

Therapeutic Approaches



Training Courses 2020-2021

Who are we?

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



What can we offer?

Here at Adoption Central England (ACE), the therapeutic team are offering new and exciting training courses for parents. Overleaf has all the information on some of the courses we are offering across the counties —Warwickshire, Solihull, Worcestershire Coventry and Herefordshire.

Non-Violent Resistance (NVR)



NVR is an approach for parents experiencing serious difficulties such as child to parent violence or other safeguarding concerns such as children putting themselves at risk of harm. NVR is a way for parents to build or rebuild a strong connected relationship with their child/ren. Non-violent resistance offers you an alternative way to respond which aims to help you to stop your child/ren's destructive behaviour and to prevent escalation and violence. Experience and research show that it is very effective.

The main principles of NVR are:

- 1. Taking an active stand against violence and anti-social behaviours.**
- 2. Holding back from physical or verbal violence.**
- 3. Increasing your parental presence in your child's life.**

The non-violent resistance training course encourages parents to share their experiences, concerns and fears as well as their hopes with the group and to invite others in their network to help and support them. Breaking the silence about what goes on in the home and asking for support is not a sign of weakness.

NVR marks a new stage of being open and clear with your child. You begin by telling your child about the stand you are going to take and your commitment to resist their behaviour.



Non-Violent Resistance (NVR)

What will I gain/learn from this therapeutic training course?

The NVR course will give you the opportunity to meet with other adoptive parents who are facing similar problems and also to meet parents who have successfully used NVR within their families.

Using support does not mean handing over the responsibility for children to other people. It helps parents to feel less isolated and lonely. Asking for support is an active step in starting on the path of regaining positive relationships and helping you to become the parent you want to be with your child whilst resisting their violence.

Am I eligible for this course and how much does this course cost?

This course is aimed at adopters whose children are already placed. This course incorporates embedding sessions and ongoing support groups. If you join this course, we will apply to the Adoption Support Fund to cover the cost.

The cost of the NVR course is funded by the Adoption Support Fund.

You will need to be referred for this course by an ACE Social Worker following discussion of the suitability of this course for you.

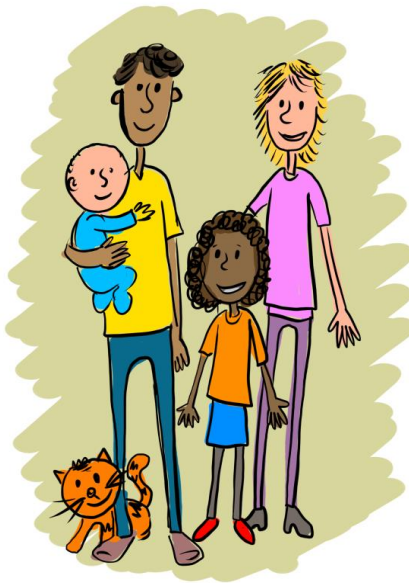


Non-Violent Resistance (NVR)

When and where is this course taking place?

We hold courses virtually and face to face.

If you would like to discuss attending an NVR course please contact ACE on 0300 369 0556.



The cost of the courses are funded by the Adoption Support Fund.

You will need to be referred for this course by an ACE Social Worker following discussion of the suitability of this course.



Therapeutic & Sensory Based Parenting

Therapeutic & Sensory Based Parenting course is comprehensive program for parents. The course covers attachment, trauma, brain development, sensory processing and integration, therapeutic parenting and Theraplay. We are excited to include a session on sensory processing and integration led by a sensory therapist.

Parents will be introduced to the attitude of parenting with PACE (playfulness, acceptance, curiosity and empathy) taken from Dyadic Developmental Psychotherapy. We explore managing difficult behaviour with therapeutic parenting. Parents are encouraged to practise PACE as homework and come back to discuss this in the group setting.

PACE entwined with Theraplay techniques aim to create an active, emotional connection between the child and parent and teaches parents how to use play activities to make positive connections with children.



Therapeutic & Sensory Based Parenting

What will I gain from this course?

The Therapeutic & Sensory Based Parenting course focuses on why attachment and sense of safety is important for children. Parents will also be looking at the expressed and unmet needs of various attachment styles in children and exploring the impact of trauma on brain development, sensory integration and the ability of children to regulate. Parents will also explore the reasons as to why traditional parenting based on reward and consequences is often not effective for children who have experienced trauma.

Embedding Session

This course will also include an embedding session later in the year where parents can discuss how they have put their learning into practice.



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PCAP

Want a stronger parent-child relationship?

Interested in the latest research on how best to handle our children?

Sometimes feel frustrated or overwhelmed and want quality of family life?

YOU ARE NOT ALONE!



Parent-Child Attachment Play is an enjoyable evidence-based programme for strengthening parent-child relations. One to one and group sessions available and will be funded through the Adoption Support Fund. 10 step programme for parent and carers with a Parent-Child Attachment Play Practitioner.

The cost of this course is funded by the Adoption Support Fund.

You will need to be referred for this course by an ACE Social Worker following discussion of the suitability of this course for you.



Which course is right for us?

NVR

- "My child hurts me"
- "My child is aggressive towards me"
- "My child may be harming themselves"
- "I am scared for my safety around my child"
- "I am scared for the safety of my child"



Therapeutic & Sensory Based Parenting

- "I want to connect with my child through PACE"
- "My child is displaying difficult behaviour"
- "I am interested in parenting therapeutically"
- "I want to understand more about trauma and attachment"
- "I want to convince my child that they are worthy of love"
- "I want to help my child connect with me emotionally"

PCAP

- "I think my child will benefit from PCAP"
- "I want to build a stronger parent-child relationship"
- "I am interested in the latest research on PCAP"



Important Information

The Adoption Support Fund (ASF) provides funds to local authorities and regional adoption agencies to pay for **essential therapeutic services** for eligible adoptive and special guardianship order families.

The Adoption Support Fund continuously review the services they offer. At the moment, children eligible for the Adoption Support Fund services have two fair access limits:

£2,500 per child per year for specialist assessment
£5,000 per child per year for therapy



The cost of your chosen therapeutic course will be taken from the yearly £5000 therapeutic therapy allowance. When discussing your interest with an ACE Social Worker you will be asked to consent to us applying for the funding of your chosen course and if you consent to your details being passed to the Adoption Support Fund for research and evaluation purposes.

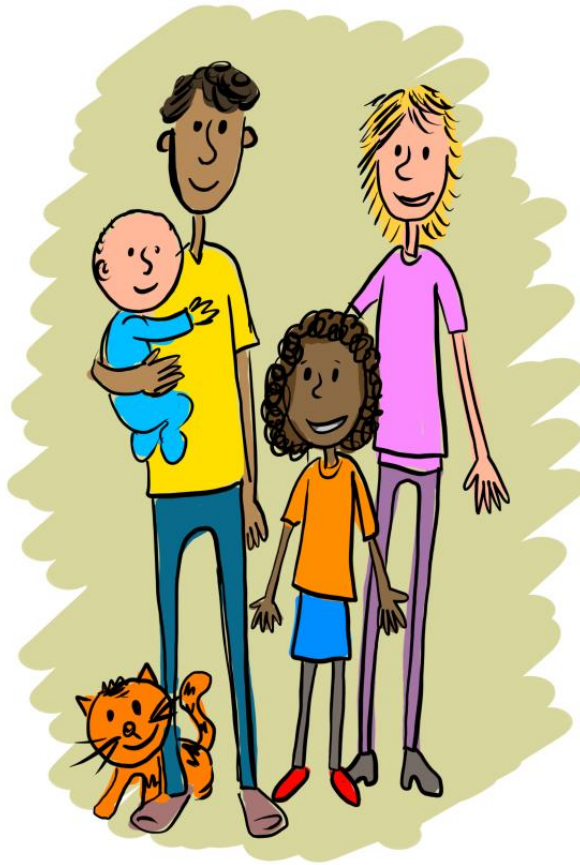
Without your consent, we cannot apply for funds.

Due to dates set by the Adoption Support Fund, funds have to be applied for 25 working days before the course begins. **Once the application has been submitted, please be aware that funds cannot be reimbursed or reallocated.**

You will need to be referred for this course by an ACE Social Worker following discussion of the suitability of this course for you.

Contact Us

If you are interested in any of our therapeutic services,
please contact us on 0300 369 0556.



For further information about any of the support services we offer:
Please see our website - www.aceadoption.com
or the Adoption Support Fund - www.adoptionsupportfund.gov.uk

You can also follow and like us on Facebook!
www.facebook.com/aceadoption

