

# Therapeutic Team

The Therapeutic Team is made up of therapeutically trained and experienced social workers who offer a range of approaches to support families.



## Our offer:



- **Therapeutic and Sensory Based Parenting Programme**
- **NVR (Non Violent Resistance)**
  - **Group Programme**
  - **1:1 Sessions**
- **1:1 DDP Informed Parenting Sessions**
- **Early Intervention Support**
- **PCAP (Parent-Child Attachment Play)**
- **Staff Consultations**

# Therapeutic and Sensory Based Parenting Programme:



This is a DDP informed small group training programme and consists of 7 sessions:

- 6 sessions which are 3 hours in duration
  - As part of the programme, we include 1 session on sensory processing and integration. which is led by a specialist paediatric physiotherapist and advanced sensory integration practitioner and 1 session which explores adult attachment in relation to parenting which is led by a clinical psychologist.
  - All other sessions include exploring developmental trauma, the brain, blocked trust, fear of intersubjectivity, shame, miscuing (hidden and expressed needs), therapeutic parenting, mind-mindedness, PACE (playfulness, acceptance, curiosity and empathy), regulation, regression and rupture and repair.
- A 1:1 session with one of the facilitators is arranged with each parent/s for session 7, which will be 1 hour in duration.

This programme will take place virtually on a Wednesday: Time of sessions are 09:45-12:45.

Following this, parents are then invited to attend an embedding session which takes place on the first Tuesday of every month. This is not mandatory.

# NVR:



A member of the therapeutic team can undertake this intervention with parents in a small group training programme or occasionally on a 1 to 1 basis.

NVR is a way for parents to build or rebuild a strong connected relationship with their child/ren.

NVR offers parents an alternative way to respond to their children, which aims to stop child/ren's destructive behaviour, to prevent escalation and violence and to make them feel connected to their parents and understood by them.

The main principles of NVR are:

- Increasing parental presence in the child/ren's life.
- Looking after yourselves as parents
- Managing difficult situations and continuing to show your child that you love them.

# 1:1 DDP Informed Parenting Sessions:



All 1:1 work will be carefully planned on the individual needs of the family.

The number of sessions is variable, and will be determined after a member of the therapeutic team has undertaken an initial assessment with the parent/s.



# Early Intervention Support:



All work will be carefully planned on the individual needs of the children and their adoptive family; which will be based on the request of the referring ACE staff member. The intervention is to provide additional intensive support to adoptive parents prior to the children being placed, during the introductions and within the early weeks of the placement. The main aspect of the work is to:

- Develop adoptive parents understanding of their child/ren's early life experiences and the impact of developmental trauma.
- Focus on attachment needs and how to meet these needs.
- Building a bond between adoptive parents and their child/ren.

The number of sessions is variable and will be determined and agreed with the referring ACE staff member.

# PCAP:



PCAP is an enjoyable evidence-based programme for strengthening parent-child relationships. A member of the therapeutic team will work directly with the parent/s to develop 3 main skills:

- Child-led play
- Containment
- Reflective functioning

The average number of sessions for the intervention is 16-20 sessions.

# Staff Consultations:



All staff within ACE can ask for a consultation with a member of the therapeutic team. This may be for support in understanding DDP and/or therapeutic parenting. It may be to talk about a specific case which you would like to explore and have some focused time thinking about from a DDP perspective. A consultation may be requested to look at, or gain support, in what can be shared with other professionals, such as when attending a school meeting and needing to explain developmental trauma. Or it may be something else which a staff member needs additional support with.