Becoming a STAR DETECTIVE

A Cognitive Behavioural Group Programme to Develop Skilled Thinking and Reasoning for Children with Cognitive, Behavioural, Emotional and Social Problems

Exclusive five-day boot camps led by Dr Susan Young

The Skilled Thinking And Reasoning (STAR) programme is a new and innovative intervention designed by Dr Young to teach children psychological techniques to improve their self-control and prosocial competence. Using the metaphor of a detective to understand personal emotions, children learn skills of self-regulation, concentration and problem solving. It is based on policing skills techniques used by New Scotland Yard which promote problem-solving procedures of Scanning the environment, Analysing information, Responding in an appropriate way and Assessing the outcome (SARA). The technique has been adapted for use by children in a fun and imaginative way and draws on the appeal of them developing real life detective skills.

Who will benefit from the STAR Programme?
The intervention is designed for children and adolescents aged 8-16 years who have cognitive, behavioural, social and/or emotional difficulties at home and/or at school.

What are the aims of the STAR Programme?
STAR is a cognitive behavioural group intervention delivered to children that includes individual coaching sessions for use with families. It aims to build awareness of emotions, self-regulation and critical reasoning skills. It is unique in combining skills training for children AND one family member or carer by teaching children the skills they need to:

- Regulate and manage their emotions and behaviour.
- Improve self-confidence and develop pro-social competence.
- Problem-solve more effectively.

And teaching one family member or carer the skills they need to:
- Better support their child by learning coaching techniques.
- Help their child to transfer the skills learnt in the intervention into their daily lives.
The programme will be led by Dr Young and trained facilitators at a private venue. Each of the six yearly boot camps will focus on a specific age group: 8-10 years; 10-12 years or 13-16 years. Both the child and one family member (or carer) will attend the non-residential boot camp for five days from 9.30 - 17.00.

Using role play, group and individual discussions, fun games and exercises, the child will be introduced to Thinking Tools which will remind them to use the techniques to improve their ways of thinking and behaving. Each child will receive a ‘STAR Detective Workbook’ to use in the group sessions of the STAR Programme.

**STAR Programme Topics**

- Pay Attention and be a Good Detective
- Police Detective Problem Solving Skills
- Controlling feelings of Anger
- Controlling feelings of Anxiety
- Social Relationships and Understanding Others
- Analysing Problems
- Solving Problems
- Planning for the future (adolescent programme)

**A Typical Day at Bootcamp**

- **STAR group session (AM)**
- **Individual session between child and family member or carer**
- **Morning break**
- **Supervised game activity designed to develop skills**

**LUNCH**

- **Individual session between child and family member or carer**
- **Afternoon break**
- **Supervised reward activity**

**What other experts say .........**

“The programme is scientifically grounded and yet clearly fun for children with attentional, emotional, social and behavioural problems and instructive for their parents.” **Professor Peter Hill, Consultant Child and Adolescent Psychiatrist, London**

“STAR can foster understanding and hope for children and their parents of the potential to build skills.” **Professor Margaret Weiss, Department of Psychiatry, University of Arkansas for Medical Science.**

For further information and to register your interest please visit our website: [www.psychology-services.uk.com](http://www.psychology-services.uk.com)

Places are limited so early booking is advised.