



Midlands Emotion Coaching Interest Group

Anyone with an interest in developing their use of Emotion Coaching is welcome to attend the Midlands Emotion Coaching Interest Group session. The session will provide an opportunity to share practice and learn from each other whilst obtaining updates from Emotion Coaching UK and practitioners in the field.

The session will be held via Teams.

Date: Monday 30th November 2026
Time: 9.30am-12.00pm

The session is to be hosted by Dr Adele Thacker (*Specialist Senior Educational Psychologist with Shropshire Council and Senior Lead Practitioner Trainer for ECUK*).

We are delighted to have Katie Robinson and Carol McQuiggin from Lawley primary join us who will be presenting a session entitled

Applying Theraplay as a Relational Approach: Insights from School Based Practice

Katie and Carol will share details as to their research project, which explored whether Theraplay principles — grounded in attachment theory — could help schools understand and support children whose behaviour is often interpreted as ADHD. They will share how the project has led to real changes in practice, including universal and targeted Rainbow Circles, and produced excellent outcomes for their school.

A Trauma Informed Approach to Christmas

In advance of the Christmas period, Adele will also share practical, trauma-informed strategies to help school staff navigate the season with sensitivity—ensuring that every child feels safe, seen, and supported during this festive period.

If you would like to attend, please email adele.thacker@shropshire.gov.uk to register. A 'hold the date' invite will be sent upon registration with the virtual link being sent one week before the session.