



Overview of I Matter Practice

Message from Dr Cathy Betoine

For GP's, Teachers, Teaching Assistants, School Nurses, Health Visitors, Psychologists,

As a clinical psychologist with many years of practice with children and families I have seen so many families on a long search for help and becoming very discouraged. Somehow in spite of years of help-seeking too many of these families remained unclear about their own role in helping their child - as so few practitioners had a focus on adult-child relationship health and even fewer knew how to support a relationship health recovery protocol.

I Matter Training is designed to give you confidence that your practice with children and families is built on solid theoretical and research based foundations. We aim to ensure you have some specialist knowledge that can help you bring a wider level of understanding to your work with adults and children experiencing a range of needs and challenges so that the most important details get the right support and attention in timely fashion.

Your understanding and skills are much needed in this neglected field. I really look forward to welcoming you to our network.

Love and Appreciation

Cathy

STAGE 1: I MATTER PRACTICE - DIRECT ROLES

There are several stages within Stage 1

Training

First Steps

Intensive

Foundation

Intermediate

Advanced

The Foundation, Intermediate and Advanced Levels all have an optional certification step



STAGE 2: I MATTER ROLES - SUPPORTING OTHERS

There are 3 Certified pathways within Stage 2 I Matter Practitioner Training. We take applications to Trainee status in all 3 roles after completion of the Stage 1 Foundation Stage Certification. Then the options are

1. The I Matter Link Professional.
2. The I Matter Lead Professional
3. The I Matter Advanced Practitioner



Overview of I Matter Practice

STAGE 1 TRAINING

On an everyday basis any professional working in health or education or community roles will observe children and families facing a huge range of everyday and more complex challenges

Where should you start - and why? Stage 1 Training is designed to ensure that your everyday practice is built on very solid back to basics evidence based foundations with your own key role being centre stage

With a solid grasp of the content of Stage 1 you will feel equipped for your role and will be able to play a key role in helping both individuals and communities through the presence and insight you bring.

Most importantly you will be able to become a living example of our I Matter premise - that through investing in your own understanding you can better help others. We aim to offer you a supportive network committed to the premise that through small steps we can all find our way through challenging situations

STAGE 2 TRAINING

One key detail that we have observed over the years of developing I Matter practice is that you can't change others only yourself. The key challenge therefore when we would like others to change is to create the conditions that supports others in a readiness for change process. So I Matter Stage 2 training is designed to build a network of support that facilitates other professionals and parents in wanting to embark on a self-development process.

LINK ROLES: are designed to support the concept of an attachment village. By ensuring that you are well informed you will be able to open a route to families who are ready to learn. The change process is supported when parents and professionals have opportunities to informally discuss their learning and feel cared for in that process.

LEAD ROLES: are designed to make it possible to increase capacity for study supported learning so that more individuals can take part in the the I Matter Learning Journey which offers a tried and trusted process. Your own skills in connecting with others and assisting them in feeling that it is safe to explore material that can often feel sensitive and raw is key to an effective learning process. We enjoy supporting you in building your own experience.

ADVANCED PRACTITIONER ROLES: The Advanced Practitioner role is one of holding a great deal of complexity in mind. You will learn to use I Matter Thinking to hold in mind the development needs of the child and of the adults and of the system around them over time. Our assessment and recommendations process is key to effective practice.



Overview of I Matter Practice

COURSE DETAILS

INTRODUCTION: This provides a 90min overview to the background to the I Matter Framework and why it is needed. We also offer half day and one day programmes

FIRST STEPS: 30 DAYS NUGGETS AND GEMS: Relationship Improvement Focus

This entry level online course is combined with an assessment and recommendations stage and is intended for parents-carers who are looking for help with a child who is struggling or challenging. It can be accessed via a recommendation from a Link or Lead professional

FIRST STEPS: 30 DAYS I MATTER INTENSIVE: The Pillars of the I Matter Framework

This online course is intended for professionals who are interested in gaining a fast paced big picture overview of the I Matter Framework including an understanding of how it can support evidence based decision making with children and families

STAGE 1

FOUNDATION STAGE: INTRODUCING THE I MATTER FRAMEWORK

The original Foundation Course offers a more indepth introduction to the pillars of the I Matter Framework with accompanying resources.

Foundation A: From Confusion to Clarity:- a 6 module Theory Course

Foundation B: Watching Affectionately - a 3 week coaching intensive

Foundation C: Everyday Applications and short courses - a 3 week short course

Foundation Stage Certification

INTERMEDIATE STAGE: Thinking Developmentally

The original Foundation Course offers a more indepth introduction to the pillars of the I Matter Framework with accompanying resources.

Intermediate A: Thinking Developmentally - a 6 module Theory Course

Intermediate B: Nurturing Growth and Extension options - 2 x 3 week intensive coaching

Intermediate Stage Certification

ADVANCED PRACTICE

Advanced Applications

STAGE 2

We accept applications to Stage 2 after completion of the Foundation Stage Certification

LINK PROFESSIONAL This training is for professionals who want to be able to support referrals of parents-carers to I Matter Training

LEAD PROFESSIONAL This training is for professionals who want to join our network to provide study support for professionals, and parents and young people taking part in I Matter Training

ADVANCED PRACTITIONER: This training is for experienced professionals who want to learn how to support therapeutic practice with our assessment & recommendations process



Overview of I Matter Practice

CERTIFICATION

Certification is the way that we ensure that we build a community who can demonstrate a solid grasp of the content and application and skills involved in I Matter Practice. There is a big difference between having the outline ideas and being able to demonstrate an active understanding of the details as they present in everyday situations,

So Stage 1 Certification has several stages

- i) You complete the core online training with the online worksheets
- ii) You complete a personal log book using our formats to show your understanding
- iii) You submit your log book for review
- iv) You have a discussion with an experienced practitioner about your learning
- v) Once approved you can be listed on our directory

Stage 2 Certification for the Link Role has several stages

- i) On completion of your Foundation Intensive you can apply to be a Link Trainee
- ii) As a Link Trainee you will join our Link Network
- iii) You will have opportunities to volunteer to be a study supporter
- iv) You will work with us to gain experience in making and supporting effective referrals
- v) You will maintain a log book of your learning and submit this for review

Stage 2 Certification for the Lead Role has several stages

- i) On completion of your Foundation Stage certification you can apply to be a Trainee Lead Professional.
- ii) Your application should include an outline of the group that you would like to learn to support with study support with the First Steps and Foundation - starting with Everyday Awareness
- iii) On acceptance of your proposal we will work with you to help you take forward your personal project

Stage 2 Certification for the Advanced Practitioner Role has several stages

- i) If you are a practitioner with advanced experience of therapeutic practice with children and families then on completion of your Foundation Stage certification you can let us know of your interest in applying for the Advanced Practitioner training route.
- ii) Advanced Practice requires that you gain experience with the Link and Lead roles through taking forward a small development project
- iii) The Advanced Practitioner route also offers supported learning with our assessment and recommendations process and in the role of supporting other Links and Leads
- iv) On satisfactory completion of a period of Trainee supported learning we will licence you as an Approved Practitioner with options to licence the use of our assessment tools



Overview of I Matter Practice

What Do Practitioners Say?

The I Matter Framework training gives practitioners a very thorough grounding in a way of understanding how a wide range of common issues are linked together and, why some relationships are more challenging than others. It then shows you the steps needed to support relationship health recovery! I Matter Training has changed the way I think about so many aspects of my work

Before I did I Matter Training I was often confused and uncertain in my work with children and families. I often wasn't sure how to help. I now have a much deeper understanding of what works and why and I find working in a network very rewarding

I had no structured approach with children and families prior to working with The I Matter Framework, as I had never thought about targeting relationship health in this way.

Using a 'step by step' proven system based on specialist understanding and being able to offer a 'plan of action' which has worked for so many already has increased my confidence. The I Matter Journey communicates the need for commitment over a longer period and this ensures a greater chance of success which ultimately is all that families are looking for – they wish to gain new skills and wish to restore relationships to a place of happier and healthier place.

I have seen a huge shift in the way I think about my practice through becoming part of the Relationship Health Practice Network and through becoming a specialist in relationship health. My clients commit to a minimum of six months with me and I now work with many over a longer period. Other practitioners also refer clients to me as a specialist in this area.

I still see a range of clients as well but have adjusted the way I work in order to offer a much broader and more holistic relationship focussed approach. It is good to know that I can refer clients to a trusted process that will complement their work with me. I frequently incorporate coaching into sessions and I am not afraid to refer to other therapists if I think my clients will benefit. I also tend to create packages of care for many of my clients.

I've really enjoyed completing the Foundation Level training, it has given me a far greater depth of understanding of how difficulties arise in families and the steps needed to make a difference. I look forward to working with families now as I know I have something that will work for those who are ready to learn.

I would recommend this training because it gives you an excellent grounding in how to work with families where difficulties have become entrenched. By basing practice on a careful assessment and recommendations process everyone can work together with a shared sense of priorities. This ensures that everyone stays focussed.