

Emotional Logic Centre - People's Postcode Lottery Project Overview

Original Project Outline

The project is focused on the sustainable prevention of mental illness by equipping families and their support networks. Personalised support will be offered to 20 families within communities in the top 15% of the English Indices of Deprivation. Each family will be provided with: materials appropriately formatted for age and academic ability; access to qualified Coach support for 5 fortnightly 1.5hr sessions (ideally in person but online is available); and 12 month online support group access. 15 places will be available for people who wish to learn more about the method and become confident to share it with others. 2 places are made available for people wishing to continue on to the Coaching Award, qualifying them to be a resource person in their community. They can teach others the method, providing sustainability and empowerment. These courses are run online and are therefore very accessible. Initial family involvement is 12 months but provides ongoing cascaded community benefit.

Project End Report

Overview

Total individuals impacted - approximately 123

(It is likely to be more due to the creative conversation nature of the Emotional Logic method - people will have shared experiences and materials beyond our sessions).

Families who accessed 1:1/family support sessions - 23

Individuals who accessed community group sessions - 8

Individuals who accessed Foundation Level Training - 20

Individuals who accessed Coaching Award Course - 3

A wide range of Emotional Logic materials were provided to the families attending sessions and courses. These included emotion cards, activity packs, Shelly and Friends Book Series, 'Emotional Survival Kit' for teens, 'Finding your Power' pack for key stage 2, puppets and pens/pencils. Shelly and Friends sets were also provided to community resource centres in the deprived areas e.g libraries, children's centres and community cafes.

We are delighted that we were able to offer support in various counties within the allocated geographical area; from Cornwall to Cheltenham and up to Market Drayton! Families heard about our funded sessions through social media advertising, advertising in schools, children's centres, health centres, community cafes and at our already active events. After a while the news spread by word of mouth too.

The support was provided to a wide range of ages, the youngest being 4 years old and the oldest being 80. We are proud of the intergenerational benefits of this support tool.

We found that the families often required more than the planned 4 Personal Learning Sessions and the attendance was patchy with many rebookings. The average was 5 sessions per family. However due to some Coaches not claiming fuel costs or venue costs

we were able to continue to offer these and ensure a good provision. The long term benefits of these families accessing these sessions is improved healthy emotional communication within the home and improved strategies for managing challenging situations and behaviour. The families now have a practical framework to continue supporting themselves and their extended networks. The feedback has indicated that the positive changes have extended into schools with some comments showing improved communication and practical support changes following on from the sessions.

The individuals attending the Foundation and Coaching training are now equipped to continue having creative Emotional Logic conversations with others in the deprived communities. One attendee on the Coaching Award is a family support worker who will reach many families in need.

The project funds have been allocated but some individuals are still accessing the support or attending the training. This is particularly true for the Coaching Award which lasts 18 months.

The benefits have been reported via qualitative feedback in the form of verbal and written comments. We have some quantitative feedback but found challenges with gathering this type of feedback from individuals and families attending the Personal Learning Appointments. The feedback has all been positive.. Below are some overview figures and detailed feedback is outlined in the attached report.

Individual/ Family Personal Learning Appointment (PLA) feedback

How would you rate the overall experience of having Emotional Logic sessions?

25% said 8/10

75% said 10/10

How much do you think the sessions have helped your family?

67% said 9/10

33% said 8/10

If the sessions hadn't been free, would you have been able to access them?

100% said No

Would you recommend Emotional Logic to others?

100% said Yes

Foundation Award Feedback

How much did you enjoy the course?

60% gave 5 out of 5

30% gave 4 out of 5

Would you recommend the course to others?

100% said yes!

Coaching Award Feedback

How much did you enjoy the course?

4 out of 5

How would you rate the overall impact of the course?

5 out of 5

Qualitative Feedback

Family Personal Learning Appointments

Can you share any examples of how it has helped? Has anything changed?

- We were in a tricky situation with our children and understanding their feelings. We can now relate the EL concept to situations as they arise and the children can recognise this.
- My daughter is a lot calmer and talks better with us about how she is feeling now.
- It has helped my eldest to talk more openly about her emotions

Coach Observations and Feedback Comments

- “The Mum finds it very hard to go out of the house and especially to meet new people. However, she attended her sessions with me and since starting EL, had started attending a mother and baby group. She was enjoying that more than she had expected to.”
- “The mother said that she was finding this very helpful and her daughter loved the materials. The mother said it was the first thing that her daughter had been able to engage with in some time.”
- “The Mother was presenting as tired all the time but is now attending the gym twice a week and taking time to do things for herself (eg: nail art). This is in addition to Bargaining for further support for her children's needs. Finally, she and her partner have created a sensory refuge for her daughter at home.”
- “Client left the session appearing to feel very positive and ready to face the future”
- “Evenings after school were much better at home -less stressful/chaotic as a result of the plan they had created the previous session. Child is using her safe space, Dad has found a way of working from home that is less chaotic and Mum is getting some rest. Even younger sister is beginning to explore the idea of safe places and where she feels most comfortable at home.”

- “Child managed the school trip last week. He loved the trip and said he was so glad he went. He said that he felt as prepared as he could be. He realises that it is likely he will always feel Shock when there is a change but he is now aware of how he can respond in a better way to this - rather than kicking off or doing nothing. He finished by saying that before we started our sessions he really struggled with school but he is feeling much better about it now.”
- “In school Child suggested that they create some safe places for children to go to for down time if they need to (lego corner and crochet corner) - this was after our chat about needing safe places at home and at school. Mum is so proud of him for this. The family in general are also creating quieter places at home for the children to use if and when needed.”

Community Workshop Feedback

Observation from a Youth Worker at the community centre:

- “Really encouraged by the response to EL in Barne Barton giving people tools for handling their past traumas and some of the daily challenges they face”

What might most help in life?

- New Language. Solutions
- Listen and think about what has been said to me first then help if needed.
- That I can learn assertiveness
- That Bargaining is a good thing
- Take a moment to assess the losses for an individual

What might help in relationships?

- Differences in bargaining types- v personality based
- To consider other people's losses
- To try and not 'just' say sorry but to give more resources.
- How to notice the Stepping Stones and what they are

Foundation Award Feedback

What have you learnt that will most benefit your life?

- A way to explain useful purpose of emotions and consider what might be causing a whirlpool etc. Being able to consider growth points and move on from somethings. I have had a considerable amount of trauma over the last few years and I don't think the course would have been as helpful without all the therapy I've had, but it has certainly been really useful in helping me see next steps.
- That emotions are useful and have a purpose, not in a negative way but just there for us to listen to, be aware of and use in order to move forward when times are difficult.
- The awareness of ones feelings and emotions in any given circumstance and how these can be broken down into 'hidden losses' that could potentially be regained. To know there is a logical way to explain and support how you feel has been a complete

revelation to me.

- Lots about myself and understanding that difficult feelings experienced have a positive purpose. To be more assertive in my Bargaining - I thought I was but I now realise I could be a lot more assertive in certain situations.
- That by recovering one small loss a butterfly effect can occur.

Any other comments?

- I am extremely grateful that this foundation course was funded as I wouldn't have been able to do it as this time if it weren't. I feel I've learnt more about accountability and taking responsibility.
- Thank you for the opportunity for this course. I know what I have learnt is invaluable for myself and those around me.
- *The Coach* was so encouraging and supportive during the course. She is very knowledgeable and has a great understanding of Emotional Logic.
- Thank you!

Coaching Award Feedback

"I started the Coaching Award a year ago, and have completed my case studies - with families on a low income (5 families in total). Personally, learning about Emotional Logic in depth for the Coaching Award and reviewing it over time (through webinars) has had a significant effect on my life and my health. Untangling my Emotions has helped me to think more clearly, act more decisively - by recognising and acting on my own Shock. An essential tremor has virtually disappeared and my blood pressure is lowered. This has been at the same time as dealing with a bereavement and the administration (as executor) of my parents' estate. This has given me insight to the way that the families I work with might experience learning Emotional Logic, as at times, I felt overwhelmed and unwilling to engage with it. I think that the benefits have become apparent to me over a year-long period and feel that families supported by it also need longer-term input / review meetings to keep the momentum of change going."

"I have learned to recognise Shock, to stop and plan. I have learned to deal more practically with my Emotions and to use them, rather than beat myself up for them and get tangled up in conflicting Emotions. I practise self care more effectively, am more decisive and assertive, and I am healthier."