



Rossie

Assessment & Interventions Additional Information

Cognitive Skills Development

Supporting young people to learn and understand about different situations in safe ways, allowing them to make safe decisions in the future.

Psycho-education

Supporting young people to learn how different situations impact on them and what skills they have to make a positive change.

Motivational Interviewing

Techniques used to assist young people who show ambivalence to change how their future can be different.

Stabilisation and Goal Setting

Techniques that build rapport and create a safe therapeutic environment so young people can begin to explore their past difficulties.

Loss and Grief

Sessions aim to support young people to process the difficult thoughts and feelings that are associated with losing someone or something important and follow a counselling model.

Fire Safety

A manualised programme which uses cognitive behavioural principles to support young people to understand the risks of fire, keep themselves safe in the future and learn how to think differently about fire.

Child Sexual Exploitation

We have a range of resources to support young people to learn about the risks associated with CSE and how to keep themselves safe from harm by others.

Gang Violence

There are a range of materials available to support young people to explore gang culture and make positive changes for their future.

Schema informed therapy

This therapy model can be useful for developing an understanding of early childhood adversities and how these have been internalised by young people.

Cognitive Behavioural Therapy

This common therapy model is helpful for anxiety and low mood type difficulties as well as offering the basic principles for many of our other interventions.

Dialectical Behavioural Therapy

This therapy model is useful to support a good understanding and control of emotional arousal as it provides young people with a number of skills they can practice to soothe their thoughts and feelings.

Compassion focused interventions

We offer compassion based interventions because young people often put pressure on themselves and others and feel bad about why they have come to Rossie. These interventions support young people to think more fairly and feel more positive.

Offence focused interventions

Offending Is Not The Only Choice (OINTOC)

SIS workers were trained to deliver this programme in 2017. This programme aims to reduce patterns of offending and is delivered over 24 sessions based on cognitive behavioural principles.

Health & Psychology: Interventions Additional Information

Violence Is Not The Only Choice (VINTOC)

SIS workers were trained to deliver this programme in 2017. This programme is based on cognitive behavioural principles and offers 16 sessions that explore the thoughts associated with violence; aiming to reduce the risk of violent offending through various experiences including case studies.

Reasoning and Rehabilitation 2 (The Ross Programme)

SIS workers were trained to deliver this programme in 2017. This programme aims to reduce anti-social and pro-criminal attitudes and behaviours over a 12 session plan and is based on cognitive behavioural principles.

Moving On

This group offers young people the opportunity to learn about harmful sexual behaviour risks and provides them with alternatives to risk taking.

Keep Safe

This programme is for young people with learning difficulties who present with harmful sexual behaviour and aims to reduce the risk of re-offending and on-going risk taking through psycho-educational and cognitive behavioural skills. This group is delivered over one year and includes 38 sessions (please see the 'Supporting Parents and Carers' section below for more details).

Trauma focussed interventions

Teaching Recovery Techniques

Also available in group sessions this model is available at Rossie thanks to the author of the programme training our staff team in the skills and principles within the model. Members of SIS were trained by Professor Emeritus William Yule, founding member of the 'Foundation for Children and War', in April 2012. We offer the skills and learning components of the programme to allow young people to better cope with and manage the difficulties that traumatic events have.

Treating Problem Behaviours

The skills based component of this programme is also available thanks to training by the author Professor Ricky Greenwald in 2015. We offer this as a trauma processing programme when young people are ready to do so.