



ABOUT THE I MATTER 30 DAY PROFESSIONALS INTENSIVE

DISCOVER 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.

PROFESSIONAL FIRST STEPS INTENSIVE: The Big Picture: The Pillars of the I Matter Framework

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

STAGE 2: Supporting Others: Becoming licensed as a Link or Lead Professional or School enables you to support staff and parents in accessing training via referrals (Link role) or inhouse support (Lead role)

THE I MATTER INTENSIVE IS FOR

- + Senior leaders in any role with a team supporting children who struggle or challenge
- + 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 senior or middle leaders 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 via our Crash Course option – 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 Intensive Course offers a fast paced overview. The training comprises:

COURSE COMPRISES: Online learning account with around 4 x 90mins study and 4 x 75min live group calls

BY THE END OF THE I MATTER FOUNDATION INTENSIVE

Participants will have an overview of the I Matter Framework as an integrated evidence based informed approach to practice in professional and personal roles that support the mental health and wellbeing of young people and families in all settings. Participants gain an understanding of why some urgent shifts are need in policy and practices and a vision for how to take I Matter thinking forward in their own roles

OPTIONAL NEXT STEPS

Stage 1 Confidence with the Challenging or Struggling Child:
Foundation, Intermediate, Advanced with Certification options

Stage 2 Certification - Supporting Others on an I Matter Journey:
Link, Lead, Advanced Practitioner

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