework weaves together insights about stress states, child development, brain development, and the adult role including the power of our beliefs and attitudes. It is highly pertinent in COVID-19 times.

FOUNDATION STAGE: From Confusion to Clarity

STAGE 1: Direct Roles Understanding the I Matter Framework will help you and your staff team to see everyday situations differently so that more clarity and effectiveness can be brought to your responses

Preparing for STAGE 2: Supporting Others: Completing your Foundation A certification enables you to apply to Stage 2 for supporting others in Link, Lead or Advanced Practice roles

THE I MATTER FOUNDATION STAGE IS FOR

- + Any parent who wants to have a deeper understanding of how to help their child
- + Any professional in a front line position supporting children who struggle or challenge
- + Professionals working with parents who are concerned about children who struggle or challenge

The training and approach is for practitioners in education with responsibility for pastoral support, safeguarding, SEN, Mental health champions as well as GP's, Health Visitors, School Nurses and Social and Community Workers. I Matter Thinking supports whole-setting thinking and targeted work

COURSE STRUCTURE:

The core Foundation course is structured into 6 modules - you will complete a registration questionnaire and work through online content keeping a focus child in mind. You can go at a fast or slower pace as works best for you – around 90mins study plus group check in per module:

Module 1 – recognising stress and wellbeing in adults and young people with an I Matter approach

Module 2 – recognising the essential contributors to stress states

Module 3 – understanding the significance of attachment relationships and the role of the adult

Module 4 – understanding the brain based underpinnings of stress states

Module 5 - how children start thinking - the developmental foundations of social competence

Module 6 - the power of our beliefs and attitudes and Final Review

The Foundation Course introduces the I Matter Framework. The training comprises:

COURSE COMPRISES: Online learning account with around 6 x 90mins study and 6 x 60min live group calls

BY THE END OF THE I MATTER FOUNDATION STAGE: FROM CONFUSION TO CLARITY

Participants will have an understanding of the I Matter Framework and how it can support an evidence based approach to practice in professional & personal roles to support children and young people who are struggling or challenging

ELEMENTS OF THE FOUNDATION STAGE

Foundation A: From Confusion to Clarity: Theory Course

Foundation B: Watching Affectionately:

Foundation C: Everyday Applications

Foundation D: Short Courses

NEXT STEP OPTIONS: Intermediate and Advanced and Certification

