Pupil & Family Support

THE BARLOW
RC HIGH SCHOOL

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Rise up,
take courage,
and do it.

Content

- P & F Support provision overview
- Current roll & qualifications
- Working with Families and Pupils - Attendance example
- Impact
- Workshops



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Overview of the Provision

- P & F Support is a branch of the Pastoral Team that focuses on providing extended, tailored support to pupils and their families through Individual, Parent and Family therapeutic sessions.
- The main body of work consists on combining CBT based approaches and a wide range of evidence based models to support students presenting Emotionally Based School Absence (EBSA) often accompanied with anxiety and complex relational challenges.
- The Provision is overseen by Mrs Seddon and coordinated by Mrs Douglas who acts as the main Systemic Family Therapy Practitioner

Mrs Douglas' Credentials:

- BA Psychology St John's University- New York US
- MSC Cognitive Neuroscience – Durham University UK
- MSc Systemic Family Therapy Practitioner- Springfield University Hospital London, UK (ongoing)
- FL Cert in Coherence Therapy
- Adult Development- Immunity To Change Certified Facilitator
- Member of the Association of Family Therapy (AFT)



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Example: EBSA

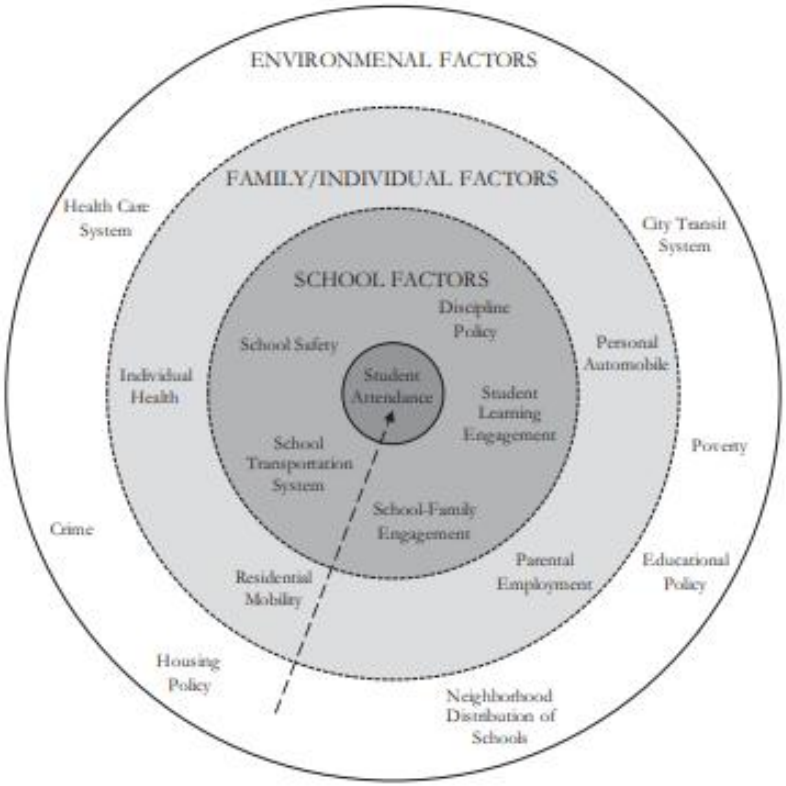


Figure 1. Conceptual Framework of Factors Influencing Chronic Absenteeism. This Figure Depicts The Direct and Indirect Relationships Between Examples of Environmental, Family/Individual, And School Factors That May Affect The Likelihood of a Student Attending School on a Regular Basis.

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A New Approach

SYSTEMIC FAMILY THERAPY

- Focuses on the relationships amongst people in a group rather than on the individual's thoughts and feelings
- Wide range of Evidence Based Models to address the presenting problem relationally
- It seeks to empower the whole family by re-establishing parental hierarchies, or by helping tap into their strengths or develop new capacities

Progress Overview

- Over the past seven months, we've been working closely with families to support pupils who can be classed as part of the EBSA (Emotionally Based School Absence) cohort, often accompanied with anxiety, and other mental health challenges.

- This work requires a small steps approach to build to success. The goal is full reintegration into school and noticeable improvements in well-being and this is being routinely seen.

- Progress isn't always clear-cut or directly linked to academic outcomes. Many of these families have endured years of adversity, and a lack of support from stretched agencies, leaving them without the strategies needed to thrive. As a result, they are often working through multiple layers of unresolved challenges. Nonetheless, the overall impact of the therapeutic work on our pupils is profound and cannot be underestimated.

Talking To Teens: Mastering Communication & Conflict Resolution

These series of engaging and practical parent/carer workshops are designed to give parents:

- **Effective communication tools**
- **Constructive strategies for managing conflict**
- Insight into **fostering resilience and independence**





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