

# FAMILY FUTURES

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020 7354 4161



**Family Futures**™

**Information About Training**

# About Family Futures



Family Futures provides an Adoption and Post Placement/ Post Adoption service to children and their families throughout the UK, as well as to professionals seeking advice, consultation and training.

Family Futures prides itself on offering the first neuro-sequential assessment and treatment programme and an adoption service designed for the 21<sup>st</sup> Century. We are committed to innovation based on theory and research from the human sciences.

## Workshops and Courses

At Family Futures we offer a range of courses aimed at a large pool of individuals; from professionals who work with adopted and fostered children, to Adoptive Parents and Foster Carers. In the last year, we have trained more than 1000 people across the country, with the demand for training on the Family Futures approach growing rapidly due to it being in line with the latest research. Our courses have an average participant rating of 9 out of 10 for course content and for training handouts.

The courses that are on the following pages will be held at Family Futures in Islington, London. For dates and to find out more, please email [training@familyfutures.co.uk](mailto:training@familyfutures.co.uk) or speak to Azyta Farzadnia, the Training Services & HR Coordinator on 020 7354 4161. Alternatively, you can visit the training pages on our website: [www.familyfutures.co.uk](http://www.familyfutures.co.uk).

More than 15 Local Authorities and organisations have bought in our courses in the space of one year. If you are also thinking of commissioning us to deliver any of these courses to your staff or to parents and carers that you work with, you are welcome to have an initial discussion with Azyta on the above email address and contact number. If you are looking for something different to what is on offer, we are also able to offer bespoke courses, as we believe in delivering material that would be most beneficial to a specific audience. For a tailor-made course to fit your specific needs, please contact Azyta to discuss your requirements.

**Family Futures is a 'not for profit' social enterprise  
Voluntary Adoption Agency**

# Family Futures' Associates' Network – A way to connect



If you have attended one of our 'long courses' – this means that you are eligible for FREE membership of the Family Futures Associates' Network. It's a great way to keep in touch with colleagues and friends who are also developing the field of fostering and adoption, and together, be a part of Family Futures' latest initiatives

## Belonging to the Network will bring the following benefits:

- **Reduced fees on future training programmes**
- **Priority booking on popular training courses**
- **'Associates only' low-cost training events**
- **Access to telephone consultation with Family Futures staff (by arrangement) on issues related to our expertise and your needs**
- **Access to the Family Futures Adoption and Fostering library (by arrangement)**
- **ASSOCIATES' E-newsletter, containing information related to upcoming training, reports on workshops, articles on key issues in the adoption-fostering field, and the option to promote your own services or ask questions of other Associates via the Associates' notice-board**

To join, please email [training@familyfutures.co.uk](mailto:training@familyfutures.co.uk) specifying which of our long courses you have attended



# Smoothing the Path

## Helping fostered children transition to a new family

Helping children to move from foster home to permanent placement has been a neglected area of practice. Regrettably, for many children, such moves are fraught, hasty and sometimes represent the loss of a significant carer. Every move is a trauma for children. They have feelings about moving from one family to another, even if they work hard never to show their feelings or if they work to dissociate from them. If these feelings are left unaddressed, forming attachments with new adults can become more difficult. An added complexity can occur when siblings are moved together. Family Futures advocates that in certain situations, serial placement of siblings is a more "natural" way to proceed and in terms of attachment-based practices, enhances foster-carer's capacity pre- and post- placement to be more attuned to the child's needs and feelings.

### **This course will provide:**

- \* A framework for thinking through the key issues to consider during the transition of single or multiple placements
- \* Practical guidelines for minimising the potential difficulties that arise during planning and process of placements
- \* Understanding of specific considerations and constraints affecting how professionals manage transitions with their own clients

### **Who Should Attend?**

LAC Social Workers and family placement workers, Adoption fostering team managers

### **Who will present the course?**

Sue Hughes, *Social Worker & Integrative Child Psychotherapist* at **Family Futures** and Marion Allen, *Education Specialist*, Family Futures

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*

### **A one-day course**

**Date:** 22 February 2012  
**Registration:** 9.45am  
**Start time:** 10.00hrs  
**End time:** 16.00hrs

**Early Bird Fee:** £120 + VAT  
if booked by 22 December 2011  
**Fee:** £150 + VAT  
**Associate rate:** £120 + VAT  
**Refreshments/lunch provided**

**For booking and more information, contact:**  
**Azyta Farzadnia, Training Services Coordinator**  
**training@familyfutures.co.uk**  
**020 7354 4161 or visit www.familyfutures.co.uk**

# Child Victims of Abuse as Potential Perpetrators

## Helping children who have been abused before they act out



Unthinkable as it may seem, Looked After Children who have been sexually abused may go on to abuse other children. If we fail to see re-enactment of abuse on other children as a communication about the young perpetrator's own unresolved experience and distress, we risk leaving that child with a legacy of developmental problems that will follow him or her into adulthood. Such children need empathic adults to explore and help them work through their experiences at the earliest possible opportunity.

### **This innovative and challenging course will provide:**

- \* An understanding of the key traumatic effects of sexual abuse on child development, & sibling/peer relationships: signs & symptoms
- \* A thinking framework for assessing the role of re-enactment as a medium of communication about distress, and resolution
- \* Best practice guidelines for communicating and working with children who have been sexually abused, children at risk of abusing others, and communicating with their parents and carers.

### **Who Should Attend?**

Therapists, Adoption Social Workers, Fostering Links Social Workers, Child Protection staff, Foster Carers, Psychologists.

### **Who will present the course?**

Jay Vaughan, Therapy Service Manager and Somatic Experience practitioner and  
Marion Allen, Education Specialist, Family Futures

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*

### **A one-day course**

**Date:** 7 March 2012  
**Registration:** 9.45am  
**Start time:** 10.00hrs  
**End time:** 16.00hrs

**Early Bird Fee:** £120 + VAT  
if booked by 7 January 2012  
**Fee:** £150 + VAT  
**Associate rate:** £120 + VAT  
**Refreshments/lunch provided**

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training@familyfutures.co.uk  
020 7354 4161 or visit www.familyfutures.co.uk

# 50 Ways to Really Get to Know a Child



Professionals working with Looked After Children often feel that they have no space, no time, and no equipment to do the kind of work that would give them a full, 360° understanding of the child's total range of experiences, feelings, hopes and dreams. We know that simply talking to a child may not give the whole picture of what is really going on in their inner worlds, and that much of their experience may be locked in their bodies, or extremely hard for them to articulate. We want to help them to manage their feelings and behaviour, to think about and make meaning of their experiences. But when words are not enough, what do we do?

This new and exciting workshop will provide you with **50 different creative activities**, specially adapted to confined spaces, limited time, and minimal equipment, that will fundamentally expand your ability to communicate with children.

## **This Course will Provide:**

- \* Ways to safely introduce the activities and how to finish them—*Warm ups and Cool downs*
- \* Ways to work on 4 core areas using the activities- Attachment work, Life Story work, working with feelings, dreams and worries, and working with the body: regulation, relaxation and fun
- \* Gained confidence in using a selection of the activities, and in their own ability to think up more.

## **Who Should Attend?**

Fostering and adoption social workers and support staff: foster and adoptive parents: educational and clinical psychologists: SENCOs, Learning/Teaching Assistants: school counsellors: child psychiatrists, and any other practitioner working with children.

## **Who Will Present the Course?**

Jay Vaughan, Therapy Services Manager, Theraplay and Somatic Experience Practitioner,  
Mandy Ruddock, Paediatric Occupational Therapist

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*

## **A one-day course**

**Date:** 21 March 2012

**Registration:** 9.45am

**Start time:** 10.00hrs

**End time:** 16.00hrs

**Early Bird Fee:** £120 + VAT

if booked by 21 January 2012

**Fee:** £150 + VAT

**Associate rate:** £120 + VAT

**Refreshments/lunch provided**

**For booking and more information, contact:**  
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020 7354 4161 or visit www.familyfutures.co.uk

# Matches - Made in Heaven?

## Assessment of children and prospective adoptive parents



One of the hardest tasks in family placement is matching prospective parents. In family placement reports, there is often a great deal of descriptive and factual information on both the child and the parents, but no framework for matching the two. Without a coherent matching approach, we have to rely on intuition alone, which is rarely sufficient. **Family Futures** has adapted attachment-based adult and child assessments in the development of a unique framework for matching the strengths and vulnerabilities of the prospective parents, with a profile of the parenting needs of the child. This makes it possible to make more complementary matches, to analyse post-placement parenting difficulties, and to plan post-adoption support programmes that are bespoke and specific to the particular child and its new parents.

### This course will provide:

\* Experience of conducting attachment-based child / prospective parent assessments

\* Using the Family Futures Matching Framework for matching, analysing parenting difficulties, and planning appropriate interventions for post-placement support

### Who Should Attend:

Staff from adoption, post-adoption, allied professionals involved in family placement

### Who will present the course?

Alan Burnell, *Registered Manager*, and Wendy Daniel, *Social Worker, Family Futures*

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*

### A one-day course

**Date:** 12 April 2012  
**Registration:** 9.45am  
**Start time:** 10.00hrs  
**End time:** 16.00hrs

**Early Bird Fee:** £120 + VAT  
if booked by 12 February 2012  
**Fee:** £150 + VAT  
**Associate rate:** £120 + VAT  
**Refreshments/lunch provided**

**For booking and more information, contact:**  
Azyta Farzadnia, Training Services Coordinator  
training@familyfutures.co.uk  
020 7354 4161 or visit www.familyfutures.co.uk

# Learning to be Difficult or Difficulties with Learning?

## Education based problems and solutions for parents



The day is designed for adoptive parents and foster carers to explore what is called in the field of cognitive psychology “Executive Functioning”. The executive functioning skills underlie the ability to solve problems and for the child, they underlie the ability to manage everyday tasks both at school and at home. Problem-solving is a complex process involving a range of different cognitive abilities including self-regulation, planning, organisation and self-evaluation alongside the ability to overcome obstacles and manage transitions. Family Futures has been at the forefront of recognising that there is a connection between repeated trauma in infancy and the development of executive functioning skills. Marion Allen has developed and researched a range of techniques that teachers, parents and children can use at home and at school with problem solving. It is critical that parents, carers and teachers are aware of these issues because if these cognitive processing difficulties are not addressed, it has an impact on the child’s self esteem, behaviour and achievements. There is now a growing body of research and theory upon which the day will draw and concepts such as ‘errorless learning’ will be explored and explained.

### **The course will provide:**

- \* Parents and carers with an understanding of the evidence base for executive functioning difficulties in children
- \* Things that parents and carers can do at home to help their children overcome problem-solving difficulties
- \* Tools and strategies that can be used in the classroom
- \* Hand-outs to inform teachers and information on developmental trauma and peer relationships

### **Who will present the course?**

Marion Allen, Education Specialist and Mandy Ruddock, Paediatric Occupational Therapist

### **Who should attend?**

Adoptive parents, foster carers, prospective adopters and foster carers and parents/carers of children who have experienced on-going trauma in their early formative years.

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*

### **A one-day course**

**Date:** 30 May 2012  
**Registration:** 9.45am  
**Start time:** 10.00hrs  
**End time:** 16.00hrs

**Early Bird Fee:** £120 + VAT  
if booked by 30 March 2012  
**Fee:** £150 + VAT  
**Associate rate:** £120 + VAT  
**Refreshments/lunch provided**

**For booking and more information, contact:**  
Azyta Farzadnia, Training Services Coordinator  
training@familyfutures.co.uk  
020 7354 4161 or visit [www.familyfutures.co.uk](http://www.familyfutures.co.uk)

# Beyond Consequences Parent Training

## A one day workshop



This training programme meets the government's new proposals and initiatives acknowledging the importance of educating parents to enhance their parenting skills in order to meet their child's needs adequately. Adoptive/foster parents or parents whose children have suffered abuse or trauma require specialist knowledge, and an understanding of different approaches and responses; which our training and workshops provide. Our workshops move away from the challenging reward and punishment approach which can often exacerbate conflict between parents and children. We offer a more holistic approach which reveals the adopters fears, invites them to step into the child's internal world and demonstrates how to respond to their child's behaviour rather than reacting out of fear.

### The course will:

- \* Educate and empower parents/carers towards an understanding of the **Stress Model** and how they can apply this in their parenting of traumatised children.
- \* Enable parents and carers to gain an understanding of the mind /body connection and the importance of this for understanding behaviour.
- \* Enable parents and carers to understand the impact of trauma on the developing brain.
- \* Provide opportunity to learn and share strategies to address challenging behaviours eg aggression, defiance, lying and stealing that can occur in traumatised children.
- \* Provide opportunity to learn how to create a therapeutic environment to aid healing for their families.

### Who should attend?

Adoptive parents, Prospective Adopters awaiting placements, Foster carers, Social Workers (Adoption, Fostering, Teachers, Health visitors), Parents of abused/traumatised children

### Who will present the course?

Either Tracey Ogleton, Social Worker and Family Futures Adoption Panel Member or Valerie Groves, Social Worker and Trainer, who have completed the Beyond Consequences 5 day course run by Heather Forbes. A member of the Family Futures Therapy Team will be training alongside them and integrating the parenting approach with the theory and practice of Family Futures therapy programme.

### A one-day course

**Date:** 26 April 2012  
**Registration:** 9.45am  
**Start time:** 10.00hrs  
**End time:** 16.00hrs

**Early Bird Fee:** £120 + VAT  
if booked by 26 February 2012  
**Fee:** £150 + VAT  
**Associate rate:** £120 + VAT  
**\*50% Discount for parents and carers!**  
**Refreshments/lunch provided**

**For booking and more information, contact:**  
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training@familyfutures.co.uk  
020 7354 4161 or visit www.familyfutures.co.uk

# Beyond Consequences Parent Training

## From fear to love



Based on the parenting model presented in the book, *Beyond Consequence: logic and control*. This parenting course is designed to help parents and carers make healthy and loving connections with their children. When traditional parenting techniques fail, or make it worse, we often feel overwhelmed and hopeless. This happens because most traditional techniques are fear-based. Too often, these techniques simply create more fear in the parent-child relationship, many times resulting in chaotic and unsafe homes. This is a 5-day course which will cover the following topics:

- Day 1– The Stress Model- fear and love- regulation and dysregulation
- Day 2– Trauma and memory—parents unresolved business
- Day 3– Lying—stealing—food issues
- Day 4– Aggression—defiance and eye contact
- Day 5– Celebration and certification

### The course will provide:

- \*Adoptive parents and foster carers with a child stress model as defined by the Beyond Consequences Institute
- \*Practical strategies and interventions for parenting traumatised children based on this model
- \*A supportive and empathetic forum for parents to meet with other parents and discuss the challenges that they face

### Who should attend?

Adoptive parents, Prospective Adopters awaiting placements, Foster carers, Social Workers (Adoption, Fostering, Teachers, Health visitors), Parents of abused/traumatised children

### Who will present the course?

Either Tracey Ogleton, Social Worker and Family Futures Adoption Panel Member or Valerie Groves, Social Worker and Trainer, who have completed the Beyond Consequences 5 day course run by Heather Forbes. A member of the Family Futures Therapy Team will be training alongside them and integrating the parenting approach with the theory and practice of Family Futures therapy programme.

**A five-day course**  
**Run fortnightly on Saturdays**  
*Dates TBC in new year*

**Registration: 9.45am**  
**Start time: 10.00hrs**  
**End time: 16.00hrs**

**Fee: £250 + VAT**

**For booking and more information, contact:**  
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**training@familyfutures.co.uk**  
**020 7354 4161 or visit www.familyfutures.co.uk**



# Siblings—together or apart?

## Thinking through sibling placements

Social Workers responsible for placing sibling groups know that strong feelings surround the question of sibling separation. The assumption that keeping siblings together is a protective factor may not hold when more than one child in a family group has experienced complex trauma and attachment difficulties. Without a clear framework for decision-making, social workers may understandably lack the confidence to argue for joint or separate placement.

### **This course will provide:**

- \* An overview of the research which has informed decision-making to date
- \* The pros and cons of evidence contrary to the received wisdom of always placing sibs together: why this may not be the right way forward for every child
- \* A multi-dimensional framework for assessment, underpinned by the latest neuroscientific research, taking siblings' attachment needs and styles into account when making this crucial decision
- \* Practical experience and grounding in applying the framework in complex cases

### **Who should attend?**

Guardians, local authority solicitors, Adoption Panel Members Adoption and Fostering social workers, Child Care social workers

### **Who will present the course?**

Wendy Daniel, Deputy Therapy Services Manager, Social worker and Integrative Art Psychotherapist in Training, and Denise Golding, Senior Practitioner

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*

### **A one-day course**

**Date:** 7 June 2012  
**Registration:** 9.45am  
**Start time:** 10.00hrs  
**End time:** 16.00hrs

**Early Bird Fee:** £120 + VAT  
if booked by 7 April 2012  
**Fee:** £150 + VAT  
**Associate rate:** £120 + VAT  
**Refreshments/lunch provided**

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training@familyfutures.co.uk  
020 7354 4161 or visit www.familyfutures.co.uk

# Stabilising the Placements of Traumatised Children

## Working with families to help children settle



Children fostered and adopted in the UK inevitably carry the effects of traumas, experienced in their early lives. Such trauma can be all too readily re-stimulated, leading to outbreaks of disruptive and highly challenging behaviour. The *fight, flight, freeze trauma response* can also be triggered in foster and adopted parents, leaving them incapable of calm thought. These twin factors combined can quickly lead to placement breakdown, and more disruption. Practitioners working with children prior to or post adoption want to know how to recognise and what to do when trauma is re-stimulated, to best help the child settle, and the placement succeed.

### **This course will provide:**

\* Assessment Tools for recognising the effects of developmental trauma on brain and body in adopted children and adopted parents

\* Practical Guidelines for pre-empting potential trauma triggers and stabilising the situation if trauma threatens to disrupt

### ***Who should attend?***

Staff from adoption, post-adoption, fostering and Looked After Children teams

### ***Who will present the course?***

Jay Vaughan, Therapy Service Manager and Somatic Experience practitioner ,  
Denise Golding, Senior Practitioner for the i-Adopt Service

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*

### **A one-day course**

**Date:** 20 June 2012  
**Registration:** 9.45am  
**Start time:** 10.00hrs  
**End time:** 16.00hrs

**Early Bird Fee:** £120 + VAT  
if booked by 20 April 2011  
**Fee:** £150 + VAT  
**Associate rate:** £120 + VAT  
**Refreshments/lunch provided**

**For booking and more information, contact:**  
Azyta Farzadnia, Training Services Coordinator  
training@familyfutures.co.uk  
020 7354 4161 or visit www.familyfutures.co.uk



# Won't Do, Can't Do

## New developments in teaching looked after children and children who are adopted

This training day is designed to enhance professionals' understanding of the emotional and psychological difficulties that children who are looked after or adopted continue to experience long after they are removed to a place of safety. There is a growing recognition that children remain traumatised by their earlier experiences, causing them to continue to exhibit difficult behaviour and learning difficulties at home and at school.

### **This course will provide:**

- \* Evidence-based research on the impact of early childhood trauma on children's development, in particular their cognitive development and their executive functioning skills (*skills that underlie learning, necessary for self-regulation and goal-directed behaviour*)
- \* Practical tools for assessing children's executive functioning
- \* Practical strategies to help adopted children in the classroom, their teachers and parents

### **Who should attend?**

Teachers, Designated teachers for L.A.C., SENCOs, In-class support staff, Learning Mentors, Teacher trainers, Educational Psychologists, Social Workers

### **Who will present the course?**

Marion Allen, Educational Consultant at Family Futures. Marion will be demonstrating the use of her innovative publication: 'Resource Packs for helping children in the classroom'

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*

### **A one-day course**

**Date:** 11 October 2012  
**Registration:** 9.45am  
**Start time:** 10.00hrs  
**End time:** 16.00hrs

**Early Bird Fee:** £120 + VAT  
if booked by 11 August 2011  
**Fee:** £150 + VAT  
**Associate rate:** £120 + VAT  
**Refreshments/lunch provided**

**For booking and more information, contact:**  
Azyta Farzadnia, Training Services Coordinator  
training@familyfutures.co.uk  
020 7354 4161 or visit www.familyfutures.co.uk

# Personalising the Story

## Life story books & life story work with children



### What makes a Life Story Book meaningful to a child?

Life Story books are now a requirement for every **Looked After Child**.

Regrettably, they are not always created for every child in foster care or for those who have been adopted. How can we work with each child to turn their unique **Life Story Book** into something of genuine and lasting value for them? This course draws on **Family Futures'** highly respected experience of **Life Story Work**, providing practitioners with the skills and confidence to do this vital work. Participants are encouraged to share methods and tailor the approach to **Life Story Work** for their individual practice.

### **The course will provide**

- \* A clear structure and process for creating Life Story Books and using ongoing Life Story Work
- \* Hands-on experience of using Life Story Work techniques, including time lines, letter writing, clay babies, puppets and more
- \* Opportunity for participants to review specific considerations and constraints affecting how they use Life Story Work with their own clients

### **Who should attend?**

Staff from adoption, post-adoption, fostering and Looked After Children teams

### **Who will present the course?**

Eugene Ellis, Child Psychotherapist, Family Futures,  
Elaine McCullough, Clinical Psychologist

*Family Futures can also provide bespoke in-house training,  
consultancy and supervision on this and other issues relating to adoption and fostering*

### **A one-day course**

**Date:** 26 September 2012  
**Registration:** 09:45hrs  
**Start time:** 10.00hrs  
**End time:** 16.00hrs

### **Early Bird:**

**£120 + VAT**  
if booked by 26 July 2012  
**Fee:** £150 + VAT  
**Associate rate:** £120 + VAT  
**Lunch/Refreshments provided**

**For booking and more information, contact:**  
**Azyta Farzadneia, Training Services Coordinator**  
**training@familyfutures.co.uk**  
**020 7354 4161 or visit www.familyfutures.co.uk**

# Making Sense of Your Child

## A day for parents on sensory integration issues for children who are fostered or adopted



The day will be led by Family Futures OT, the day is designed to give parents a clearer understanding of how multiple traumas in infancy affect children's sensory motor development. There is a growing awareness now that many children who are fostered or adopted do have sensory integration issues as well as attachment issues. There is a complex relationship between the two and unresolved sensory issues can hinder the ability of parents and children to resolve attachment issues. The day will outline the theoretical and physiological underpinning to sensory integration. The day will also outline what treatment approaches can be helpful and how parents can help the children do the developmental catch-up that may be required.

### **This course will provide:**

- \* A theoretical and physiological framework for understanding sensory development  
give examples of treatment approaches
- \* Practical advice on parenting children with sensory motor issues.

### **Who should attend?**

Parents and / or social workers.

### **Who will present the course?**

Mandy Ruddock, Occupational Therapist,  
Marion Allen, Education Specialist

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*

### **A one-day course**

**Date:** 24 October 2012  
**Registration:** 9.45am  
**Start time:** 10.00hrs  
**End time:** 16.00hrs

**Early Bird Fee:** £120 + VAT  
if booked by 24 August 2012  
**Fee:** £150 + VAT  
**Associate rate:** £120 + VAT  
**Refreshments/lunch provided**

**For booking and more information, contact:**  
Azyta Farzadnia, Training Services Coordinator  
training@familyfutures.co.uk  
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# Dan Hughes

## Trauma and the road to recovery Levels 1 and 2



Dan's treatment model, Dyadic Developmental Psychotherapy, is family-based and focused on facilitating the child's ability to establish a secure attachment with his/her caregivers. The theories and research of Attachment, Intersubjectivity, and Trauma are the primary models used for relationship development and trauma resolution. Dan blends various approaches into his treatment modality. These include Family Therapy, Ericksonian Hypnotherapy, Psychodynamic Principles, and interventions congruent with Theraplay and narrative work. He actively communicates PACE (playfulness, acceptance, curiosity, and empathy) in order to co-regulate the affect associated with past experiences and to co-construct new meanings of these experiences. Level 2 is more practical than level 1. Participants will have the opportunity to bring in DVD's of their work and receive feedback and discuss what they have been trying to do since level 1. The training group for level 2 is smaller than level 1 which allows more room for discussion and supervision. There will also be an opportunity for participants to explore their own attachment styles in the level 2 training. In order to become an accredited DDP therapists, individuals will need to complete levels 1 and 2 training, produce 10 DVD's and participate in Supervision carried out by accredited DDP therapist.

### These individual 4 day courses will provide:

- \*A unique opportunity for qualified Practitioners who work with children who have been traumatised, have attachment difficulties and are living in adoptive or foster families, to develop what we regard as baseline skills for people working in this field.
- \*An introduction to Dyadic Developmental Psychotherapy

### *Who should attend?*

Therapists, Psychologists, Psychiatrists, Social Workers, Adoptive parents

### *Who will present the course?*

Dr Dan Hughes is a Clinical Psychologist specialising in the treatment of children and youth with trauma-attachment problems and their families. Dan trains in this model of treatment and providing care throughout the US, UK, Canada, and Australia. He is the author of various books and articles and is the President of Dyadic Developmental Psychotherapy Institute.

### A four-day course

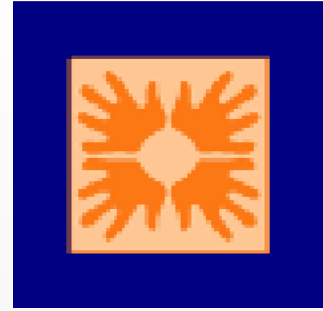
<b>Date:</b>	<b>TBC</b>
<b>Registration:</b>	<b>8.30am (day 1 only)</b>
<b>Start time:</b>	<b>09.00hrs</b>
<b>End time:</b>	<b>17.00hrs (15:00hrs on the last day)</b>

**Lunch/Refreshments provided**

**For booking and more information, contact:**  
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**training@familyfutures.co.uk**  
**020 7354 4161 or visit www.familyfutures.co.uk**

# Introductory Theraplay/MIM

## Building strong families and emotionally healthy children and adults through Theraplay training



**Theraplay** is a short-term, therapist-guided play therapy for children and their parents/care givers that enhances attachment, self-esteem and trust in others through joyful engagement. It is based on the natural patterns of healthy interaction between parent and child. It focuses on four essential qualities found in parent-child relationships: Structure, Nurture, Engagement and Challenge. This creates an active and empathetic connection between child and parents. This training results in a changed view of the self as worthy and lovable, and of relationships as positive and rewarding. **The MIM** is a structured technique for observing and assessing the interaction between caregivers and child. The MIM consist of a series of simple tasks which the caregivers and child perform together. It is used to evaluate the caregivers' capacity for Structure, Nurture, Engagement and Challenge, the child's response to a caregiver, and is a valuable tool in planning treatment and determining how to help families strengthen their relationships. **Group Theraplay** is an adaptation of Theraplay for settings in which the therapist or other professionals work with groups of children or with groups of parents and children.

### **This course will provide:**

- \*Both the MIM and the Group Theraplay training
- \*Role-play opportunities to practice Theraplay techniques
- \*Training in how to administer the MIM and analyse it at a beginning level
- \*Experience of applying Theraplay principles to group treatment

### **Who should attend?**

Psychologists and psychiatrists, Occupational Therapists, Social workers, Speech and Language Therapists, Counsellors, Adoption and Post-Adoption Counsellors, Family therapists, Early Childhood & Developmental Specialists, Teachers and Adoptive/Foster parents.

### **Who will present the course?**

Two Theraplay trainers from the Theraplay Institute

### **A five-day course**

**Date:** 30 April—4 May 2012  
**Registration:** 8.30am (day 1 only)  
**Start time:** 09.00hrs  
**End time:** 17.00hrs (16:00hrs on the last day)

**Lunch/Refreshments provided**

**For booking and more information, contact:**  
Azyta Farzadneia, Training Services Coordinator  
[training@familyfutures.co.uk](mailto:training@familyfutures.co.uk)  
020 7354 4161 or visit [www.familyfutures.co.uk](http://www.familyfutures.co.uk)

# Assessment Framework

## Introduction to the Family Futures assessment handbook



**Social Workers** know only too well that without a clear, evidence-based framework for assessing Looked After Children and their needs, significant details can be missed. If this happens, we run the risk of errors in the decision-making process, with the potential to threaten the stability of a subsequent placement. This interactive and highly rated workshop will introduce the comprehensive **ASSESSMENT FRAMEWORK** from the Family Futures 'Assessment Handbook'.

The workshop will cover -

### How to use the Assessment Framework

#### How to assess -

- i) the child's degree of trauma and attachment style
- ii) whether a sibling group should be placed together or separately
- iii) a child's need for contact with birth relatives
- iv) the sort of parenting the child needs, introducing the innovative Family Futures framework for matching

#### ***Who is the course designed for?***

Staff from adoption, post-adoption, fostering and Looked After Children teams

#### ***Who will present the course?***

*Alan Burnell, Registered Manager, Social Worker, Family Futures*

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*

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# Beyond Ordinary Parenting: What every adoptive parent and Foster carer wants to know about Developmental Re-Parenting

There is a growing recognition that children who are in foster care or adopted, who have experienced repeated traumas in infancy and/or childhood and have attachment difficulties, require something more than ordinary family life. **Family Futures** has worked with many parents over the last ten years, finding out together what works in helping families bond, work through the trauma, and grow. This workshop will introduce **Family Futures' core principles of therapeutic re-parenting**, from both a social work and a parent's perspective. We will look at how challenging behaviour can be understood as a communication about unmet needs, and how the original trauma has affected brain and central nervous system functioning. The course will stress the importance of addressing difficult behaviour on a cognitive, affective, and a sensory motor level.

## This course will provide:

- \* A sound theoretical framework for Developmental Re-Parenting, essential both for foster and adoptive parents and professionals supporting them
- \* Innovative strategies: how to provide Developmental Re-parenting at critical times during the day
- \* Real life case examples of the multiple benefits of parenting in this positive way

### **Who is the course designed for?**

Adoptive/foster parents, social workers, link workers, clinical psychologists, paediatricians, child psychiatrists

### **Who will present the course?**

Sue Hughes, Social Worker & Integrative Arts Child Psychotherapist  
Marion Allen, Education Specialist

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*

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**Azyta Farzadnia, Training Services Coordinator**  
**[training@familyfutures.co.uk](mailto:training@familyfutures.co.uk)**  
**020 7354 4161 or visit [www.familyfutures.co.uk](http://www.familyfutures.co.uk)**

# Decisions about Contact

## Making face-to-face meetings safe and meaningful for children



**Decisions about contact are too often made on the automatic assumption that it is a 'good thing' for looked after children, and that there is no alternative.** But the reality is that contact can become a bargaining tool, a means of easing adult consciences, and at worst, a re-traumatising experience for the vulnerable child. If we are serious about making contact safe, meaningful and valuable for children, we need a clear framework for assessing the child's needs, an evidence-based rationale for contact included in the adoption or child care plan, and skills for making the encounter a therapeutic experience.

### ***This course provides:***

- \* An overview of developmental trauma as the underpinning theoretical basis for decision-making and planning
- \* A framework to guide the decision-making process
- \* Clarity, grounded in case examples, on the distinction between supervised contact and facilitated contact, and what can make the former re-traumatising and the latter therapeutic

### ***Who is the course designed for?***

Staff from Adoption, Adoption Support, Fostering, and Looked After Children teams: adoptive / foster parents and carers: Guardians, Clinical Psychologists: Local Authority solicitors

### ***Who will present the course?***

A member of staff from the Family Futures Therapy team

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*



# What is Developmental Trauma?

## The long-term developmental impact of repeated trauma in infancy

Ten years ago, children placed in 'permanent' placements were recognised as often having attachment difficulties. Since that time, advances in Neuro-Scientific research and theory have enabled us to recognise that the primary cause of behavioural difficulties post-placement are the result of repeated trauma in infancy. Though this trauma is a result of a failure of the primary attachment relationship to the birth parents, the consequence of this infant experience has a greater impact than just effecting the child's attachment style. There is now evidence that all aspects of a child's development will be impacted by trauma in early infancy and this constellation of developmental impairment has been called 'developmental trauma'. Experts in the field such as Bruce Perry and Bessel Van der Kolk now recognise developmental trauma as a primary issue for children in the public care system and have advocated a neuro-sequential approach to treatment. This has had a profound effect upon thinking of the **Family Futures** therapy team and how we make placements and how we should be supporting them.

### **The course will provide:**

- \* A theoretical and evidence based framework for developmental trauma
- \* An outline of how child assessments should be conducted
- \* A model for post-placement interventions with Looked After and adopted children

### **Who should attend?**

This course can be run either for Social Workers or foster carers and adopters or a group combining a mixed audience. The course is also suitable for Panel Members and professionals working in the field of fostering and adoption.

### **Who will present the course?**

Members of the Family Futures Therapy team with a specialist interest in this area

*Family Futures can also provide bespoke in-house training, consultancy and supervision on this and other issues related to adoption and fostering*

### **A one-day course**

**Date:** tbc  
**Registration:** 9.45am  
**Start time:** 10.00hrs  
**End time:** 16.00hrs

**Early Bird Fee:** £120 + VAT  
if booked 2 months in advance  
**Fee:** £150 + VAT  
**Associate rate:** £120 + VAT  
**Refreshments/lunch provided**

**For booking and more information, contact:**  
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**training@familyfutures.co.uk**  
**020 7354 4161 or visit www.familyfutures.co.uk**

# Family Futures Trainers



## Alan Burnell

Alan Burnell is a qualified social worker who for the last 30 years has specialised in working with post placement and post adoption services. He has been instrumental in developing many of the innovative approaches to helping children who are traumatised and adopted or fostered. His work at family futures has been responsible for introducing the work of Dan Hughes and Theraplay to the UK. As a co founder of Family Futures he has helped to formulate Family Futures Neuro-sequential approach. This is an exciting combination of attachment theory, a neurological understanding of stress and trauma and its effect on the developing child and more traditional life story work with children and parents/carers. As a social worker he is able to bring together good social work practice and neuro-science.



## Jay Vaughan

Jay Vaughn is a state registered Dramatherapist, a Somatic Experience Practitioner and a Theraplay Practitioner and Supervisors. She has also completed training in Dyadic Developmental Psychotherapy and Story Stems. Jay Vaughan is a founding member and co-director of Family Futures in London, a not-for-profit Adoption and Adoption Support Agency providing specialist intensive therapy and support to families who have fostered or adopted traumatised children. Family Futures also provides training and consultation to professionals and adoptive foster parents. Jay is responsible for managing the therapy Service at Family Futures. In addition to working directly with families. Jay has been working with traumatised children since qualifying as a Dramatherapist in 1989, and passionately believes in the use of arts and body-based approaches in helping traumatised children and their families heal. She has contributed articles and chapters to various books over the years, including, most recently, a chapter of her work over a nine year period of a young person and her mother who attended Family Futures. This chapter is published in "Drama Therapy: Volume 2" edited by Phil Jones and published by Routledge.



## Wendy Daniel

Wendy has many years experience of family placement work as a social worker. She has an MA based on Family Futures adoption and attachment course. She's now completing her training as an adult psychotherapist. Her particular interests are the impact of contact on family placements and the dilemmas surrounding placing siblings together or separately. She is a deputy therapy service manager at Family Futures and is a practicing member of the therapy team. she also has many years experience of training both professionals and parents and carers.



## Elaine McCullough

Elaine McCullough is a Clinical Psychologist who is an integrated member of Family Futures therapy team working with children and families. She is able to bring her specialist training and research with looked after and adopted children to both the assessment process and her therapeutic work. She particularly enjoys working as part of the multi-disciplinary team at Family Futures where pioneering research blends with the creative arts. As a trainer she adds a further multi-disciplinary dimension to the Family Futures' approach to working with traumatised children. She is currently heading up Family Futures' retesting programme which is attempting to quantify change in children and families who have engaged in therapy here.



## Denise Golding

Denise Golding is a Senior Social Worker with extensive experience in the field of family placement and adoption support. She has also facilitated training and been a panel member for another Voluntary Adoption Project. Denise is currently heading up the assessment service for Family Futures innovative I-Adopt service. This is an adoption service for non-baby placements which integrates preparation, assessment and post-placement support. She has also been trained by Dan Hughes and in Theraplay and in the use of the ASI and has a diploma in the Therapeutic Application of the Arts and in Psychotherapy skills with children and adolescents.

# Family Futures Trainers



## Eugene Ellis

Eugene Ellis is Deputy Therapy Services Manager and Integrative Arts Psychotherapist at Family Futures. He is a Neuro– Developmental approach when working with children who have been traumatised and have insecure attachments and offers support to carers and professionals with responsibility for looked after children. Eugene has trained using art, drama, puppets, etc to facilitate children's communication and also in Theraplay, Somatic Experience and working with couples. He is currently training under the supervision of Dan Hughes to become a Dyadic Developmental Psychotherapy Certified Therapist, Prior to Working with adopted children and their families Eugene Ellis was for many years in the music business as a sound engineer and musician.



## Marion Allen

Marion Allen taught in the primary sector for over twenty years and is an adoptive mother herself. Her role as an Education Consultant at Family Futures entails liaising between children, parents, schools professional and therapists, supporting the child's education and providing training and support for teachers. She also works as a Parent Mentor. Marion is particularly interested in providing interventions to support children to success in both the home and school settings. Early developmental trauma can impact a child neurologically, physically, emotionally and socially and many of these children struggle at home and are ill-equipped to manage educational settings. Many have not developed the level of executive functioning that is expected at their chronological age. Marion's training provides the rationale behind the difficulties and suggests strategies to help. Training usually includes reference to specific cases and sometimes integrates light-hearted exercises for self-reflection to deepen understanding of executive functioning difficulties.



## Sue Hughes

Sue Hughes has worked for eighteen years as a Social Worker in various roles with children and families. Sue then re-trained in Child Psychotherapy six years ago, specialising in work with children in foster care and adoptive families. Sue ran an attachment therapy centre for looked after children for a number of years before joining the staff at Family Futures. As Senior Practitioner with this extensive experience Sue is able to provide families and children with an expert service in helping them to make sense of early trauma and attachment relationships. Sue is an enthusiastic and experienced trainer. She has a wealth of experience as a social worker and a therapist and is therefore very aware of the complexity of the assessments and decision making that course participants have to make. Her therapeutic skills are grounded in the day to day realities of service providers.



## Mandy Ruddock

Mandy Ruddock is a Paediatric Occupational Therapist who has specialised in working with traumatised children with attachment difficulties. She provides assessments and treatment programmes at Family Futures for children who have been identified as having sensory processing difficulties. She works closely with Marion Allen, our Education Consultant, with children and their teachers in school as well as working as an integrated member of the therapy team at Family Futures working with children and parents. Her awareness of children's sensory issues helps to facilitate their receptivity to other psychotherapeutic and cognitive interventions.

**Family Futures Consortium**  
**3 & 4 Floral Place**  
**7 - 9 Northampton Grove**  
**Islington**  
**London**  
**NI 2PL**

**0207354 4161**

**[www.familyfutures.co.uk](http://www.familyfutures.co.uk)**  
**[contact@familyfutures.co.uk](mailto:contact@familyfutures.co.uk)**

Adoption Agency Registration - SC370234  
Company Registration - 3571649  
VAT Registration - 726 0712 53



**Family Futures**™

“**Family Futures** has always been a remarkable organisation to provide a wide range of specialised services for adoptive families and professionals throughout the UK. What is even more remarkable is that they keep getting better at what they do so well.”

Daniel A. Hughes, PhD, Author of *Attachment-Focused Family Therapy* (2007)