



BORDEN GRAMMAR SCHOOL

Borden Grammar School
Avenue of Remembrance
Sittingbourne
ME10 4DB

25 January 2019

Dear Parents/Guardians,

I am pleased to inform you that a trip has been arranged in **March 2019** for Year 12 Psychology students to consolidate and apply their phobias knowledge of the Psychopathology unit. Year 12 Psychology students will attend a Phobias workshop within the grounds of London Zoo (ZSL). In **Phobias**, guest speaker John Clifford, a clinical hypnotherapist, helps students to explore the psychology of phobias.

The first session provides students with an introduction to a range of phobias from the common to the unusual, their symptoms and triggers, and a gives students a chance to ask John questions. In the second session, the group will be introduced to phobia treatments, using the well-established 'ZSL Friendly Spider Programme' as a case study. They will have the opportunity to take part in a hypnosis therapy demonstration, and experience a graduated exposure to an animal that often causes a phobic response.

In between sessions, students will have the opportunity to visit the various zoo attractions, and in particular identify other animals that have become phobias in recent years. Students will be asked before the visit to prepare a list of questions to ask the key speaker; linking them to key behavioural phobias treatments taught in the AQA specification. After the session, students will be asked to list the features and symptoms of a particular phobia observed in session, and how do each of the treatments discussed (e.g. hypnosis, CBT, graduated exposure) prevent these symptoms from occurring?

The trip will take place on **Tuesday 12th March 2019**. The group will leave school by coach at 8.00 am and will depart from ZSL at 3 pm. Estimated arrival time back at Borden will be 4.30 pm (traffic permitting).

The cost of the trip (to include entry to the zoo, educational visit cost and travel costs) is **£33 per student**. This is a visit for which we are, by law, unable to make a charge. However, school finances are such that the trip cannot take place unless we raise, by voluntary contributions, the necessary funding. We appreciate that some parents, especially those who receive Income Support or Family Credit may feel very limited in the contributions that they are able to make and anyone in these categories who wishes their son/daughter to have a place on the visit should make contact with the Headteacher in confidence so that their child is in no way whatever disadvantaged. Pupils who are eligible to go on the trip but who, whatever their parental circumstances, do not make a contribution must, under the law, be allowed to go, and for this reason I must make it clear that whether the trip actually takes place will depend very largely on the willingness of the parents to contribute as indicated. I very much hope that, as usual, this support will be forthcoming.

There are food stalls and cafes available at ZSL, but a packed lunch is recommended for all students as the slot between the 2 sessions is brief.

NOTE: If any students find the interaction with phobic creatures upsetting, it is advised that they are aware of exactly what the session entails before attending. Please see attached ZSL document for more details.

We prefer that payments for trips are either by made by cheque which can be deposited in a named envelope through the letter box in the Finance Office, or via the BGS online payment system. Details of how to make online payments have been issued in personalised letters for each student's parents. If you require a new copy, please contact the Finance Officer, Mrs Drury, at td@bordengrammar.kent.sch.uk and she will send one out. If cash payments are made for trips, students must deliver them in person to the Finance Officer or Bursar and a receipt will be issued. Cash payments can only be accepted at morning registration or morning break and MUST NOT be posted through the Finance Office letter box.

I sincerely hope your son/daughter will be able to attend, as this is an invaluable opportunity to witness psychological treatments in practice. Any queries/comments please do not hesitate to email me at lvoutsinou@bordengrammar.kent.sch.uk

Yours faithfully,

Ofsted
Good
Provider
Miss L F Voutsinou
Teacher of Psychology

Headteacher: Mr J R Hopkins BA (Hons) NPQH



Please return this slip to the Finance Office by **Friday 15th February 2019**

Name of Visit: **Psychology ZSL Phobias Trip**

Date of Visit: **12th March 2019**

Name of Pupil _____ Form _____

Please tick each box that applies below:

I have read the information about the proposed trip on the ___12.03.2019___ and wish my son/daughter to take part in the visit.

I enclose £_____ towards the visit. Cash / Cheque* payable to Borden Grammar School. **please delete as appropriate*

OR

I have made an online payment of £_____

My son/daughter* is entitled to a Free School Meal and I would like a canteen packed lunch provided.

I attach, for the organiser, details of any ailments, allergy, condition or diet of which you may need to be aware in relation to the visit.

My son/daughter* has/does not have* a medical care plan at the school with additional information that needs to be acted upon as necessary.

I authorise the leaders of the trip to act on my behalf in an emergency and to sign on my behalf any consent forms required by medical authorities if they know it would not be advisable to wait for my signature.

**please delete as appropriate*

Parent/Guardian signature _____

Date _____

Tel No. _____

Preparing You For Your Education Session: Phobias

Location: Schools' Education Centre

Duration: **Session 1:** 35 minutes, **Session 2:** 1 hour+

Curriculum links

AS/A2 Psychology

Individual differences and perspectives - anxiety disorders and behavioural therapies.

Session content

Guest speaker John Clifford, a clinical hypnotherapist, talks about phobia triggers and responses.

The first session provides students with an introduction to phobias and a chance to ask questions.

In session 2, the group will listen to a case study about the 'ZSL Friendly Spider Programme'. They will then have the opportunity to take part in a hypnosis therapy demonstration and graduated exposure to an animal that commonly causes a phobic response.

During the sessions students will:

- Sit and listen to a guest speaker
- Have opportunity to ask questions
- Take part in a hypnosis and graduated exposure.

Using the Zoo to support this session

- Visit the Reptile House and observe both the venomous and non-venomous snakes. Make notes on the characteristics of these reptiles and suggest why they may cause phobic responses.
- Visit the Bat House (near the Lemurs and Otters). Observe the behaviour of the bat colony, taking note of their body shape, movement and lifestyle.
- Visit B.U.G.S. and locate the spiders and rats. Think about how these animals make you feel and consider why your body reacts in the way it does to these types of animal.
- Visit Tiger Territory and think about how these arguably more dangerous animals are less likely to cause a phobic response. Why do people actively like looking at tigers and why is phobia of these animals very rare?

Suggested classroom activity (for before your visit)

- Prepare a list of questions to bring to the session to ask the speaker.
- Plan a route to take around the Zoo that takes in animals that commonly cause a phobic response.