



Kids' Skills Training

The Kids' Skills program was designed to help children ages four and up learn new skills and overcome social, behavioural, and emotional difficulties. The method is based on Solution Focused Brief Therapy (SFBT) and was developed at the Helsinki Institute for Brief Therapy by psychiatrist Ben Furman and his colleagues Tapani Ahola, Sirpa Birn, and Tuija Terävä.

This program works better than many other approaches because it focuses on learning skills rather than solving problems. Children don't like to focus on problems, but they have a natural inclination to learn skills.

Many types of problems can be overcome with the Kids' Skills method (e.g., opposition, aggression, low self-esteem, fears). This method creates collaboration between the child and the adult who is helping to create a learning plan for the new skill. Kids' Skills is a model that can be applied in individual work with one child as well as in groups. It can be used in schools, daycare services, health and social service centres, youth centres, community organizations and at home.

This training is intended for professionals who work with children (psychologists, social workers, psychoeducators, learning skills and behavioural consultants and technicians, etc.) and it can be adapted for principals, teachers, attendants, and technicians in elementary schools. The training is recognized by the Helsinki Brief Therapy Institute.

Objectives:

- Understand the basic principles of the Solution focused approach
- Create an agreement with the child on a skill to learn
- Motivate and guide the child in learning the skill by applying the steps of the program
- Apply the principles and steps of the program in work with groups.

Format:

- Workplace training: 2 days / 10 hours
- Groups of 6 to 20 participants
- Accreditation program available for those who want to continue their training

Sharon Casey, M.A., is a Kids' Skills trainer and coach accredited by the Helsinki Brief Therapy Institute. She is responsible for implementing the program in Canada. Sharon has a background in teaching and adult education. Since 2018, she has worked with schools to help administrators, teachers, and other members of school teams to implement solution-focused practices to improve school climate, promote mental health and wellbeing, and manage behaviour problems. Her experience includes 10 years of work in suicide prevention, as well as teaching adolescents and adults with learning and mental health difficulties, and adolescents in drug rehabilitation centres. She has a particular interest in adapting services to reach populations at risk in contexts of social inequalities. Her interests and convictions have led her to develop an expertise in the solution-focused approach. Sharon is a trainer who cares about creating the best learning conditions and does not hesitate to convey serious and sensitive ideas with a touch of humour.
