



Hope Wisdom Freedom

Emotional Logic information for Foster Carers

What is Emotional Logic and how do you work with children?

Life can be difficult, and we all struggle at times to know how to deal with the challenges we face. This can be particularly difficult for the children and young people you support. When this happens, Emotional Logic can help.

Emotional Logic is a personal development tool used by people of all ages to improve emotional intelligence in difficult situations. It helps us make sense of unpleasant emotions. People can then harness that emotional energy to face life's challenges, build emotional resilience and embrace change.

Emotional Logic is not counselling or therapy. It is a conversation based skill that children can learn, so they can plan their way through life. It is quite simple to learn the basics. We teach children and their families how to do this using a range of unique, age appropriate, kinaesthetic resources. Then we support them to make plans to improve their life and feel happier. Emotional Logic was designed by a British GP in the 1990s and Emotional Logic coaches are specially trained to teach people how to use it. It is now used across the globe in Education, Healthcare and many other areas.

When we work with children in schools we usually work one to one with children for about half a term but we can also work with extended family such as parents or carers. We start our session by listening to the child to find out what is going well in their life and what aspects of their life they would like to change or have more of. Our sessions are confidential and we closely follow the school's safeguarding policy. We have more information about this on our website and the links appear at the end of this document.

People ask for our help for many different reasons. Our qualified Emotional Logic coaches are professionals from a range of backgrounds and are familiar with supporting children with all sorts of challenges, including anxiety, aggressive behaviour, self harm and depression. We promise to listen carefully to your child's point of view and we won't judge them. We will teach them how to make sense of their unpleasant emotions and how to make effective plans to move forward. Once they have learned how to do this they can pass on their skills to other friends and family. For example, they may want to show you how the Stepping Stone cards work.

What might change in my child's life after they learn to use Emotional Logic?

This varies from person to person. For instance, when your child learns effective, non-aggressive ways to negotiate with friends and adults, they may find that relationships at all levels improve, including family relationships.

The one thing everyone has in common is that they tell us that things improve! Here are some of the most common things people tell us have changed for the better:

- I feel much less worried now
- I am more confident
- I understand my anger now and get into less trouble at school
- I feel less anxious about going to school
- I feel listened to
- When things go wrong, I know what to do now
- I know how to say what I think without upsetting everyone
- I used to keep everything in but now I know how to talk about it
- My family life is happier
- I have more friends
- I get on a lot better with my parents now
- Since learning Emotional Logic I'm doing better at school

You may well be aware that scientists have shown that we all learn better when we feel safe and understood. Learning Emotional Logic will help your child to feel safe, heard and valued.

If you want to find out more, have a look at our website where we have a short animation and many frequently asked questions for children, carers and teachers. Alternatively contact us on info@excitingeducation.co.uk

What happens on a carers' training day?

We spend a few hours showing you how we work with children and giving you a basic introduction to our methods with some tools and ideas to take away with you.

There is always a lot of fun, tea, coffee and tasty biscuits! We will teach you about what Emotional Logic is and how you can begin to use it to help yourself and the children you care for. You will learn how to use the cards to deepen communication, mutual understanding and improve relationships. We will help you learn how to move the conversation from a focus on

behaviour and feelings to the recognition of underlying values and action plans to move forward.

We provide you with a set of cards and some handouts to take away. We sit in groups and join in with each other talking about the resources and how we can use them. We do talk about anxiety, aggression and depression; the meaning of these steps in the adjustment process and their useful purposes. We want people to feel safe, learn and have fun so we don't ask you to talk about personal experiences and we don't put anyone on the spot with difficult questions.

Who will be delivering the training?

We are all professionals in our own areas and use Emotional Logic in our practice on a regular basis. There are three of who rotate and deliver this training. Between us, we are qualified and have experience as:

Headteacher
Social worker
Foster carer
Foster Panel member Plymouth
Foster Panel member Cornwall
VIG supervisor Cornwall
Social work Practice Educator Cornwall

I'm very happy to answer any questions you may have. Please email or phone me if you would like to discuss things in more detail.

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