

Safe, Seen, Supported: A Therapeutic Parenting Approach for FASD

*Two day in-person therapeutic
parenting intervention for
parents/carers of children
with FASD*



This therapeutic parenting intervention brings a small group* of parents together in-person with experienced and qualified clinicians, who have **expertise in working with children, young people and families with FASD.**

The structured intervention focuses on **improving and deepening the relationships between parents and their child/children** - increasing parental presence within families where FASD is present, in addition to attachment and trauma.

*(minimum group size of 8; maximum group size of 12)

Goals and specific outcomes are as follows:

- Introduce parents to the underlying **attachment and trauma** and **how this impacts families when coupled with FASD.**
- Work together through strategies for managing behaviours and increasing attachment using the workbook and resources.
- Focus on each parent's specific parenting style and concerns about their child
- Deepen parental understanding
- Develop new ways of addressing relationship challenges
- Try strategies at home and feed back to the group
- Develop mutual support between the parent group that can be sustained following the group

What does the intervention involve?

- This intervention is a cost-effective way of providing a parent-focused intervention and has the added benefit of generating self-sustaining parent support.
- There is limited support available for parents in this area, especially when coupled with attachment and trauma.
- It would support parents who want to develop skills that offer a therapeutic approach to attachment, trauma and FASD.
- The intervention is suitable for motivated adoptive parents, special guardians, and foster carers.
- It would complement other therapeutic parenting interventions, building on skills and knowledge.
- The intervention includes the following additional non-reusable resources:
 - Workbook and resources
 - Worksheets, exercises and specific activities to use at home

Benefits of the intervention

- Supporting parents/guardians to understand the importance of early attachment
- Helping to develop creative and playful ways to build attachments
- To develop an understanding of the importance of consistent, and predictable parenting and how this is adapted for FASD, including the importance of repetition.
- Giving space for parents to evaluate their homework and adapt strategies for their individual situation.
- To support children to build a sense of felt safety in their parent figures
- Increasing parent's understanding of their child's need for higher parental presence and attuned parenting
- Helping develop structure, routine and predictability in the home
- Supporting children and young people to be parented from their 'brain age' rather than their chronological age.
- Helping parents to think about how they implement the ideas from the intervention in their home.

Requirements for the sessions

- Parents and carers should wear comfortable clothes and shoes (e.g. leisurewear and trainers).
- Light physical activity will be involved as mentioned above; please advise us of any disability/health requirements
- Please note that the venue has stairs-only access
- Tea/coffee/biscuits will be served, but you will need to bring your own lunch.
- Please read all literature provided ahead of the course.
- Please arrive at least 10 minutes before the session is due to start.

Please note – this is a parent-only course, children are not required to attend.



Impact of intervention measures

Goal Based Outcome measures will be undertaken pre and post intervention, rated by both parent and intervention lead.

Three standard intervention goals will be rated.

In accordance with Department for Education requirements, Gateway Psychology will issue questionnaires to parents/carers at the start and end of therapeutic interventions, the results of which will be shared with your Local Authority or Regional Adoption Agency.

Please see *Outcome Measures at Gateway Psychology* explainer, for more information.

Venue and refreshments

- **The group is run at Gateway Psychology, 7-9 The Boulevard, Tunstall, Stoke-on-Trent, ST6 6BD**
- Tea/coffee and biscuits will be provided but participants will need to bring or buy their own lunch (details of sandwich shops/cafes in the local vicinity can be provided).



Dates and times for the FASD course

- **Date of the sessions:** 30 June and 7 July
- **Time:** 9:30-15:00 (5 hrs with half an hour for lunch)
- **Venue:** Gateway Psychology, 7-9 The Boulevard, Tunstall, ST6 6BD



Costs and referrals

- Please email training@gateway-psychology.co.uk to make a referral for **Safe, Seen, Supported: A Therapeutic Parenting Approach for FASD**
- A full quotation will be provided to reflect the needs of a specific child, including any therapeutic interventions indicated in addition to the FASD course
- Please note, places on the **Safe, Seen, Supported: A Therapeutic Parenting Approach for FASD** group may still be charged if cancelled after the deadline, as late-notice cancellations affect our ability to run the group, this also applies for any missed sessions during the intervention.

All applications for a place on your chosen Safe, Seen, Supported: A Therapeutic Parenting Approach for FASD cohort, together with funding approval, are needed by the required deadlines.

Contact information

If you have any questions, please do not hesitate to get in contact with us.



contact@gateway-psychology.co.uk



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