Professional Development and Parent Education 2018
for professionals, parents, foster carers and special guardians
Why choose training at Family Futures?

Family Futures is a not-for-profit independent adoption agency in London, with an outstanding rating by Ofsted. We specialise in providing assessment and treatment services for adopted, fostered and special guardianship children who have experienced trauma and we also support their families.

Our practical experience as a Centre of Excellence

The majority of children placed for adoption today have come from abusive and traumatic backgrounds which have shaped their behaviour and their view of the world.

We have learnt a great deal from families throughout the UK over the last 20 years about the difficulties they encounter. We aim to share our knowledge and experience with professionals, parents and carers so you can be more effective in helping children heal and achieving more positive outcomes.

Family Futures has an international reputation as a centre of excellence for its assessment and treatment programmes (C4EO Centre for Excellence and Outcomes in Children and Young People’s Services 2016/17).

Our pioneering multidisciplinary Neuro Physiological Psychotherapy (NPP)¹ assessment and treatment programme is based on clinical evidence and research from the growing field of trauma, attachment and neuroscience.

Evidence based programme based on published research

Our research, published in the Clinical Child Psychology and Psychiatry journal shows that improvements in behaviour regulation, emotional difficulties, and parent and child relationships are some of the key outcomes of an integrated, multidisciplinary therapy programme. Our holistic understanding is reflected in our training programme which is continually reviewed and developed to keep you up to date with the latest developments.

Information – See page 9 for more information about the evidence base for our training programme. To find out more about the integrative neuro-sequential approach you can read about our research on our website: www.familyfutures.co.uk/hope-adoptive-families

A video explaining a child’s tri-part brain development and our approach is also available on our home page link.

1. (Vaughan et al, 2016)
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.

Dr Daniel A Hughes, PhD, founder of Dyadic Developmental Psychotherapy (DDP)

World class, innovative courses

Our training programme has been running for over 10 years, based on our research and clinical practice. All our trainers have specialist knowledge, expertise and experience of child development. They focus on making it easy for you to put what you've learnt into practice after the course with practical tips and techniques you can use and share with others.

9.2/10

Our training course content has been rated 9.2 out of 10 on average

Tailored training, consultation services and resources

We offer in-house and bespoke training courses for professionals on request. We also provide a specialist consultation service to professionals supporting adoptive families. Please contact our Training & Events Coordinator to discuss your requirements.

Resources – See page 11
To support your learning, we also have a range of resources you can order and free practice papers to download from the Training pages on our website.
What do attendees say about our courses?

Parents, carers and professionals attending our courses have rated our training course content 9.2 out of 10 on average.

Here are some comments from attendees in their course evaluations:

“Extremely inspiring. I really cannot wait to start the preparation and use the resources and strategies of the course to start Life Story work.”
Therapeutic Life Story Work

“Fantastic course – great mixture of content/videos and practice. Very interactive and good involvement of all. Very knowledgeable trainers. Wonderful to attend a course with so much laughter. It’s therapy in itself!”
Theraplay Level One & Group Theraplay

“The course has been fascinating, informative, hugely inspiring and great fun. Wonderfully and sensitively presented by the trainer.”
Theraplay Level Two

“The content of the course was excellent. It was presented very clearly. There was a lot I can take away to use in my work and in my personal life.”
Making Sense of my Child – a day on Sensory Integration

“Excellent training. I really enjoyed the course and learnt so much I can use, thank you.”
Parenting from Back to Front

“Will be very useful to help school staff have a deeper understanding.”
Supporting Looked After and Adopted Children in School

“Really liked the experiential activities. Very detailed, comprehensive handouts.”
Training for Virtual Schools and Designated Teachers

Become an Associate
If you have attended any of our courses, you are eligible for FREE membership of the Family Futures Associate Network. This is a great way to connect with other people going through similar situations and to attend future training at a discounted rate. To apply, please email training@familyfutures.co.uk with subject heading ‘Associate’.

Funding for Parent education programmes
Parents/carers can charge the cost of training to the Adoption Support Fund if you apply through the Local Authority responsible for your child.
Our Courses at a glance

Recommended for parents, carers, special guardians and professionals

The Impact of trauma in infancy on attachment and development • 2 day course

Psychiatrists Bruce Perry and Bessel Van der Kolk have identified developmental trauma as a huge issue for children in the public care system. They advocate for a neurosequential approach to treatment - matching the nature and timing of specific therapeutic and clinical techniques to the developmental stages of the brain. This course explains the theory, gives an outline of how child assessments should be conducted and interventions to support children in their placements.

Helping fostered children transition to a new family • 2 day course

Looked After and fostered children can struggle with moving from one family to another. This course will encourage you to think through the key issues that could arise during a new placement and help you support your child through this big step.

Recommended for parents, carers and special guardians

Making sense of my child – A day on sensory integration • 1 day course

Damage to the sensory system can show up as lack of coordination, motor control and balance. This course will provide you with the tools to help support your child to regulate their sensory system and resolve their attachment difficulties.

A day for parents on education based problems and solutions • 1 day course

Early childhood trauma can prevent children from developing important skills needed to problem solve, organise, plan and keep calm. This course will help you to support your child to develop these important skills so they can manage everyday tasks at school.

How to play with your traumatised child • 2 day course

Play is the language in which children primarily communicate with and engage with the world. For traumatised children, the ability to play freely can be severely impacted. This course provides a ‘way in’ for parents and carers to connect with their child through play and help repair earlier traumas.

The Great Behaviour Breakdown • 3 day course

Based on Bryan Post’s Stress Model and latest parenting course, this intensive workshop offers clear practical strategies and interventions for parenting or supporting parenting of traumatised children. Provides step-by-step instructions on how to effectively reduce and eliminate 27 difficult behaviours.

To book or find out more about our courses, trainers, fees and dates visit www.familyfutures.co.uk/training
Our Courses at a glance

Recommended for parents, carers and special guardians

Being A Family • 11 day course

Also available for organisations to buy as a tailored package of support for adoptive parents and foster carers. Please contact us for a quote and to discuss your needs.

Being a Family is a London-wide parenting support programme, aimed at the early stages of life as a family. It runs for 11 days spread over a 9-month period and offers peer-to-peer and professional support augmented by parent education workshops and consultation groups. The professional part of the programme is run and administered by Family Futures, while the informal peer-to-peer adoption community is facilitated by We Are Family.

Spread over a 9-month period, Being a Family offers practical tools and a forum to help you get to know your child and understand your role as a parent. The programme aims to alleviate issues of stress, strain and isolation often experienced by adoptive families by providing a full package of support. Workshop topics cover: Trauma and Attachment, Sensory Integration, DDP, Theraplay & Somatic Experience, The Great Behaviour Breakdown, Adult Attachment Styles, Relationships & Support Networks and a Neuro-sequential approach. The peer-to-peer support offered by We are Family includes local playgroups, parent support groups, family meet-ups, single adopters and prospective adopters groups. To find out more about We are Family visit www.wearefamilyadoption.org.uk.

A 5-year annual follow up will help you assess the impact of the programme.

Recommended for professionals

Theraplay is a short-term therapist-guided play therapy for children and their parents or carers that builds attachment, self-esteem and trust.

Family Futures is a leading UK centre for Theraplay training. Our UK-based qualified trainers specialise in working with traumatised children and their families.

Theraplay Level One • 4 day course

Provides participants with the understanding and skills to apply Theraplay to their own clients. The training includes a UK case presentation, and offers a chance to practice Theraplay techniques.

Theraplay Level Two • 3 day course

Registrants should have completed Level 1 training at least 3 months before Level 2 training so that they have experience of using Theraplay in their work. This course covers the 3 modules of MIM Skills Development; Building your Theraplay Skills; and Adapting Theraplay to Work with Trauma and Complex Families.

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**Theraplay Seminar**  •  1 day course

Provides a solid grounding in Theraplay: the history, core concepts and research; attachment and the brain; the four domains of Theraplay; the use of MIM for assessment and treatment planning; how to involve parents; adapting for different populations; Group Theraplay; and deciding when to use Theraplay.

**Group Theraplay**  •  2 day course

This course will enable you to apply Theraplay principles to group treatment so you can create an atmosphere that is warm, nurturing, engaging and challenging. Through non-verbal, playful, cooperative activities you will be able to engage hard-to-reach children and build healthy relationships, encouraging children to learn and practice self-control.

**Dyadic Developmental Psychotherapy Level One**  •  4 day course

An introduction to Dyadic Developmental Psychotherapy, a treatment model developed by Dr Daniel Hughes, focusing on building secure attachments between a child and their parents or carers. Level 1 covers the theories and research of attachment, intersubjectivity and trauma and will give you the skills to work with traumatised children who have attachment difficulties living in adoptive or foster families.

**Dyadic Developmental Psychotherapy Level Two**  •  4 day course

Level 2 is more practical than Level 1, giving you the opportunity to bring in DVDs of your work for feedback and discussion of progress. A small training group allows for discussion, supervision and exploration of your own attachment styles. Find out more about becoming an accredited DDP therapist on our website.

**Sensory integration for professionals working within adoption**  •  2 day course

If sensory difficulties are not resolved or understood, they can disrupt our best efforts to help children resolve their attachment difficulties. This course will help you understand the effects of trauma on the sensory system and provide you with simple strategies to support children to regulate their sensory system and support parents and carers to help.

**Siblings placements – attachment vs continuity**  •  2 day course

The assumption that keeping siblings together will protect them may not hold when they’ve experienced complex trauma. This course will give you the knowledge and confidence to decide what is best for the children you are placing.

**Therapeutic Life Story Work**  •  3 day course

This course will give you the skills and confidence to use non-verbal, creative arts and therapeutic life story work to address difficult issues from a child’s past, resolve early trauma and help them form secure attachments. Includes guidance on how to use life story work to support facilitated contact and as a source of information for a child and their family.
Our Courses at a glance

Education Services

Supporting Looked After Children and Adopted Children in school  •  2 day course

Provides an understanding of how early childhood trauma affects a child’s development. Offers practical ideas for assessing a child’s executive functioning level plus hands-on strategies to help children in the classroom and to support their parents.

The impact of child abuse and neglect on children’s capacity to learn  •  1 day course

Abused and neglected children struggle with peer relationships and learning in the classroom. In order to help this group of children learn and remain regulated, an understanding of how abuse and neglect impact child development is required. The course is designed for teachers to achieve this.

Child sensory regulation – helping children to become calm in the classroom  •  1 day course

Sensory processing controls and organises the body for daily activities of living and learning, using and interpreting information from the body and the environment. Abused and neglected children have difficulty with this which can cause problems in the classroom. This course is designed to help teachers address these issues.

Adoption matters: training for virtual schools and designated teachers  •  2 day course

This course explores the impact of early trauma on the brain and body, and how this influences a child’s presentation within the education setting, ranging from disruptive and acting-out behaviour to compliance and people-pleasing conduct.

Recognising that virtual schools and designated teachers are often the ‘first call’ for parents, the course covers home-school communication, ways to support parents, hands-on strategies to help LAC and adopted children at school and how to provide evidence to access extra support.

Education and Consultation Service

To enhance your school’s ability to work with children who have been abused, neglected, fostered or adopted, we offer a consultation service for teachers to build on their knowledge of how to help this disadvantaged group. This is offered to individual schools or consortiums, at a frequency agreed with you.

To book or find out more about our courses, trainers, fees and dates visit www.familyfutures.co.uk/training
The evidence base for our training programme

Neuro-Physiological Psychotherapy (NPP) – an integrative neuro-sequential approach

Our assessment and treatment model has been in development over the past 20 years. It is a brain-based, sequential and developmental approach to therapeutic treatment of children. It integrates leading attachment and neuroscience research with sensory, somatic, play-based, attachment and trauma-focused therapy and also narrative, therapeutic life story work.

Theory and research – context of our model development

Our therapeutic treatment approach to recovery for children who have experienced sustained trauma in the context of their birth family environment has been influenced by the pioneering and leading research and practice in the field, including:

- developmental trauma (Van der Kolk, 2005)
- neuroscience (Perry, 2006; Porges, 1998; Siegel, 1999)
- somatic experience (Levine, 2010; Levine & Kline, 2006)
- sensorimotor psychotherapy (Ogden, Minton, & Pain, 2006)
- sensory integration (SI) (Ayres, 1979), play (Booth & Jernberg, 2009)
- family focussed attachment-based approaches to psychotherapy (Hughes, 2006)
Burnell and Vaughan (2012) state the following as the organising principle of the model:

Children import with them into their substitute family, the developmental delay and damage that their previous life experiences have impacted upon them. It is vital therefore that this neuro-physiological and psychological damage is addressed in order for secure attachment to be developed in permanent placements.

The Family Futures’ NPP programme reflects the structure of the brain and its development in the following way:

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<thead>
<tr>
<th>Area of the brain</th>
<th>Focus</th>
<th>Theme</th>
<th>Interventions</th>
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<tbody>
<tr>
<td>Primitive Brain</td>
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<td></td>
<td>Sensory Processing</td>
<td>Sensory Modulation</td>
<td>Sleep, diet and toileting advice</td>
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<td>Trauma Responses</td>
<td>Fear and stress reduction</td>
<td>Somatic and Sensorimotor work</td>
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<td>Physiological Regulation</td>
<td>Emotional and physiological awareness</td>
<td>Sensory Integration</td>
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<td>Co-regulation and attunement</td>
<td>Play</td>
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<td>Medication</td>
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<td>Developmental re-parenting with 1:1 time at home</td>
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<tr>
<td>Limbic Brain</td>
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<tr>
<td></td>
<td>Affect Regulation</td>
<td>Developing a more secure attachment</td>
<td>Theraplay®</td>
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<td></td>
<td>Attachment</td>
<td>Shame reduction</td>
<td>DDP</td>
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<td>Development of conscience and empathy</td>
<td>Creative Arts</td>
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<tr>
<td>Cortical Brain</td>
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<td></td>
<td>Integration</td>
<td>Reflection and increased emotional awareness</td>
<td>Developmental re-parenting</td>
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<td></td>
<td>Reflection</td>
<td>Self-regulation</td>
<td>Continue sensory/somatic work/mindfulness</td>
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<td>Identity</td>
<td>Developing a coherent narrative and reflective capacity</td>
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<td>DDP with a life story focus</td>
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<td>Facilitated contact</td>
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<td>Individual Psychotherapy</td>
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<td>Identity and self-esteem work</td>
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<td></td>
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<td>Continue sensory/somatic work/mindfulness</td>
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Training Resources and learning materials

Free Practice Papers to download from our website:
- Transitions
- Placing children with complex needs
- Siblings
- Caring for babies who have been drug addicted

Training Resources to order from our website:

<table>
<thead>
<tr>
<th>Title</th>
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<tr>
<td><strong>Handbook</strong></td>
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<tr>
<td><strong>Handbook for Teachers</strong></td>
<td>£25.00</td>
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<tr>
<td>Attachment, developmental trauma and executive functioning in the school setting. Includes innovative classroom strategies to help children who have experienced trauma in infancy.</td>
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<tr>
<td><strong>CD-ROM Resource</strong></td>
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<tr>
<td><strong>A Toolkit for teachers</strong></td>
<td>£80.00</td>
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<tr>
<td>A resource CD Rom for use in the classroom with children who have executive functioning difficulties.</td>
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<tr>
<td><strong>Training DVDs</strong></td>
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<tr>
<td><strong>Integrating Neurobiology into DDP: a conversation with Dan Hughes 15 Years On</strong></td>
<td>£25.00</td>
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<tr>
<td>An update for clinicians and social workers who are using Dyadic Developmental Psychotherapy.</td>
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<tr>
<td><strong>Jannie’s Story</strong></td>
<td>£50.00</td>
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<tr>
<td>Trauma and re-enactment. A highly acclaimed dramatisation for trainers and social workers to explore how it feels to be traumatised, how this is internalised and then re-enacted.</td>
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<tr>
<td><strong>Jannie Goes to Contact</strong></td>
<td>£25.00</td>
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<tr>
<td>Through the eyes of a child – contact. For training Social Workers, Foster Carers, parents and Contact Supervisors.</td>
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<tr>
<td><strong>Won’t Do or Can’t Do?</strong></td>
<td>£25.00</td>
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<tr>
<td>Information and support for teachers and parents/carers of adopted and looked after children.</td>
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<tr>
<td><strong>Five by Five</strong></td>
<td>£25.00</td>
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<tr>
<td>5 experts highlight the complex issues involved in permanent placement from the perspective of 5 different disciplines. For social workers, psychologists, therapists, psychiatrists and paediatricians.</td>
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<tr>
<td><strong>Dan Hughes - A Videod Conversation</strong></td>
<td>£50.00</td>
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<tr>
<td>Dan Hughes talks to an adoptive parent. 1st in series for preparation and training of foster carers and adoptive parents.</td>
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<tr>
<td><strong>What Feelings?</strong></td>
<td>£50.00</td>
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<tr>
<td>Through the eyes of a child – adoption and fostering. 2nd in series for preparation and training of foster carers and adoptive parents.</td>
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<tr>
<td><strong>Been There Done That</strong></td>
<td>£50.00</td>
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<tr>
<td>Parents’ first-hand experiences of fostering and adoption. 3rd in series for preparation and training of foster carers and adoptive parents.</td>
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<tr>
<td><strong>Keeping up with the Jones’</strong></td>
<td>£80.00</td>
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<tr>
<td>2 days in the life of...A training video for use with parents – post-placement. Triggers discussion about how best to tackle the day-to-day issues faced.</td>
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<tr>
<td><strong>The Brain Game</strong></td>
<td>£80.00</td>
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<tr>
<td>An animation for children and young people who are adopted or fostered. Uses the metaphor of a computer game to explain how the brain develops in childhood and is affected by stress and trauma, but also how the game can be won!</td>
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To order, visit the Training Resources page on our website or call 020 7354 4161
How to find us

Family Futures CIC
3 & 4 Floral Place,
7-9 Northampton Grove
London N1 2PL

T: 020 7354 4161
E: training@familyfutures.co.uk
W: www.familyfutures.co.uk

Car Parking
There is free car parking for families and we are not in the congestion zone.

Food and Refreshments
Lunch and refreshments are provided for all training attendees. Please let us know any dietary requirements.

Contact
If you need any more information please contact us: training@familyfutures.co.uk

Adoption Agency Registration - SC462984
Company Registration – 8423617

Family Futures

Consortium of Voluntary Adoption Agencies