



## Psychologically Informed Collaborative Conversations for Paediatric Physiotherapists (PIC-C)

### Weekly teaching sessions: On Zoom

All Session will be run by 2 facilitators:

Clair Jacobs – Physio Lead GSTT, Co-Chair PPA (8bPhysio)

Patrycja Jakubiec – INPUT Counselling psychologist (Band 8a)

Session	Date	Content	Time
Week 1:	Wed 2 <sup>nd</sup> Oct	Therapeutic Alliance – feeling safe and confident to make changes	7-8.30pm
Week 2	Wed 9 <sup>th</sup> Oct	Adaptation Model – exploring where you are and how you got here	7-8.30pm
Week 3	Wed 16 <sup>th</sup> Oct	Exploring values – finding your 'why'	7-8.30pm
Week 4	Wed 23 <sup>th</sup> Oct	Functional Analysis – the ABC of activity	7-8.30pm
<b>Half way point in experiential learning module</b>			
Week 5	Wed 30 <sup>th</sup> October	Behavioural Patterns – enabling behavioural flexibility	7-8.30pm
Week 6	Wed 6 <sup>th</sup> Nov	Working with difficulty – preparing for when things get tricky	7-8.30pm
Week 7	Wed 13 <sup>th</sup> Nov	Building on Progress – helping changes to stick	7-8.30pm
Week 8	Wed 20 <sup>th</sup> Nov	Finishing Interactions – the end and the beginning	7-8.30pm

### Supervision Session

These are 1-hour sessions with either of the two facilitators Clair Jacobs or Patrycja Jakubiec – Please note there is a one week break between the teaching and supervision session

Session	Date	Group 1	Group 2
Week 1:	Wed 27 <sup>th</sup> Nov	7-8pm	7-8pm
Week 2	Wed Dec 4 <sup>th</sup>	7-8pm	7-8pm
Week 3	Wed Dec 11 <sup>th</sup>	7-8pm	7-8pm
Week 4	Wed 8 <sup>th</sup> Jan	7-8pm	7-8pm
Week 5	Wed 15 <sup>th</sup> Jan	7-8pm	7-8pm
Week 6	Wed 22 <sup>nd</sup> Jan	7-8pm	7-8pm
Week 7	Wed 29 <sup>th</sup> Feb	7-8pm	7-8pm
Week 8	Wed 5 <sup>th</sup> Feb	7-8pm	7-8pm