



# eTR-UST

*Virtual therapeutic parenting  
programme*



eTR-UST is an eight-week virtual course for parents and carers of children who have experienced trauma, abuse or neglect.

Quote from Ofsted (July 2022) report:

“Training for adopters is an outstanding feature of this organisation. It is based on up-to-date research and tailored to the specific needs of adopters and their families. This enables adopters to build their knowledge, confidence and capacity to meet the developing needs of their children. As a result, adopters feel empowered to parent. This means that children benefit from belonging with families who understand their previous life experiences and their developing needs”.

# What does the course cover?

- Attachment theory
- The role of attachment in child development
- How attachment relationships develop between child and carer
- The effect of early experiences on brain development
- What can go wrong with attachment and how this affects the child's behaviour and development
- How to nurture positive attachments/relationships in children with attachment difficulties (specific therapeutic parenting techniques)
- How to manage challenging behaviour
- The role of re-enactment and ways to overcome this
- Barriers to effective parenting of children with attachment difficulties
- Nurturing oneself whilst caring for children with attachment difficulties

# What to expect

This course is facilitated over eight weekly sessions of 2.5 hours per session. There will be a ninth follow-up session held 3-4 months after the conclusion of the course. This is a complimentary session and optional for participants to attend.

Training is delivered by highly qualified clinical psychologists and therapists with many years' experience working with trauma and attachment. Exercises, activities, video clips, discussion are used throughout the course to enhance the teaching and content.

eTR-UST is hosted virtually, via video conferencing methods. Participants will need a computer or tablet device, internet connection, webcam or device camera and microphone to participate.

# Who is eTR-UST suitable for?

eTR-UST is aimed at parents and carers of children and young people who have experienced trauma, abuse and neglect. It is particularly well-suited to:

- Adoptive parents
- SGO carers
- Kinship carers
- Foster carers

However, all parents and carers are welcome to join the eTR-UST course. It is beneficial to parents and carers of children of any age (from birth to young adulthood).

# 2025 dates

SPRING TERM		SUMMER TERM		AUTUMN TERM	
Session 1	22/01/2025	Session 1	04/06/2025	Session 1	01/10/2025
Session 2	29/01/2025	Session 2	11/06/2025	Session 2	08/10/2025
Session 3	05/02/2025	Session 3	18/06/2025	Session 3	15/10/2023
Session 4	12/02/2025	Session 4	25/06/2025	Session 4	22/10/2025
HALF TERM BREAK		Session 5	02/07/2025	HALF TERM BREAK	
Session 5	26/02/2025	Session 6	09/07/2025	Session 5	05/11/2025
Session 6	05/03/2025	Session 7	16/07/2025	Session 6	12/11/2025
Session 7	12/03/2025	Session 8	23/07/2025	Session 7	19/11/2025
Session 8	19/03/2025			Session 8	26/11/2025
Funding Deadline: 20 December 2024		Funding Deadline: 20 May 2025		Funding Deadline: 3 September 2025	

# 2025 available courses

SPRING TERM		SUMMER TERM		AUTUMN TERM	
TIME	COURSE CODE	TIME	COURSE CODE	TIME	COURSE CODE
Morning Sessions (10:00 – 12:30)	TREJAN52	Morning Sessions (10:00 – 12:30)	TREJUN55	Morning Sessions (10:00 – 12:30)	TREOCT58
Evening Sessions (19:30-22:00)	TREJAN53	Evening Sessions (19:30-22:30)	TREJUN56	Evening Sessions (19:30-22:00)	TREOCT59
(20:00-22:30)	TREJAN54				

Participants may choose 1 course (either an evening session or a morning session).

We may be able to facilitate additional eTR-UST courses dependent on the demand.



# Attendance

Please note that attendance is mandatory for all sessions.

Each session builds upon the knowledge learned from the previous week and it is unfortunately not possible for us to catch up on missed sessions. We would not be able to issue a certificate of attendance if the majority of sessions are not attended.



# What are the sessions like?

Our eTR-UST course is designed to be an informative, interactive and interesting way for parents or carers to learn more about parenting children who have experienced early trauma, abuse or neglect.

All of the sessions incorporate specialist input from highly qualified clinical psychologists and therapists. As well as teaching, participants will also have the opportunity to take part in small group and individual exercises, as well as general group discussions, providing participants with maximum opportunity to understand and practice theories, ideas and skills.

# What technology is required?

## TESTING

We offer participants the opportunity to test their tech with us before the course begins.

Contact us to arrange a practice session.

- A laptop or mobile device (laptops are preferred, as they provide a better experience)
- Webcam or in-built camera device
- Microphone (usually in-built to device)
- Internet or mobile data connection

A full technology guide is provided to participants before the course begins.

# Pricing

£1000 + VAT

The eTR-UST course is often available to participants through the Adoption and Special Guardianship Support Fund. Please contact your Local Authority for more information.

## PLEASE NOTE:

**Places are charged for per person**, not per household. If a couple wishes to attend together, this would count as 2 places.

All individuals **must** return an application form and have funding in place to take part.

Please note we require a minimum of 8 participants per morning or evening session.

We can host a maximum of 12 participants per morning or evening session.

# Pricing

Please note the below cost breakdown for the eTR-UST therapeutic parenting programme:

- Materials and Equipment: Personalised Non-Reusable Workbook - £50.00\*
- Therapy - Contact: 8 sessions x 2.5 hours = 20 hours total (47.50 per hour x 20 hours = £950.00 total)
- 9th follow-up session is complimentary (free of charge)
- = £1000 total (per attendee)

\*note that this does not include any other additional items

## PLEASE NOTE:

VAT applies to this training programme and is not covered by the ASF. The VAT can be claimed back by the RAA/LA financial department.

# Further information

## **Attendance:**

Attendance is mandatory for all sessions. Only registered attendees may join the course.

## **Referral deadline:**

We must receive all applications at least 4 weeks before the course start date.

## **Confirming your place:**

We can only confirm your place once we receive the application form and have funding agreed.

## **Applying to the course:**

Places are allocated on a first-come-first-served basis. If spaces fill up by the deadline, we may not be able to offer you a place.

## **Cancellation:**

Cancellations within four weeks of the course start date will be invoiced in full.

We reserve the right to cancel/postpone a course, if the minimum number of participants (8 per course) is not reached two weeks prior the course commencing.

# How to apply

**Referrals must be made through our online form.**

**Please submit the funding reference to [training@gateway-psychology.co.uk](mailto:training@gateway-psychology.co.uk) by the required deadline.**

We will need the referral form and letter of funding approval by the application deadline. We reserve the right to cancel/postpone either the morning or evening course, or both, if the minimum number of participants is not reached by this date.

If you are self-funding, you will need to make payment before the course begins.

# Referral forms

REFERRAL FORM LINK \*

[Training Course Referral Form \(2025\)](#)

**\*To be completed by Social Worker or representative of LA/RAA**

Please click on the above link to make a referral for the course.

This form is not confirmation of your client's place on the course. We will send the client a registration form to complete once this form has been received by us and will let you know when it has been returned.

***IMPORTANT: We must receive confirmation of funding and completed registration forms 4 weeks before the start date.***

\* If clicking on the link does not work, then copy and paste it into your browser search box or contact [training@gateway-psychology.co.uk](mailto:training@gateway-psychology.co.uk) for assistance

# Contact

If you have any questions, please contact

Angela at

[training@gateway-psychology.co.uk](mailto:training@gateway-psychology.co.uk)