

Therapeutic Parenting: A different way of life

Our 3 day therapeutic parenting workshop helps adoptive parents to develop their understanding of their adopted child's needs and to gain peer support. It is a strengths based programme which seeks to develop and strengthen the personal resources, confidence and resilience of parents. It aims to improve empathy, parental sensitivity, understanding and communication and help parents to understand their child's trauma and subsequent behaviour. The programme also aims to develop and consolidate therapeutic parenting strategies which include tools to implement PACE.

Parenting children with histories of abuse and neglect requires sensitive caregiving. The more parents understand about the impact of abuse and neglect on children, the more likely they are to offer nurturing care (Howe, 2009).

The programme covers the following -

- Child development and attachment theory
- The impact of trauma (neglect, abuse and loss) on child development and on brain development and function
- Understanding secondary trauma and 'blocked care'
- Theraplay® and its role in building and enhancing attachment with children, improving self-esteem, building trust in others and enabling joyful engagement.
- Strategies and tools to support therapeutic parenting
- The effective use of therapeutic stories
- The importance of self-care

The programme is participative and interactive; using participants own experiences, and balances theory with practical exercises.

Who should attend?

This programme is intended for adoptive parents who have had child/ren placed for at least six months.

Cost: £450 per family **Timings:** 3 days – 10am-3pm (flexibility around times)

Funding: Adopters can ask their Adoption Support Team for an assessment under the Adoption Support Fund and request a parenting programme.

Training outcomes linked to the fund include supporting parents in order to help their children with:

- Improved relationships with peers
- Improved relationships with siblings, parents and other family members
- Improved relationships with teachers and school staff
- Improved engagement with learning
- Improved emotional regulation
- Improved behaviour management
- Improved confidence
- Improved ability to enjoy a positive family life and social relationships

It helped me gain a deeper understanding of the long lasting effects of trauma and to help understand their inner world and therefore have more empathy for them.

I feel a bit more confident in dealing with his meltdowns.

I'll remember the importance of self-care for me and my husband.

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