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The KidsKope Peer Mentoring Programme: A Therapeutic Approach to Help Children and Young People Build Resilience and Deal with Conflict

Penny McFarlane, Nina Wroe

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This is a programme to train young people how to be therapeutic mentors to younger children, with mentoring workshop outlines and creative, therapeutic activities to use.

Peer mentoring is mutually beneficial: being a mentor can help young people in conflict situations who may not engage easily with adult intervention, and it also has therapeutic benefits for younger mentees. As well as training sessions for the mentors, the book provides outlines of mentoring workshops on issues such as bullying, conflict with parents, parental separation and change and transition. Creative ideas to use in the sessions, such as games, relaxation techniques, role play, and reframing activities, are provided, with photocopiable materials.

Suitable for use with mentors aged 14-18 and mentees aged 9-13, this is an ideal resource to train peer mentors in therapeutic mentoring and for mentors to use in their sessions.

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