

**Therapeutic Courses**

**for Adopters**

**within the Adopt North East Region**



**Attachment Matters**

Children can experience a disruption in the development of their early attachments to their primary caregivers for many different reasons. The journey to a secure attachment is a vital and sensitive process influenced by relationships and environment either in a positive or negative way. The disruption in this process interrupts the child’s emotional, social, and neurological development leaving the child with deficiencies in their coping strategies when under stress. The child is also more likely to develop negative internal working models leaving them with feelings that they are bad and unlovable and that adults and the world are not safe.

Children who have a disruption in their attachments can also present in school with a number of difficulties, emotionally, behaviorally and socially. These difficulties can often hinder the child’s ability to access the learning resulting in the school day being full of anxiety, frustration and disruption for the children, parents, and the staff.

This course gives parents the opportunity to understand the importance of a secure attachment and recognise the impact of their own and the child’s behaviours on the attachment process.

The information in the course is very useful in preparing parents for the attachment journey in utero and after birth through the first 2 years covering topics such as:

* The journey to a secure attachment.
* Pre-natal bonding, preparing for the outside world.
* What happens if the journey is disrupted?
* Making the most of the bonding process.
* Developing trust and self-regulate.
* Understanding your own attachment patterns and the impact of this on your parenting.
* From birth onwards.

The information in this course is again designed to enable early identification of signs that the attachment journey has been disrupted and to look at parenting strategies and interventions that can help to promote a healthier attachment relationship. Topics covered include:

* The journey to a secure attachment and the impact on the child’s development.
* Symptoms and behaviors that may indicate a disruption.
* Understanding your own attachment patterns and the impact of this on your parenting.
* Understanding and reframing of early experiences.
* Building your child’s internal resources needed to cope with the trials of life.
* Understanding and meeting the need behind the behaviour.

Attachment matters is a 6 week parenting course, each session runs for 3 hours.

Throughout the course the content covers the theoretical, practical and emotive aspects needed in order to provide parents with a full understanding of the development of secure attachments and the impact on the child if this process is disrupted.

**Facilitators:**

Nancy Gilbert is a Therapeutic Counsellor with over 14 years’ experience working with children who have disrupted attachments, as a carer, family support worker and therapist. For the last 10 years Nancy has been working as a therapist specialising in Attachment; Trauma and Dissociation and has provided interventions and guidance to families, agencies and schools in order to support the child’s success. Nancy has developed and presented training for schools, parents and professionals nationally and internationally in an effort to promote understanding of the difficulties faced by children, their families and teachers when there is a disruption in the attachment relationships and/ or the experience of early trauma and to encourage early identification and intervention.

Please watch this short video clip of Nancy summarising the course to give you an idea of what to expect: <https://youtu.be/Od6OOl1uRJk>

**Dates for courses 2023:**

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| **Jan/Feb**CANCELLED | **April/May**Saturdays – 10-1April: 22nd; 29thMay: 6th; 13th; 20th, 27th | **September / October**Mondays – 10-1Sept: 11;18;25Oct: 2; 9; 16 |

**Contact ANE:**

You can email us at **adoptnortheast@northtyneside.gov.uk**

or telephone **0191 6435000**

**Foundations for Attachment**

**Who is the course for?** Foundations for Attachment is a 6-session therapeutic program for parents & carers of children who have experienced early trauma and disrupted relationships. It is helpful for children who may be experiencing attachment anxiety/insecurity which is impacting upon their daily life. Due to the impact of early trauma, children often require a different kind of parenting. They need a therapeutic approach which understands the impact of their experiences and helps them to move forwards. This program is informed by the Dyadic Developmental Psychotherapy & Practice model (DDP) developed by Dan Hughes, which is a widely recognised and approved therapeutic modality for Adopted and Care Experienced children.

**What does the program involve?** The program consists of six, 3-hour sessions which cover three separate modules. Parents will also have optional access to a private Facebook group for the duration of the program to support discussion, learning and reflection.

* **Module 1** - Understanding the challenges (This includes an introduction to attachment theory, intersubjectivity and understanding the impact of trauma)
* **Module 2** - DDP Informed Therapeutic Parenting (Therapeutic parenting skills and strategies are introduced in this module. We focus on building connections and how this can be applied to supporting behaviour.)
* **Module 3** - Looking After You (In this module we shift our focus from the child to the parent. You are the person most likely to affect change within your child. Within these final sessions we explore and reflect upon attachment history and relational experiences. We encourage you to reflect upon your interactions with your child and how you can bring in therapeutic parenting skills. There will also be a focus on the importance of self care and parental wellbeing.
* **Pre-group Welcome Meeting:** Prior to the group starting, Dr Gemma Gate, Clinical Psychologist will have a 20-30 minute introductory meeting with you. This will be a chance for us to get to know you a bit better, understand your circumstances and hopes for the program. You can also ask any questions you may have. We will also complete some questionnaires with you about your child and your wellbeing. These will be repeated at the end of the group and individualised feedback will be given to you and your referring social worker.

**How is the program delivered?** The program is delivered by a minimum of two facilitators, one of which will be Dr Gemma Gate, Highly Specialist Clinical Psychologist. We use a variety of methods to support parents/carers in their learning. This typically includes;

* PowerPoint and formal learning resources (electronic parent pack)
* Video material Sharing of scenarios and case examples
* Whole and small group exercise and reflective discussion
* Role Play (optional - please don't worry, we do not force parents to participate in role play. If necessary the facilitators will role play for the group)

**Facilitators:**

Our programs are facilitated by a minimum of two professionals. One of which will be Dr Gemma Gate, Clinical Psychologist. Gemma is a skilled professional with over 12 years experience working within Mental Health and Learning Disability services in the NHS and independent sector. Gemma has been an approved provider of specialist services for adoptive families since 2016. She is trained in Dyadic Developmental Psychotherapy (Level 2) and has ran previous DDP Informed Therapeutic Parenting Groups including the Foundations for Attachment Program and the Nurturing Attachments Program.

**Dates for courses 2023:**

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| **Feb**ONLINE ONLY Venue: Online via Zoom Time: 6:00pm – 8:45pm • 02/02/2023 • 09/02/2023 • 16/02/2023 • 02/03/2023 • 09/03/2023 • 16/03/2023 | **May**May 2023 Intake Venue: TBC Time: TBC • 11/05/2023 • 18/05/2023 • 25/05/2023 • 08/06/2023 • 15/06/2023 • 22/06/2023 |



**Non-Violent Resistance (NVR)**

When your child presents with challenging behaviours it can be hard to maintain connection and co-regulation.

In our unique workshops we use the foundations of NVR and attachment-based principles to build parental presence and focus on your relationship with your child.

You will learn how to support and understand children and teens who have experienced trauma and loss. You will gain knowledge of practical strategies to help de-escalate situations and have a happier family life. Peer support is essential to our journey together and we nurture connection between course participants.

We will be joined for some sessions by an adoptive parent who has extensive lived experience and a passion for NVR.

* This group course is 8 x 2.5 hr weekly training sessions followed by 4 x 1 hour support sessions over 4 months (Total of 24 hours contact)
* Following the group course participants are invited to join our wider ongoing monthly support sessions (Mixture of online and in person)
* From the start of the course participants can join your dedicated WhatsApp group to connect and communicate with their peers and Carolyn and Ingrid

**Facilitators:**

Ingrid Ayling-Ford: Therapeutic Social Worker and Life Story and Identity Specialist

Carolyn Morgan: Child and Adolescent Psychotherapist and Autism Specialist

Qualified NVR Informed Practitioners

**Dates for courses 2023:**

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| **Jan**Friday 20 Jan 2023 9.30am to 12pm in person and thereafter 27 Jan, 3 Feb, 10 Feb, 17 Feb, 3 March, 10 March via Zoom, and 17 March in person (Venue to be confirmed)Follow up support sessions on Saturdays 9.00 to 10.00am 22 Apr, 20 May, 17 June, 14 July via Zoom | **May**Friday 5 May 2023 9.30am to 12pm in person and thereafter 12 May, 19 May, 26 May, 9 June, 16 June, 23rd June via Zoom, and 30 June in person (Venue to be confirmed)Follow up support sessions on Saturdays 9.00 to 10.00am 29 June, 26 July, 30 Aug, 28 Sept via Zoom |

