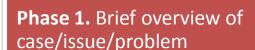


#### **ELSA Supervision**

#### **Problem Solving Process**





Phase 2. The group asks information-gathering questions to find out more. The group should **not** be providing solutions or ideas on how to solve the problem at this stage.



Phase 3. The group and the problem owner can then discuss possible ways to approach the problem to be able to overcome it.



**Phase 4**. Person who has brought the problem reflects on the ideas and suggestions that have been helpful.



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)

### Adaptation:

Adapting the skill for use in novel contexts without instruction

#### Generalisation:

Applying the skill to a novel context with instruction

# Mastery (Maintenance):

Using the skill correctly with ease and minimal mistakes

## Fluency:

Using the skill with ease

Accuracy (Acquisition):
Getting the skill right

# Maslow's Hierarchy of Needs

Maslow (1987)

Selfactualisation:
Hobbies,
languages,
creative pursuits

#### Self-esteem:

Encouragement,
protection from
bullying/discrimination,
respect from
parents/teachers/peers,
positive discipline
learning, life skills

# Love and belonging needs:

Unconditional love, loving interactions from caregiver, room to explore and play, friendships

Safety and security needs: protection from danger, above poverty line, access to health care, free from abuse/neglect

Physiological needs: Food, sleep, shelter, human touch

# 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.

## 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.

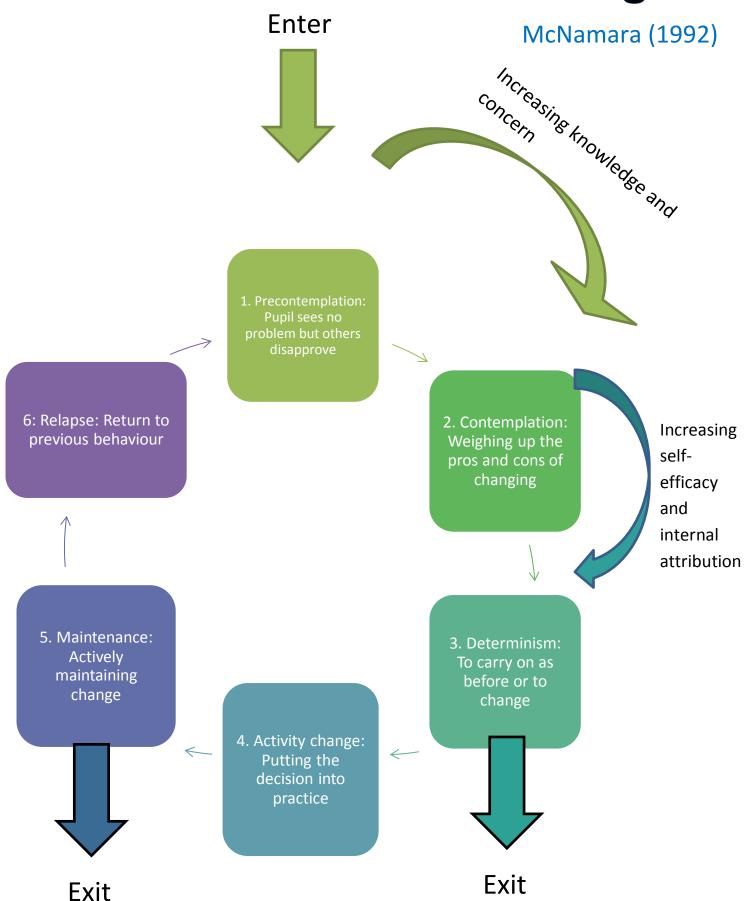
### **Affiliation:**

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

## Competence:

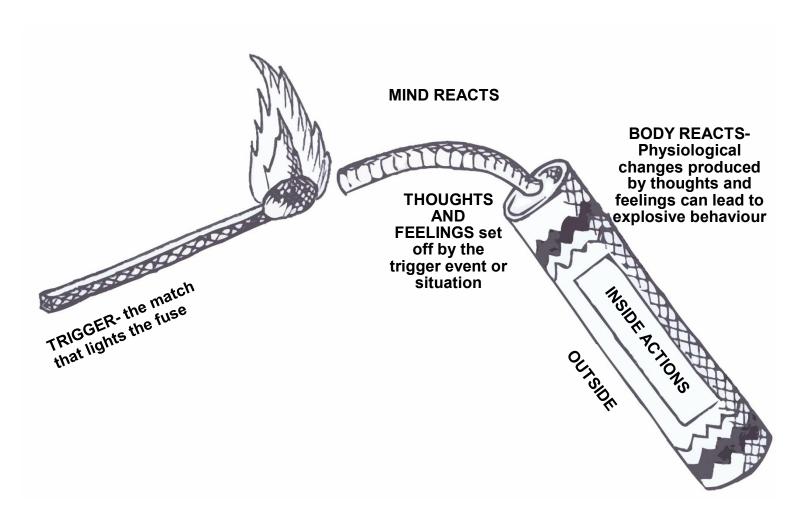
Awareness of own abilites, realistic about achievements and able to accept limitations. Know we have the ability to develop new skills.

# **Motivational interviewing**



## **Firework Model**

Faupel, Herrick and Sharp (1998)



# **Arousal Cycle**

Breakwell (1997)

