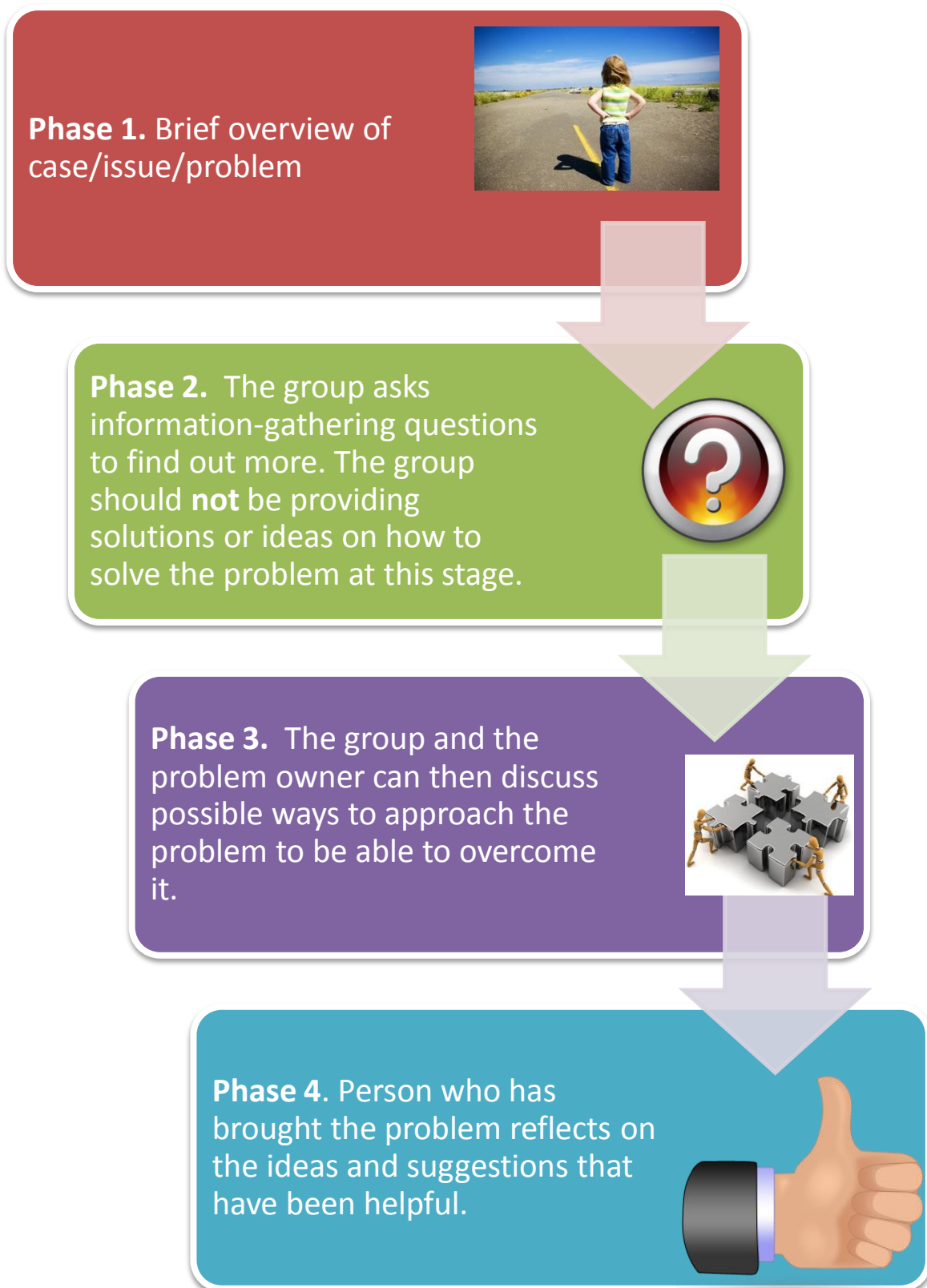


ELSA Supervision

Problem Solving Process



Designed by Fiona Okai (Portsmouth) & Sophie Bailey (Hampshire), Educational Psychologists

Peer Review Process

Phase 1. Share the item that is to be reviewed e.g. successful cases or good resources



Phase 2. The group examines the strengths of it through asking questions and making supportive comments



Phase 3. The group should continue to ask questions about alternative viewpoints regarding the item and make helpful and constructive suggestions

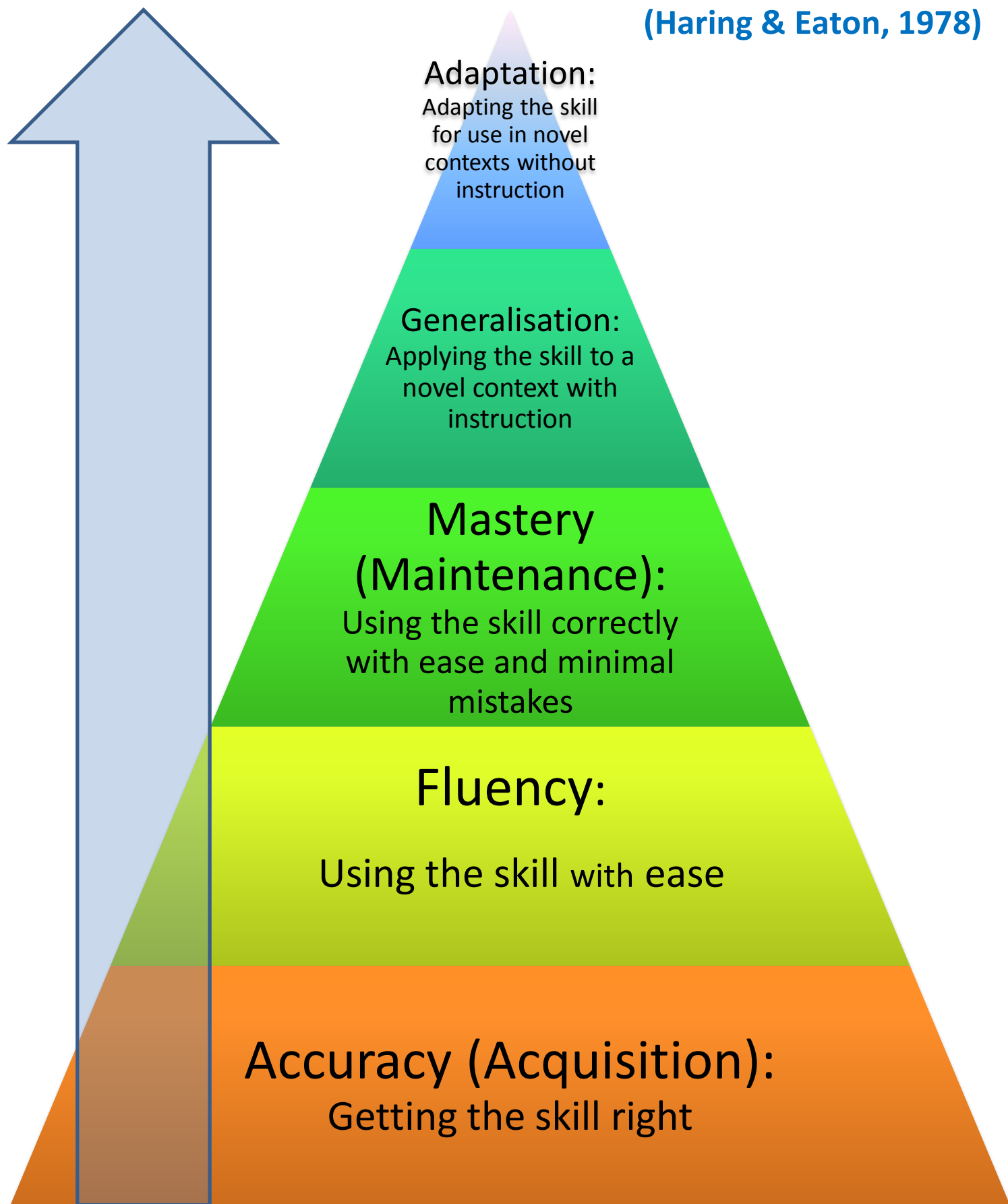


Phase 4. The person who brought the item for review reflects on what has been helpful



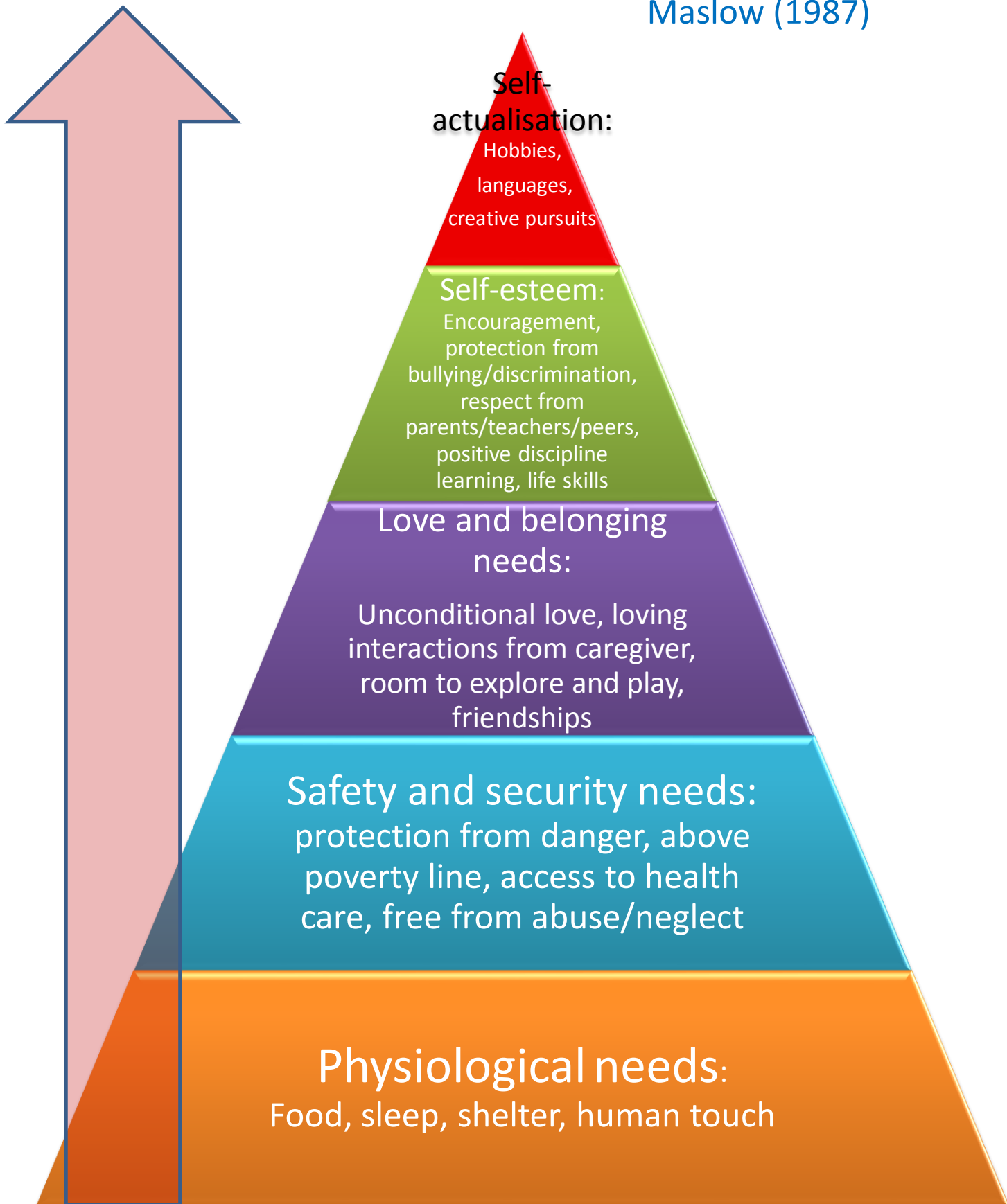
Learning Hierarchy

(Haring & Eaton, 1978)



Maslow's Hierarchy of Needs

Maslow (1987)



Self-esteem building blocks

Borba (1989)

Security:

Feeling safe and at ease. Able to trust others

Selfhood:

Relates to self-awareness. Physical characteristics as well as personality factors and emotional literacy level.

Affiliation:

Sense of belonging, knowing others want us and need us, knowing we matter.

Mission:

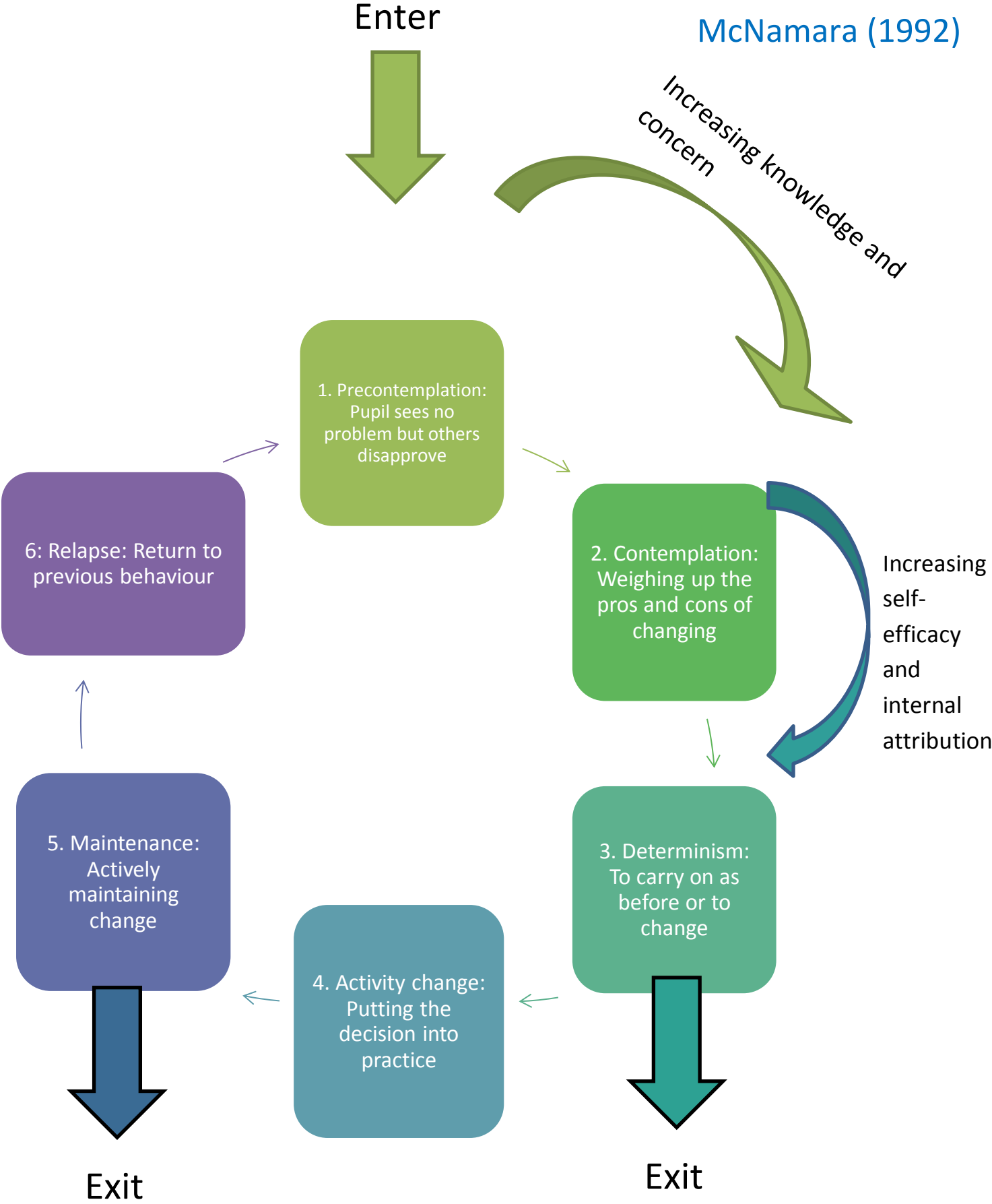
Related to motivation. Sense of purpose in lives, feeling empowered to make a choice, being able to look ahead, being able to take responsibility.

Competence:

Awareness of own abilities, realistic about achievements and able to accept limitations. Know we have the ability to develop new skills.

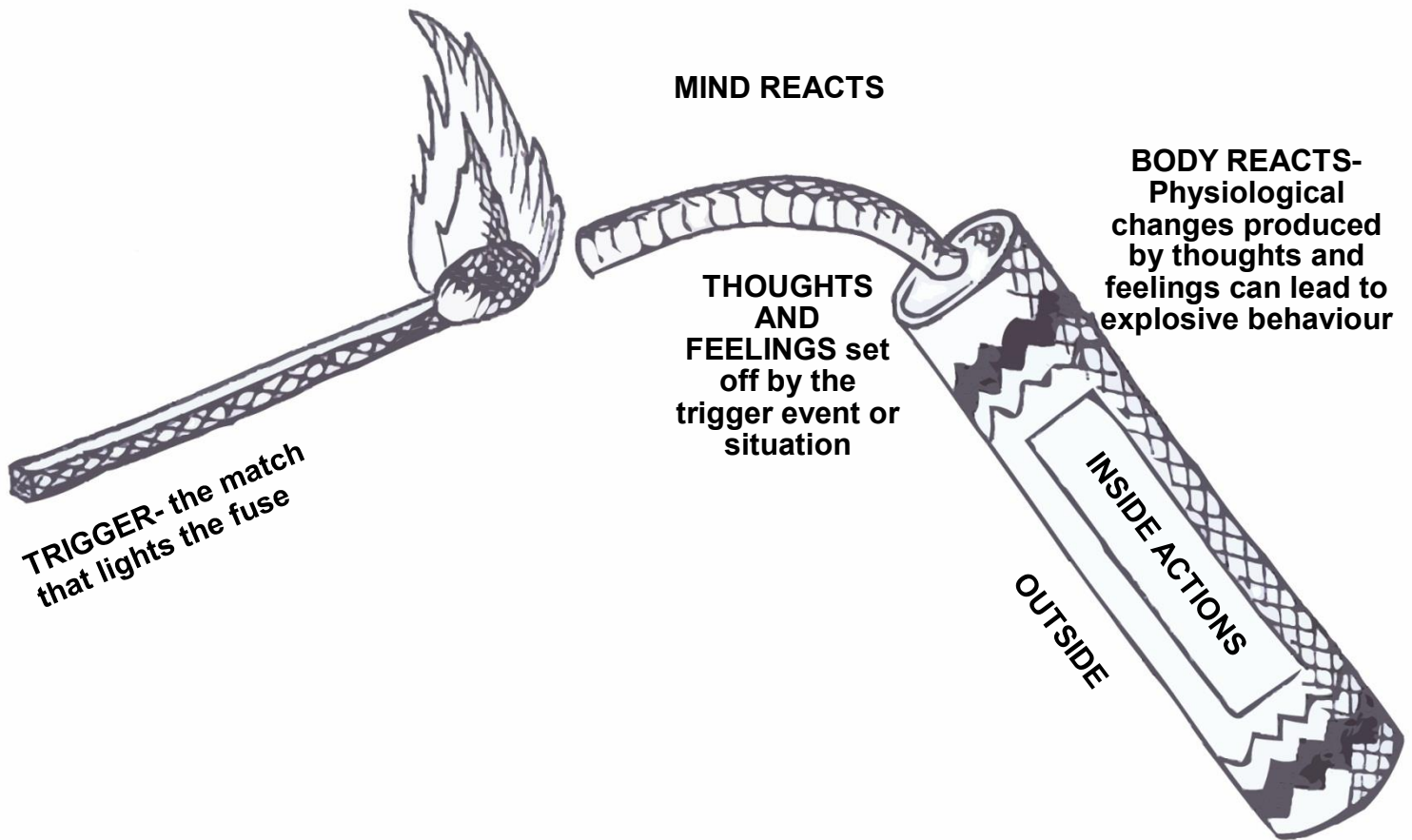
Motivational interviewing

McNamara (1992)



Firework Model

Faupel, Herrick and Sharp (1998)



Arousal Cycle

Breakwell (1997)

