



BEECHEN CLIFF

**Tara
Gretton,
Solution
Focused
Therapist**



**Jo Blair,
SENDCo**



Best Hopes



**Share your Best Hopes for
this session in the chat**



Exercise to get us Started Listening



Moan, moan, moan
Sharing a story
Tara: Listen without interruption.
With the intention to share 3 things
that Jo cares about





Solution Focused Beliefs



- People are uniquely them
- People have existing strengths and capabilities to cope which can be built on
- People are experts of their own lives
- People are not defined by their problems
- Change is happening all the time
- There is hope and possibility for all

How it works



- Inviting the person to identify what their Hopes for change are. Describing it. Co-creating change.
- Curious positive questions to identify what they do well already. Enabling them to see that they are not their 'problem', they have transferrable strengths that make their Best Hopes more achievable.
- Use of scaling questions to highlight what's working, to set achievable hopes and have a clear measurement of outcome.



The Teenage Brain



How ADHD affects the brain

① Prefrontal Cortex

Functions as an intersection for attention, behavior and emotional responses. For people with ADHD, attention is switched easily.

③ Basal Ganglia

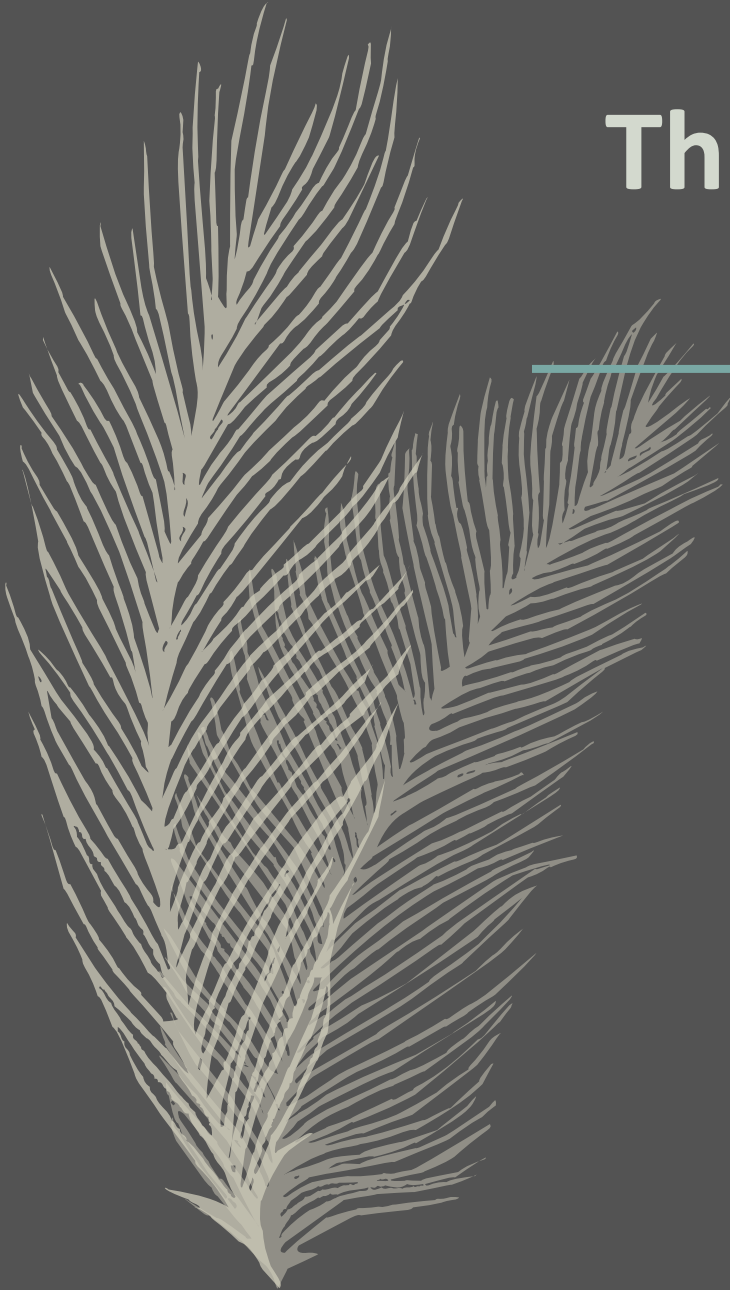
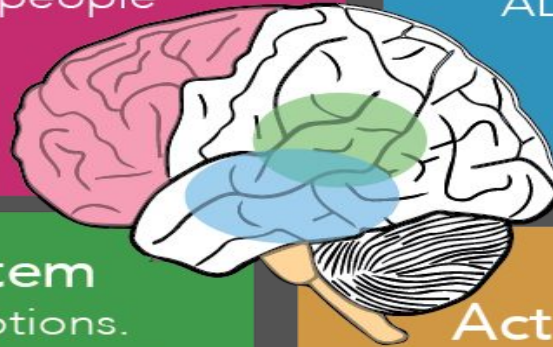
Neural circuit system that regulates communication within the brain. In the ADHD brain, a "short-circuit" can cause inattention or impulsivity.

② Limbic System

Regulates emotions. Deficiency of dopamine in the ADHD limbic system may result in restlessness, inattention or emotional volatility.

④ Reticular Activating System

The major relay system between the brain's pathways. A dopamine deficiency may cause impulsivity and hyperactivity.





Dyslexia & ADHD

1. Reading Problems

This is a common symptom in both conditions.

If you have dyslexia, you are likely to take long to sound out words or misread them altogether.

With ADHD, your reading speed may be slow, though accurate.

2. Writing Problems

If you have dyslexia, you have trouble with spelling, proofreading, or using grammar.

With ADHD, you are likely to have problems organizing your thoughts and spotting errors in your writing.

3. Forgetfulness

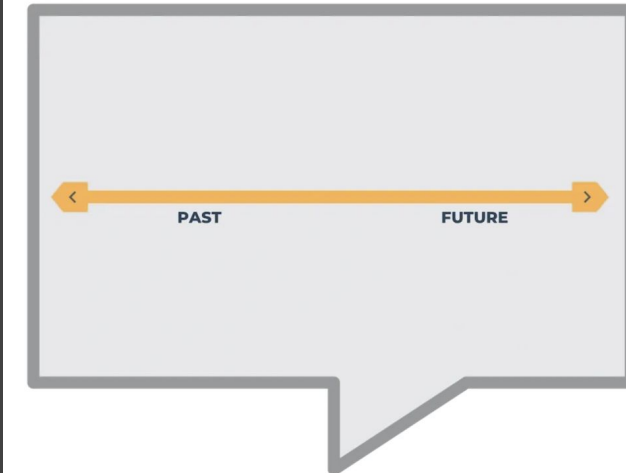
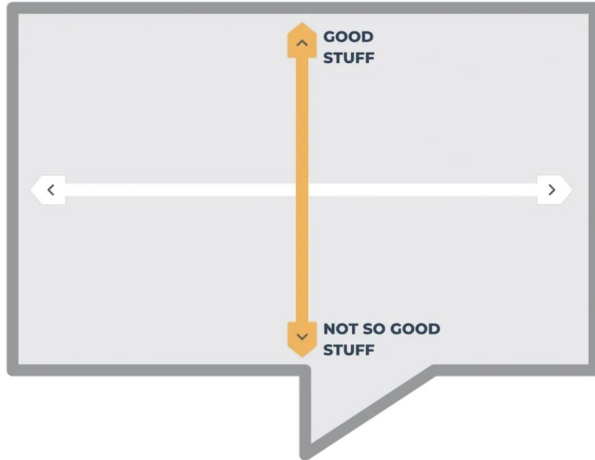
If you have ADHD, you're likely to forget important activities, misplace items and struggle to remember multiple step instructions.

If you have dyslexia, you may have problems with memory, organisation, time-keeping, concentration and multi-tasking

Quadrant



DIALOGIC ORIENTATION QUADRANT
Haesun Moon, 2017



Top Tips



Listen - allow time - acknowledge emotion

Allow people the time to share their story. Without interrupting, Acknowledging how they feel; I can see that you are really upset/angry/distressed.

Use their language, it validates what they are saying and shows you are listening.

Allow for silences; so they can think and visualise. Identifying what they want – so what's wanted, instead of talking about what isn't wanted.

Scaling



**Opposite of
Best Hopes**

Where are you on the scale?

**What makes you that number and
not lower?**



**Best
Hopes**

Noticing things going well

- How did you do that?
- What did you do that helped that to happen?
- What made you think to do that?
- What did you know about yourself that told you that would work?
- What else did you do that helped?
- What does that say about you and the sort of person you are?
- What difference is that making to you?
- What difference might that be making to others?



Preferred future questions

- If things were to be better, even a little bit, what would be different?
- If this plan works, how will you feel on Sunday afternoon?
- If this plan works, what difference will it make on Monday morning?
- If this plan works, what will the conversations between us on Sunday be like?



Watering The Flowers



What's been better?

**What have you been pleased
to notice over the past week
no matter how small?**





Reflections -

**What have you
noticed in today's
training session that
has really pleased
you?**

Thank you for listening.