



01st August, 2010
Volume 1, Issue 2

Ag Eisteacht: 2010 Update

Ag Eisteacht, Office A, Auburn House, 2 Victoria Road, Cork
Website: www.ageisteacht.com Tel: 086 0455 114
Email: david@ageisteacht.com

Special Interest Articles:

- First Irish Evaluation of Brief Encounters completed
- First Irish Brief encounters "Train the Trainer" Associate Trainer Course conducted in Cork
- IT Developments at Ag Eisteacht
- Ag Eisteacht Schools Workshops
- Ag Eisteacht in Dublin
- IASW Approval of Brief Encounters Training
- ICGP Summer School

Independent training evaluation highlights efficacy of Brief Encounters® training in Ireland.

Ag Eisteacht commissioned The South and Midwest Community Development Support Agency to conduct a research to assess the efficacy of the Brief Encounters® training in the Irish context. The report was published in September 2009 and the findings highlight the value of the training for the practitioners involved. Key findings included;

- 93% of participants found that the Brief Encounters® training enhanced their understanding.
- 89% of participants found the Brief Encounters® training was relevant to their practice.
- 97% of participants found the Brief Encounters® training was useful overall.

The Brief Encounters® training (usually delivered over a three day period) aims to equip practitioners with a 'brief intervention framework' which enables them to deal effectively with those "turned to" moments - those brief windows of opportunity when clients they work with turn to them for help with their relationships.

Qualitative analysis was also completed using comments made by participants; overall the results are in line with the recent evaluations of Brief Encounters® training conducted by One Plus One in the U.K.

The evaluation report can be downloaded from the "Research" section of our website www.ageisteacht.com

Transforming Frontline Practice - the 1st "Train the Trainer" Course in Ireland, completed in May 2010

The first Irish Brief Encounters® "Train the Trainer" Course was held over 5 days in May 2010 in the magnificent surroundings of the Maryborough Hotel and Spa in Cork. (See photo, left)

The 'Train the Trainer' course enables organisations to cascade Brief Encounters® training 'in-house' in a cost effective manner.

We hope that this initiative will increase the pace at which the Brief Encounters® ethos and skills are disseminated to practitioners and volunteers working in the frontline with families in Ireland today. The Trainers Course was attended by 10 trainers who are keen to roll out the Brief Encounters® training

within their own organizations.

The course days were long -and sunny! The training was mostly residential with some time in the evening for socialising.

At the end of the course, we are delighted to have 3 pairs of Irish Associate Trainers accredited (including 2 pairs of HSE trainers) as well as 2 pairs of trainers who will use their training in the One Plus One and Parents First organisations in the U.K.

If you are interested in becoming a Brief Encounters® trainer, please contact us for details of our next "Train the Trainer" course.





Maeve Hurley
Trainer
Ag Eisteacht

IT Developments

Our website was recently updated to enable users to play the information resource DVD - "Transforming Frontline Practice" which describes the Brief Encounters® training and what is involved.

To view, simply log onto www.ageisteacht.com and press play!

We have also uploaded Irish and UK research on the effectiveness of Brief Encounters® training to our website, Research section, with more to follow. Simply click on the Research tab on our website to access these.

Maeve and Kathy present at the I.C.G.P. Summer School

Maeve and Kathy were invited to present at the Irish College of General Practitioners Summer School which was held in Lyrath Estate in Kilkenny in June.

The presentation was entitled "Building relationships -Strengthening Families - A Brief Intervention Model.

The session focused on giving an introduction to the Brief Encounters® Framework and looking at the importance of the 'turned to' moment as an opportunity for early intervention. Responding to the 'turned to' moment provides patients with an opportunity to talk and get a better sense of what's really going on and be better placed as a result to move things on in a positive way. The session was interactive and stimulating with good and insightful participation.

ICGP and IASW accredit Brief Encounters® Training

- The Irish College of General Practitioners has awarded 15 Continuing Professional Development(C.P.D.) points to a G.P. who attends the 3 day Brief Encounters® Course. GPs who have previously taken part in Brief Encounters® training have seen its relevance to their practice with one GP feeding back to us: *"I use the framework everyday in my practice"*
- Social Workers who complete Brief Encounters® training will be awarded four Continuing Professional Development points by the Irish Association of Social Workers; it was announced earlier this year. The IASW recognise the value of the Brief Encounters® training for Social Workers, this is in line with the feedback we have received from Social Workers who have attended our courses. *"The intervention framework will be very beneficial in my work and will be very beneficial in the area of time management". SocialWorker.*
- We are in the process of getting Course Approval from An Bord Altranais.

E-learning - a brand new relationship support module.

One Plus One have launched an e-learning module and plan to add 7 more modules.

Ag Eisteacht and One plus One Trainers have access to this and the opportunity to evaluate this new resource free of charge until March 2011. For information on how to access, please call Ag Eisteacht on 086 0455 114.

The Royal College of General Practitioners have also developed an e-learning initiative and Maeve Hurley of Ag Eisteacht acted as a consultant on this project.

Managing Conflict Healthy Options

Features include:

- Evidence-based input on the impact of conflict on health, relationships, and well-being.
- Key messages and information to help support clients and manage conflictual appointments more effectively.
- Evidence-based input on the impact of conflict on health, relationships, and well-being.
- Insight into the impact of conflict on me as a professional.



Kathy Jones
Trainer
Ag Eisteacht



Ag Eisteacht in the Community

Empowering Parents

"This was the first event I have attended at school in a long time and I'm glad I chose this one"

(Quote from a parent who recently attended the "Family Well Being - Building Blocks" Seminar in Cork)

"The relationship between parents is at the heart of family function and may be the primary determinant of children's emotional and behavioural well-being."
DR Kim Harold

Our new workshop for parents entitled "Family Well Being - Building Blocks" examines what most influences family well-being.

This workshop aims to be inclusive, recognising the diversity of family well-being in Ireland today and hopes to empower parents.

Ag Eisteacht has delivered this workshop in three Cork schools so far this year. Attendance ranged from 30-70 parents.

The feedback from the Workshops has been most encouraging—parents feel valued and appreciate the opportunity to reflect, ask questions and learn

Findings on family wellbeing from a study by a team of researchers at NUI Galway were discussed at each of these workshops.

This research highlights the top ten things that make 9 year olds happy. 24% said family, 22% said friends, 20% said sport. This compares to 3% who said gifts, 2% who said holidays and 2% who said computer games.

This insight was received with surprise by parents and may be good news as the things that children value most do not cost money and we can all invest in them despite the financial constraints of these times



Relationships with family and friends more important than having enough money young people say

"When asked about the "most important issues in their lives, overall, strong interpersonal bonds, feeling in good mental health and having control of their own destiny is what young people desire"

July 2010 – Foróige.

New research carried out among young people aged between 10 and 17.

Top 5 most important issues as identified by young people

1. Strong relationships with friends and family. (75%)
2. Feeling in good mental health. (68%)
3. Having control of my life. (60%)
4. A safe environment. (63%)
5. Social outlets. (54%)

•Having enough money, school and studies fail to make the top 5 issues of what's most important to teens today.

In the U.K. 7 out of 10 teenager say that parents getting on well is 'one of the most important factors in raising happy children' --yet only one third of parents thought so.

From a survey by National Parenting Institute of 2343, 11-16 year old pupils from 15 schools in the year 2000.



Highlights of the Year so far... 2010

Upcoming Courses
September 2010

Brief Encounters®

3 day Training Course

Dates - 15th, 29th and 30th Sept.
Cost - €330 per person
Times - 9.30am - 4.30pm

Brief Encounters®

1 day Workshop

Dates - 16th September
Cost - €150 per person
Times - 9.30am - 4.30pm



1 day Training Course

(For Parent Educators and others who work with parents)

Dates - 22nd of September
Cost - €150 per person
Times - 9.30am - 4.30pm

To book your place on any of these courses - please contact David on 086 0455 114 or email david@ageisteacht.com

See www.ageisteacht.com for more info on these courses

January/Feb:

Meetings with HSE re up skilling workers with Brief Encounters® Training: Ag Eisteacht met with representatives of the HSE to discuss introducing Brief Encounters® to the training offered to Primary Care Teams.

February :

T10 "My Mum and Dad Argue a Lot" course facilitated in Cork. A number of workers from Family Resource Centres in Kerry and Cork attended as well as workers from Barnardos, NASC, and Teachers from schools in the locality.

C3/11 "Brief Encounters® course" facilitated in Cork. Trainees from the HSE, Enable Ireland, KARE, and the Limetree Project were in attendance

Presentation to Cork Collaborative Lawyers - Resolve.

Ag Eisteacht presented on the changes and stages of relationship, the 'turned to' moment, and parental conflict. The session with was interactive and lively with positive feedback from the Lawyers.

March:

T11 "My Mum and Dad Argue a Lot" course facilitated in Dublin". We ran this course in the Irish Foster Care Association buildings in Tallaght, with attendees from An Cosan, teachers from schools in Tallaght, Clondalkin Traveller Development, and Extern in Attendance, as well as workers from IFCA and the local Family Resource Centre, and workers from other Community groups.

April

C3/13, C3/14: Two Brief Encounters® Courses were run in Dublin. A group of 16 Youth workers from all over Dublin, through the City of Dublin Youth Services Board, availed of Brief Encounters®. Family workers from 2 Family Resource Centres located in Rialto and Fatima in Dublin also availed of this training in a second course that was run in Dublin this month. Workers from Dublin City Council, Daughters of Charity and Focus Ireland were in attendance.

Schools Seminars (See Page 3)

May

Brief Encounters® "Train the Trainer" course run in Cork. (See Page 1)

C3/12 Brief Encounters® course run in Cork. Social Workers working the HSE, the Defence Forces, and the Irish Navy took part as well as workers from Enable Ireland, Cope Foundation and Respond were amongst those who participated in an enjoyable course in Maryborough Hotel.

June

ICGP Summer School Presentation. (See Page 2)