



**Adoption
Central
England**



TRAINING BROCHURE

**TRAINING PROGRAMME FOR
ADOPTIVE PARENTS THROUGH ACE**

INTRODUCTION

Welcome to the brochure providing information about the training offer to you as adoptive parents through ACE.

As with many aspects of parenting there will be joys and challenges and you may need opportunities to revisit some of the important learning you gained through the adoption preparation and assessment process, or you may want to understand better some of the information that has been shared with you previously.

This brochure provides details of further training opportunities which build upon what you may already have learnt. Ideally these courses should be completed within the first 12 - 18 months of having children placed with you. However, if you are an established adoptive parent, you are also welcome to join any of the courses listed below.

To register your interest please complete the [Adopter Training Request Form](#). You are required to provide such information as your name, contact details, address, and local authority area. You will then be contacted with advice about the training dates available and joining instructions.

THE TRAINING OFFER

First Year of Adoption

The course is co-facilitated by social workers from ACE including those who offer post-adoption support. The emphasis will be on the development of parenting skills, reflecting on a child's and family's future needs and what support can be accessed. This full day, in person training programme will provide you with an opportunity to connect with other adoptive parents who have had children placed with them during a similar time period. The training encourages you to discuss and reflect on what has gone well and what you have found to be more challenging than expected since beginning the adoption process. There will be a focus on reviewing the lessons learned from previous training and workshops on attachment and the child's lived experience.



Parenting with PACE

This 2-hour online training course will focus on refreshing your knowledge and understanding of attachment and therapeutic parenting. Drawing from information initially shared in preparation groups, the training facilitators will support you in taking theory forward into practice based on experience and scenarios brought to the group by those in attendance. There are opportunities to discuss common challenges of therapeutic parenting, and information provided about how to access resources to help you to build your confidence and skills in this approach.

Talking and Telling – The Importance of Life Story

This 2-hour online training course focuses on helping you to understand all aspects of sharing a child's life story. Facilitated by ACE social workers trained in therapeutic life story work, the course will discuss the use of Life Story Books and Later in Life letters. It will also explore theories and resources to support life story work and how to provide children with a helpful narrative to understand how they came to be adopted, and the reasons why they could not remain in their birth families. Information and group discussion will also consider how and when to start telling a child's story with opportunities for attendees to ask questions to ensure that you feel confident in tackling these sensitive issues with your child/ren.

Identity and Maintaining Relationships

These 2 x 2-hour online workshops delivered by the ACE Family Connexions Team will focus on understanding the different ways of maintaining relationships between adopted children and important individuals in their lives. They will go through the different ways of keeping these relationships going and why this is in the interests of adopted children, and yourselves as an adoptive family unit. There will be a focus on the fluidity of maintaining relationships over time that ensures that the adopted child's needs are met. The workshops will also explore the nature of an adoptee's dual identity, the importance of this and how you can support and give permission for your child/ren to develop a rounded, informed sense of identity. There will be information and discussion on indirect "letterbox" contact alongside other forms of communication, with details of how you can be supported with some of the challenges around these arrangements.



Further Training Opportunities

Eat, Sleep and Play – everyday challenges in parenting adopted children

This set of 5 workshops will consider the challenges involved in everyday family life when as a parent you want them to eat well, sleep well and play happily but things don't always go as smoothly as you would like. As an adoptive parent you may encounter difficulties stemming from your child's early life experiences before they came to live with you. The programme will explore these challenges from an attachment and trauma perspective to better understand the difficulties and to consider ways of meeting the challenges using PACE and therapeutic parenting ideas. There will be time to ask questions and share experiences with other adoptive parents around these 3 key themes. In each workshop you will explore the challenges for your individual child and there will be an opportunity to reflect on the application of what you have learned in a later workshop.

Psychological Health in Adopted Children and Adolescents

This programme comprises of 2 modules:

Module 1: Mental Health in Adopted Children

The first workshop in the series covers the concept of mental health as an umbrella term and how it applies to children and adolescents who have been adopted. This is a 3-hour, online workshop, delivered by a Clinical Psychologist working within ACE. The workshop offers opportunities to explore the advantages and disadvantages of various frameworks for understanding emotional wellbeing and how these relate to diagnoses and service provision. A range of specific conditions and how these might present will be discussed alongside ideas of how and when to access help.

Module 2: Neurodiversity in Adopted Children

The second workshop covers the concept of neurodiversity (including diagnoses such as Autistic Spectrum Condition and Attention Deficit Hyperactivity Disorder) in the context of children and adolescents who have been adopted. This is a 3-hour, online workshop, delivered by a Clinical Psychologist working within ACE. The workshop includes opportunities to think about a range of conditions considered 'atypical' from a developmental perspective and how these overlap with developmental trauma. Issues relating to diagnosis, service provision and support are also explored.



Self Harm Workshop

This is a 3-hour online workshop, delivered by Clinical Psychologists working within ACE. It provides an opportunity to think and learn about experiences of self-harm in children and young people who have been adopted. Within the workshop we will consider what self-harm is, what the experiences of young people are and what role self-harm plays for them. We will also talk about the experiences of parents and consider the impact self-harm has on you as adults, as well as considering how you might respond in the interests of your child.

Therapeutic Interventions and Group Based Training

Through the ACE Therapeutic Team, a further series of training is available to adoptive families in the ACE region. These courses are more than one session and acceptance onto any of the courses will require an application to the Adoption Support Fund to be completed following an assessment of your family's needs.

Therapeutic and sensory based parenting programme

This programme delivered by the ACE Therapeutic Team is for those parenting children who have experienced loss, separation, trauma, abuse and /or neglect during the early years of their lives. This is a DDP informed programme consisting of 7 sessions that aims to help parents understand parenting challenges and to increase your emotional connection with your children. The sessions are 3 hours in duration with the final session being an individual session with one of the training facilitators. Adoptive parents are invited to join the monthly follow up embedding sessions after the training programme is completed.

Toddler and Baby Bonding

This is a weekly supportive group setting in which you can try some playful and fun ways to be with your child alongside a small group of other adoptive parents. The group runs for 8 weeks and you will have around 30 - 45 minutes of structured activity and then 45 minutes where there will be a snack and toys to play with (and a cup of tea for you!) whilst you chat with other adopters and/or seek more specific advice from the facilitators should you wish.

The facilitator is an independent social worker with over 15 years of experience in social work and a particular passion with relational play work and it is run alongside another worker from ACE. You will also have the chance to discuss any particular issues before and after the group sessions as there are two one to one sessions included. This group is funded by the Adoption Support Fund.

Additional training modules to attend in Stage 2 to include
for your family and friends. ***

Non Violence Resistance (NVR)

The NVR programme offers parents an alternative way to respond to children, which aims to stop a child/ren's destructive behaviour, to prevent escalation and violence, and to help children to feel connected to their parents and understood by them. The course is suitable for adoptive parents who are experiencing any form of conflict - however minor. It is also not just about crisis management but focuses on relationship based parenting underpinned by the principles of increasing parental presence in the child/ren's life, managing difficult situations whilst continuing to show your child that you love them. Finally, the programme explores ways of looking after yourselves as parents.

It is a 12 week programme consisting of 8 weekly online group based sessions, each for 2 hours followed by 4 one to one hourly sessions. These are delivered by an NVR accredited practitioner and psychotherapist.

Parenting Teens

This training explores key themes in understanding your adopted teenager and helps you to meet the challenges of parenting them through adolescence during this 5-session online training course, held on a weekly basis. The training offers the opportunity to explore adolescence as a developmental stage, the teenage brain, attachment in adolescence, emotional issues, identity and contact, therapeutic parenting and using PACE with teenagers. It will also cover looking after yourself as a parent of a teenager.

Parents will be encouraged to ask questions and to share experiences with other adoptive parents around these key themes. There will also be opportunities to discuss the issues that you have experienced in your own family within each session.

Extended programme for family and friends

In partnership with Adoption Focus and Barnardo's, ACE is pleased to extend online bi-monthly training events and webinars that adopters' family and friends might find helpful. We are pleased to offer a wide range of topics including life story work, relationship gestures, understanding PACE-ful parenting, building relationships and the impact of trauma on adopted children.

Information is available through the ACE website and ACE Newsletter along with joining information.

www.aceadoption.com



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