

How Egan can assist the supporting role of a Teaching Assistant.

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The supporting role of a teaching assistant

The teaching assistant's role is ever changing often being the listening ear for children (Aldridge and Rigby, 2005).

As mental health in children rises many teaching assistants will be supporting children's mental health as much as they are supporting their academic learning. This is where Egan's 3 stage model can be followed by asking questions along each step.

“The proportion of children experiencing a probable mental disorder has increased over the past three years, from one in nine in 2017 to one in six in July 2020”

NHS Digital (2020)



Who is Gerard Egan...



- Gerard Egan was born in 1930 in Chicago.
- He graduated with a PHd in Philosophy.
- In 1968 Egan started at Loyola university teaching psychology..
- He also taught psychology and pastoral studies in North Park University in Chicago.
- Egan published over 15 books in psychology and business.
- In 1975 he released his seminal work *The skilled helper*, which saw its 11th edition published in 2018.

Egan's 3 stage model

Heavily influenced by Carl Rogers, Bob Carkhuff , Allen Ivey and Maslow, Egan(2010) Egan used these influences to build his model which is widely used throughout counselling and business.

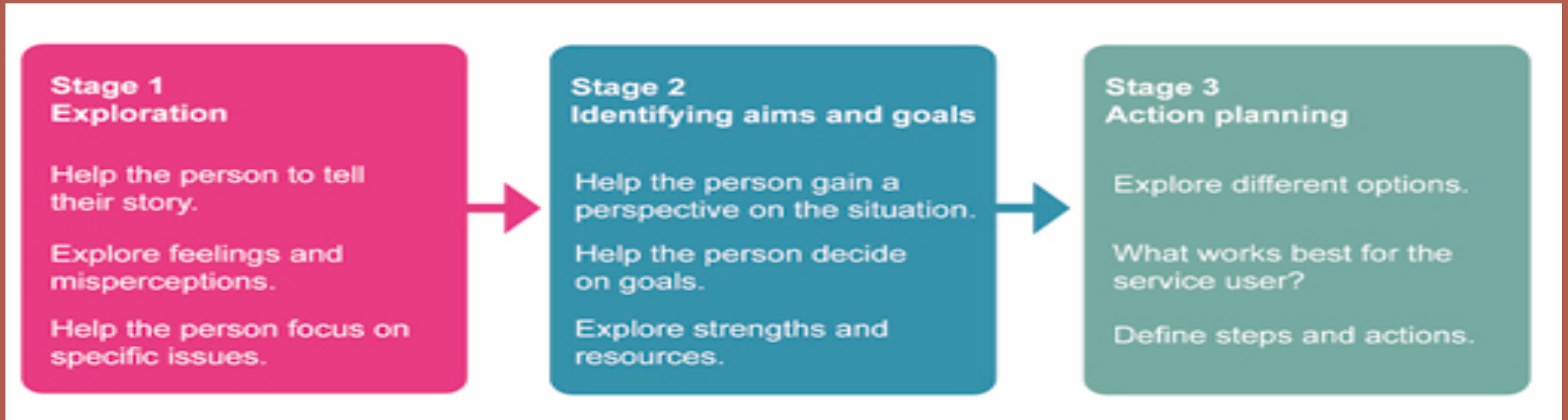


Figure 1: Egan's 3 stage model (The Open University 2020)

In *The Skilled Helper* Egan describes his 3-stage model to be a map, giving directions on how to interact with the client, Egan (1994).

Stage 1 – The story

It is important to evaluate at every step.

- Story- Allow the child to tell their story, without prompting or disruption.
 - Does this need to be referred for safeguarding?

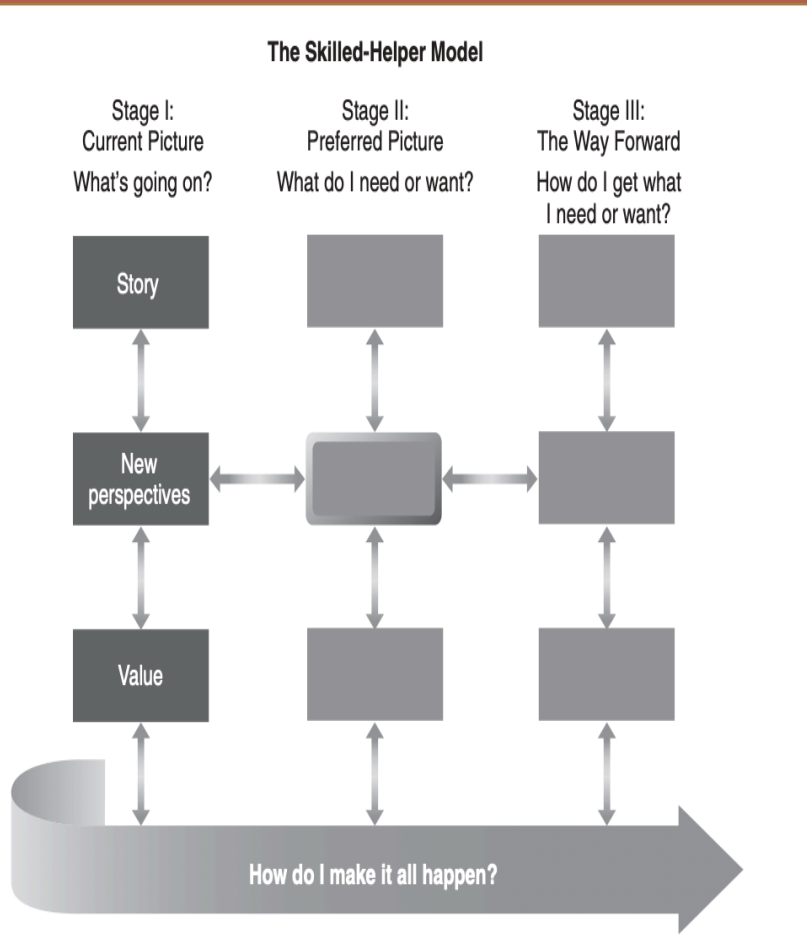
- New perspective- Encourage the child to see all sides, how does it make them feel.
 - Are they able to understand ?
- Value- Help the child breakdown the issue into manageable parts and choose one to focus on.
 - Have they chosen an easy route; will other issues need further work.

What next?

Before moving onto stage 2 work with the child to identify barriers.

(Egan 1994)

Figure 2: Egan's 3 stage model step 1 (Egan 2010)



Stage 2 – The possibilities

The child has now told their story and Identified issues that need addressing.

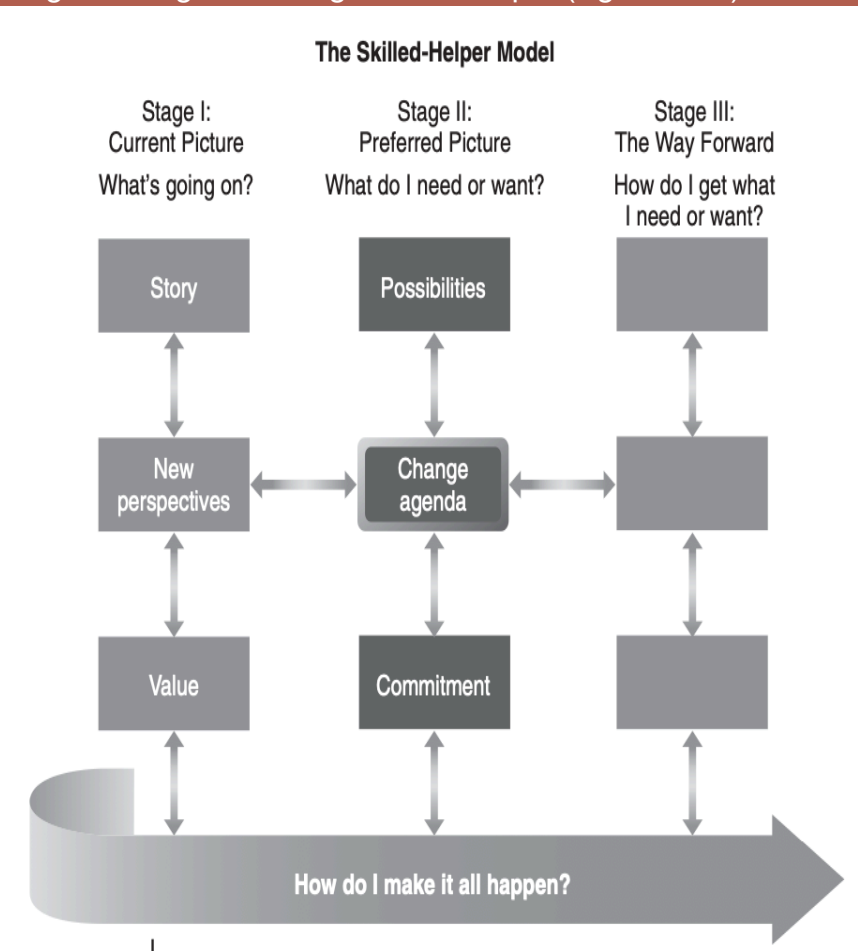
- Possibilities- help the child explore a range of goals and aims for a better future.
 - Can the child see ahead are they restricting their views?
- Change agenda- help the child choose realistic possibilities and manageable goals.
 - Are these goals on the right track? Has these goals raised further issues?
- Commitment- Help the child find incentives that will aid them in achieving their goals.
 - Is the child willing to commit? Who will manage the incentives?

What next?

By now the child and all involved should have a clear picture of what the end goals should look like.

(Egan 1994)

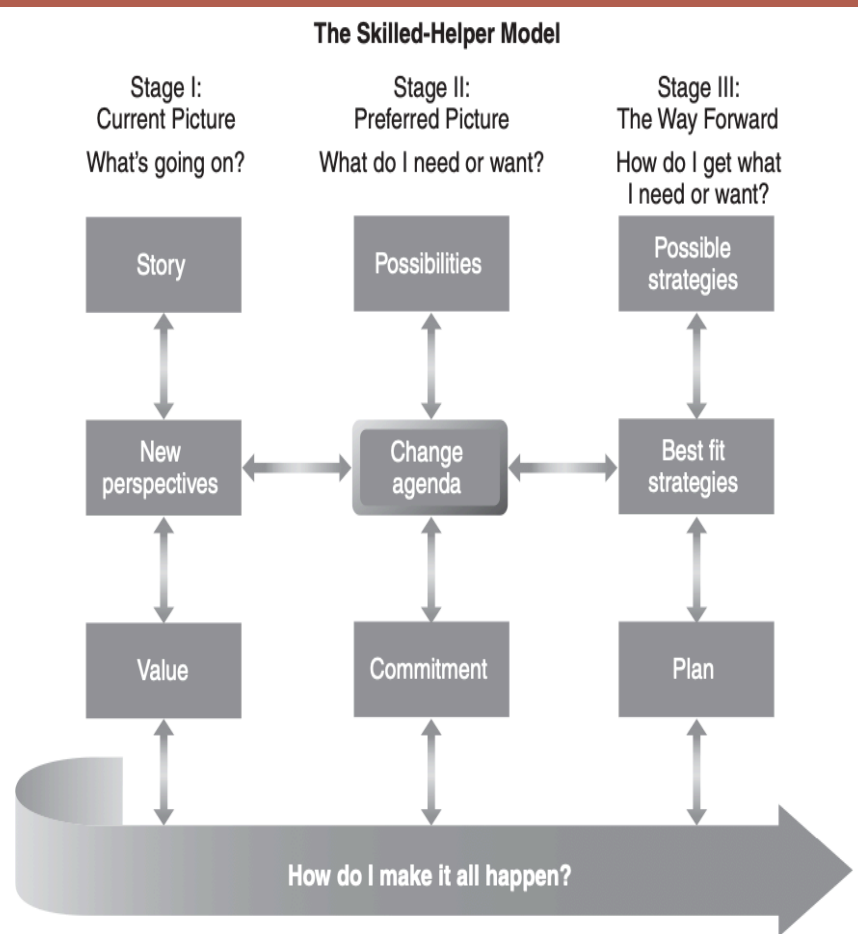
Figure 3: Egan's 3 stage model step 2 (Egan 2010)



Stage 3 – The plan of action

Realistic goals have been set; the focus now is to work out how to achieve these goals.

Figure 4: Egan's 3 stage model step 3 (Egan 2010)



- Possible strategies- Help the child brainstorm a range of strategies to accomplish their end goals.
 - Are they on the right track?
- Best fit strategies- Help the child choose the best strategy, which will make the most out of the resources available.
 - What assistance can be offered? what external agencies could offer support?
- Plan- Help the child develop a step-by-step plan of action which will support them to reach their future goals, taking in count their needs. Brooks(2020)

(Egan 1994)

The model is flexible to fit the need of the child and can overlap you may find yourself jumping back and forth. Egan(2010)

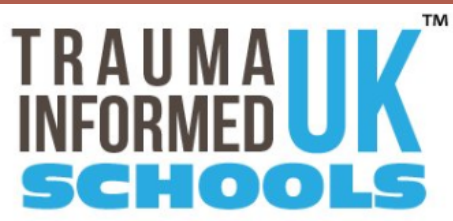
Nurture at work

There are many ways that schools are supporting their learners, schools are asking TAs to take up extra training to help with this much needed support. TAs can train to become practitioners in...

- *Trauma informed schools*
- *Nurture*
- *ELSA*
- *Relationship base play*
- *Restorative justice 4 schools*

All these approaches provided targeted support for individual needs.

“Nurture approaches already have an enormous impact on pupils across the country and they can empower teaching staff to understand and address the needs of children who have experienced trauma.” NurtureUK,(2020)



Conclusion

The role of a teaching assistant has changed hugely over the last 60 years when they first started to appear in classrooms. No longer are they there just to listen to children read or wash paint pots, they now provide support for SEN children as well as looking after the social, emotional well-being of the children.

Egan's 3 stage model can assist Teaching assistants perform their role within the school setting. Egan didn't want this model to be static just within counselling roles but approached with flexibility to assist all skilled helpers. Egan(2010)

It can be used as a problem-solving model to support ...

- Behaviour
- Abuse
- Grief
- Learning difficulties

All things teaching assistants face daily.

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