

WHO I AM & WHAT I CAN

HOW TO KEEP MY BRAIN AMAZING



CUES-Ed is an innovative psycho-education project based in primary schools developed by Clinical Psychologists and CBT therapists from the South London and Maudsley NHS Foundation Trust.

'Who I Am and What I Can':
How to keep my brain amazing aims to improve emotional wellbeing and resilience in primary aged children through a 6 session whole class intervention.

Delivered by highly skilled practitioners within the dynamic context of a classroom setting - each session is interactive, draws on a range of multi-media sources and is embedded with evidence-based cognitive behavioural therapy practice.

It helps children to recognise and make links between thoughts, feelings and behaviour.

It encourages children to notice their signs (CUES) when things aren't right - such as an increase in worry, change in appetite or sleep patterns, or difficulties with friendship groups - and teaches cognitive coping strategies and behavioural techniques to help manage such difficulties and enhance resilience.

The package incorporates

- psycho-education
- goal setting
- skill development
- promotion of self-efficacy
- educational materials
- within-class and at-home tasks to reinforce learning

CUES-Ed has already received overwhelmingly positive feedback from its pilot delivery in a South London primary school.

TO FIND OUT MORE CONTACT:

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