



Therapeutic Thinking Newsletter- Summer 2025

Update

Kate Southgate and Nicki Atkinson have now visited several schools to create video case study stories. These are in the hands of the West Sussex Communications Team to edit and tutors will be updated when they are released. Thank you to the schools who have already participated and those who have volunteered their time; Warden Park Primary Academy, Herons Dale Primary School, Durrington Infant and Junior School, Tanbridge House School and Maidenbower Junior School.

Behaviour Curriculum

The Behaviour Curriculum guidance for West Sussex schools has now been finalised and published. It can be accessed on West Sussex Services for Education on the LBAT page or on the Model Policies page. Link for guidance here- [Resources | Page | SLA Online](#) (you will need to be logged in to WSSfE to follow this).



SENCO conference

Kate Southgate and Nicki Atkinson facilitated a workshop on developing emotional literacy at the recent SENCo conference. WS Libraries very kindly lent a collection of books around feelings and emotions to share with schools. More information regarding the School Library Service can be found at [Schools Library Service | West Sussex Services for Schools](#).

Following consultations with schools, the new West Sussex Relational Guidance was shared by WS Assistant Principal Educational Psychologist Fran Parker at the conference. Once published, we will forward the link to all Therapeutic Thinking tutors.

Impact

Thank you to colleagues who have shared Therapeutic Thinking impact case studies. It has been fantastic to hear about the impact that the approach is having for pupils, staff and communities.

Some highlights:

Children, Young People and Learning

SEND and Inclusion



- A secondary school in the north of the county shared two anonymised pupil case studies, regarding Pupil A and Pupil B.
 - Pupil A has not been removed from mainstream lessons since completing the Anxiety Analysis tool to refine provision. This pupil was previously missing lessons on a daily basis. The pupil has received no further fixed-term suspensions.
 - Following completion of The Early Prognosis tool to gather a holistic picture to inform provision for Pupil B, attendance is starting to improve. Pupil B has developed relationships with key staff and is more confident to advocate for provision that they feel will help as they feel listened to and heard.
- A secondary school in the south of the county shared details of the impact of the approach for a pupil in Year 8. Following concerns in Y7, they implemented a series of targeted support and interventions. Some of the impact can be seen in the table below:

	Year 7	Year 8
Attendance	62%	91%
Internal Isolations	44 lessons	7 lessons
External Suspensions	18 days	0 days

- A primary school in the north of the county has delivered whole school Therapeutic Thinking training for staff. Staff have reported feeling more confident to support behaviour and wellbeing, with a deeper understanding of some of the behaviours they are managing.
- A primary school in the north of the county reported that following whole school training in Therapeutic thinking, recorded behaviour incidents have reduced:

Spring 2023: 92 incidents recorded

Spring 2024: 88 incidents recorded

Spring 2025: 41 incidents recorded

A full report will be published in Autumn 2025. If any tutors would like to contribute, please contact Nicki Atkinson at Nichola.Atkinson@westsussex.gov.uk.

Useful resources

The LBAT team's Advisory Practitioners (AP's) and the ASCT Specialist Learning Support Assistants (SLSA's) have received enhanced training in the use of the Therapeutic Thinking toolkit. Support can be requested via your allocated Advisory Teacher from the relevant team.

West Sussex Thriving in Education website

A wealth of support, guidance and information for children and young people's mental health and wellbeing. [Children's mental health and emotional wellbeing - West Sussex County Council](#).

Children, Young People and Learning SEND and Inclusion



Important dates

Academic year Therapeutic Thinking 2025/26 network meetings:

Course Ref	Event Name	Area	Day	Date	Time	Direct link for attendees to book
LE-1125-T003	Therapeutic Thinking Network Meeting	SEND and Inclusion	Tues day	11/11/25	13.30 - 15.00	https://schools.westsussex.gov.uk/Event/269392
LE-0326-T003	Therapeutic Thinking Network Meeting	SEND and Inclusion	Tues day	3/3/26	09:30 - 11:00	https://schools.westsussex.gov.uk/Event/269367
LE-0626-T001	Therapeutic Thinking Network Meeting	SEND and Inclusion	Tues day	9/6/26	09:30 - 11:00	https://schools.westsussex.gov.uk/Event/269399

Refresher training: Friday 17th October 2025

Course Ref	Event Name	Day	Date	Time	Direct link for attendees to book
LE-OM-1025-T002	Therapeutic Thinking Refresher	Friday	17/10/25	09:00-16:00	https://schools.westsussex.gov.uk/Event/224459

3-day tutor training:

Course Ref	Event Name	Day	Date	Time	Direct link for attendees to book
LE-OM-1025-T001	Therapeutic Thinking	Tuesday-Thursday	14-16 th Oct 2025	09:00-16:00	https://schools.westsussex.gov.uk/Event/224453