



National Institute for Youth
& Therapeutic Approaches

Thank you for considering Up-grade...

At **Up-Grade Training**, we believe that developing self-esteem and self-confidence through measurable achievement is the key to unlocking a child's highest potential. We know that emotional and physical development goes hand in hand, and so we apply our deep knowledge of physical skill-building, therapeutic treatment and academic education to develop the whole-child.

Through many years of experience in the field, and as a member of the National Institute for Youth & Therapeutic Approaches Trust, we at **Up-Grade** understand the range of behavioural and emotional challenges posed with children in the care setting, and so have developed our unique therapeutic approach to help channel and transform that negative energy into positive achievement.

We offer every child the opportunity to develop specific skills and receive tangible, meaningful rewards – both extrinsic and intrinsic - at every milestone.

As well as general fitness and physical well-being, countless scientific studies have shown time-and-time-again that physical challenge will raise endorphins which provide:

- Stress relief
- All round improvement in mood
- Increased energy
- Increased mental alertness

Through careful consideration of the physical, social and emotional aspects of the whole-child, Up-grade offer a range of therapeutic approaches that reach the young person on a deep and meaningful level, and at a time where they're most available to be reached.

Providing the inspiration to **achieve and succeed through personal empowerment** is at the core of everything we do at Up-grade – all stemming from the sincere belief that every child has greatness within them!



Why the *Up-grade* approach?

Our experience indicates that the more formal therapeutic interventions breakdown far too often for a range of reasons, including:

- Young person not wishing to engage with the stigma of formal therapy
- Young person's level of trauma is too high and reliving past experience is too challenging
- Young person not emotionally ready to engage
- Young person's does not cope well in formal setting
- Young person associating formal therapy with social work intervention

We pre-empt these potential areas of breakdown by implementing the following:

- Informal yet therapeutically directed talk through fun and engaging activity
- Allowing the child to fully immerse themselves in the physicality of the task at hand
- Encourage and celebrate every achievement whilst endorphins are running high
- Channel challenging behaviour into physical challenge and target setting
- Creating a friendly and informal environment on the surface, foundationally supported by careful and extensive, individually tailored programs and curriculums for the child



Education of the **whole-child** underpins Up-grade Youth Therapeutic Training, this is why we focus on **six core curriculum areas** that are designed to raise self-esteem, improve behaviour and scaffold the emotional growth of the whole child:

- Participation and inclusion
- Creativity and challenge
- Equality and diversity
- Health and wellbeing
- Personal and social development
- Education and self-confidence

What is the **Up-grade** model for Youth Therapeutic Training?

This unique model for working with young people has been designed and developed by Daniel Barfoot, Director and creator of **Up-grade Training**.

Daniel has a wealth of experience working with young people in all areas of education and as a qualified teacher, counsellor and black-belt champion kickboxer, Daniel has worked to develop countless young people into national martial arts champions, A* students and successful college leavers. Through his work in the special education sector, the running of his own martial arts school for children and the private tuition of dozens of individual young people with significant social and emotional difficulties, Daniel has grounded this unique therapeutic approach of Youth Therapeutic Training in the deep and rich soil of his experience and success.

Youth Therapeutic Training uses a range of youth work skills, different activities and environments with informal education and self-esteem building at its heart. This provides a flexible, dynamic and energetic way of proactively insuring that Young People can access therapy in an environment that is challenging, exciting and more importantly, formable to where they are emotionally.

The essence of the **Up-grade Youth Therapeutic Training** approach is:

- To work with the young person to **raise self-confidence**
- To offer opportunities for **real achievement** through physical and academic challenge
 - To model success and the **successful mind-set**
- To **raise self-esteem** through encouragement and guidance

Self-confidence • Achievement • Success • Self Esteem

Up-grade Training currently offers a range of interventions that include:

- One to one therapy and training
- Workshops for self-protection, developing and maintain a healthy lifestyle, alcohol and drugs education and sport-specific training approaches
- One to one mentoring for young people with significant behavioural difficulties
- A range of outdoor activities to offer opportunities to develop transferable skills
- Telephone and online support for day to day issues, when required
- AQA endorsed unit awards for applicable credits for college and university access
- Nationally accredited grading system in Revolution Kickboxing

Daniel Barfoot

BA Hons in Education

CPCAB Accredited Counsellor

ASMAA Sports Coach - Level 3

1st degree black belt kickboxer

English Revolution kickboxing champion

Life coach and yoga instructor



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