

## **12 Week EBSA & Resilience Programme**

FPT delivers a 12 week Emotionally Based School Avoidance programme that focuses on the main causes of EBSA affecting many students across all key stages. Through our programme students will learn strategies to help reduce anxiety around accessing education.

We recognise that a student's need for EBSA is varied and with this in mind our various programmes have been designed to respond and support to different student needs.

For example, those students who can get through the school gates but struggle with resilience in both academic, SEMH situations and building friendships with peers and for those who struggle to attend school in the first instance.

Our programmes can be delivered to small targeted groups or on a 1 - 1 basis.

### **1-1 Support**

The flexibility of our course means that it can be personalised and delivered on a 1-1 basis. This would best suit a student who is experiencing high school anxiety preventing them from coming into the educational setting at this time. It can also encompass support for a student who may need to start with outreach sessions in the student's home or library, leading onto a transition into school when ready to do so. Our support is student led and therefore personalised to each individual enrolled on the course.

### **Group sessions**

These sessions are aimed at students who are able to get through the school gates, but struggle to attend for a full day. They may struggle to get past school reception without a member of staff, have barriers when faced with certain lessons, struggle with friendships or have other SEMH needs.

Group sessions are facilitated in a safe place on the school site and can be managed to catch the students who are on the brink of non attendance. These sessions are targeted at a small group of up to 6 students and encourage positive friendships within these sessions that can be further developed in school.

If appropriate, these sessions can focus on one year group at a time to further support the students attending and build a strong circle of trust and encourage friendships or across Key Stages in the setting. Showing students that they are not alone in feeling like they do and creating a support system that can be called on after the programme has finished and rolled out into CPHSEE lessons.

Our Aim:

- Having developed a personalised 'tool kit' over the course, students will be able to recognise the zones of regulation and have trusted strategies to draw upon when faced with anxiety in school
- To change a fixed mindset into a growth mindset
- Our programme encourages students to recognise their circle of trust and develops their self confidence in and out of school. Building healthy, trusting lasting relationships and a collaborative approach

What this means for your school:

- Increase of attendance
- Students are more resilient to failure
- Students have a 'tool kit' to overcome those challenges that would have seen them go home in the past

Each student will be encouraged to compile a portfolio of their sessions to reflect on in the future in times of stress (such as exam time) they can dip into their "tool box" and revisit strategies that they found helpful before.

For example KS2 students can form a "Buddy group" post EBSA programme to feed back into the school what they have learned and share this with peer groups within KS2.

KS4 group sessions can target revision guidance and how to cope with exam stress.

Although this is a 12 week programme, our support is student lead and if needed can be extended along with student need.

### **Pricing:**

All of our programmes are individually tailored to suit your school and students' needs. Please contact us for more information and a quote for a school specific costing of support.

Telephone: 01268 682422 OR Email: [admin@fastprogress tuition.com](mailto:admin@fastprogress tuition.com)