



Family Futures



# Neuro Physiological Psychotherapy

## Research Evidenced Brain Body Healing

“It isn’t just how we think and feel about the world that is impacted by trauma, it’s the physiology of the body...

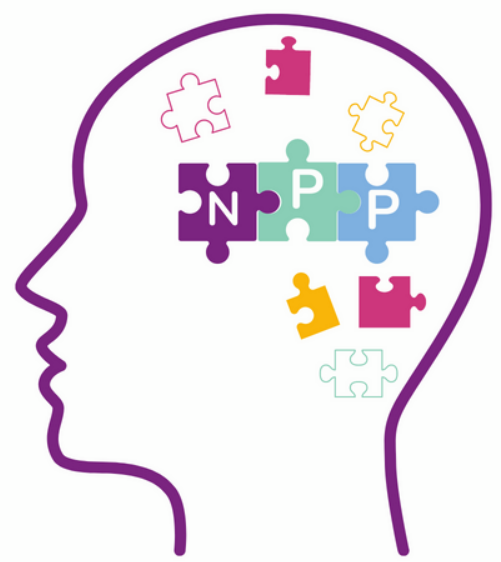
The name Neuro Physiological Psychotherapy, for us conveyed the importance of working with the body and brain together to help traumatised children.”

Jay Vaughan, co-founder of Family Futures and NPP

**Are you working with or supporting  
children recovering from childhood trauma?**  
Start your journey to become a certified NPP Practitioner

# Why train in NPP?

Family Futures' new NPP training will enable you to use this ground breaking therapy in your work to support care experienced children to heal from trauma and go on to thrive.



**The Family Futures Therapy Model  
Neuro Physiological Psychotherapy**

NPP (Neuro Physiological Psychotherapy) is an evidenced based therapy that has been tried and tested with families for over 25 years. It is child-centred and holistic, enabling you to select the most appropriate intervention to support different levels of the brain and the Autonomic Nervous System (ANS), depending on the individual needs of each child you are working with.

In this training, you'll learn how to track a child's ANS & stress responses and decide when it's most appropriate to use body based approaches, attachment enhancing approaches or reflective talking therapies or a blend of these.

**By using theory, case studies and experiential experience you will be introduced to Family Futures' NPP model. The training will cover:**

**Hybrid delivery:  
Days 1 & 5  
online; Days 2,  
3 & 4 in person.**

- Day one (online) – introduction, theory and research and the NPP Multidisciplinary Assessment
- Day two – basic principles of NPP approach and primitive brain therapy
- Day three – limbic brain therapy
- Day four – cortical brain and NPP application
- Day five (online) – Bringing it all together, applying NPP principles in your work & next steps

# What's covered in NPP Level 1?



**The five-day Level 1 course will enable you to:**

- Make an NPP informed assessment
- Come away with clear therapeutic interventions you can use in your work
- Recommend the appropriate therapy or multi-modal approach
- Track the Autonomic Nervous System responses of the child/young person and parent (as well as your own ANS responses) – to make sense of what is happening and regulate so that everyone can become calm again and get back into relationship
- Consider in your work with children/young people and their parents when to bring back awareness to noticing what the body is telling you, so that you can adjust what you are doing
- Become aware of the parent or child's reactions and behaviours – enabling them to become more aware of their own processes too

**After attending Level 1 practitioners can call themselves NPP informed**

**“It feels so hopeful that this model is proving to be so effective and changing lives for the better.”**

NPP webinar attendee

# Who should attend?

## NPP Level 1



**NPP Level 1 is open to all disciplines and basic training – for agencies with a number of therapy team members and lone providers.**

This includes all professionals who work with young people or families impacted by trauma including:

therapists, psychologists, psychiatrists, social workers, educators, occupational therapists, adoption support agency providers and other healthcare professionals.

**27.5**  
CPD  
hours

## Accreditation

**Level one practitioners can join the practicum and be NPP informed, working towards foundational accreditation.** Without a therapy qualification at MA level you cannot progress to level two or full accreditation.

## Meet the trainer

**Jay Vaughan MBE**

**Co-founder of NPP model & Family Futures**

Children's advocate, Dramatherapist, Theraplay Practitioner & Supervisor, Somatic Experience Practitioner & Dyadic Developmental Psychotherapist, Author



Jay has worked with traumatised and care-experienced children since 1989. She is a passionate advocate for arts, play, and body-based therapies. Over the past 27 years, Jay's work has helped thousands of families through Family Futures' pioneering therapy and assessment services. Jay was awarded an MBE in 2022 for services to children and young people.

# NPP FAQs

## Answered by Jay



### What do you need to already have qualification-wise to be able to sign up to the NPP training?

At level one of NPP a variety of underpinning trainings are appropriate from psychological therapist, to social worker, teacher etc. At level two an underpinning psychological therapy qualification and registration to practice in the UK is required. However, the model does not depend on one particular therapy discipline but is in essence a multi modal approach drawing upon a range of different modalities to enable a neuro-sequential process.

### What Therapeutic Approaches are included in the training course?

- Body based interventions
- Integrative arts based therapies
- Dyadic philosophy and practice
- Family based interventions
- Therapeutic Life Story Work
- Multi modal intervention and different modalities

### Do I need to complete any other training to practice Family Futures NPP model? For example, Theraplay to complete MIM assessments, or Story Stems or DDP?

Jay: I think it helps to have other trainings such as Theraplay etc and to have an underpinning therapy training and regulatory body, but the model does not depend on any one therapy

discipline and will work on using a range of approaches to enable a neurosequential process.

### How will I use NPP as an independent/ lone practitioner?

After completing the training independent practitioners will be able to:

- use an NPP framework for assessment and treatment
- weave between different modalities session by session, and throughout the therapy programme assess when a referral is appropriate for an independent practitioner and when it needs a broader team and referring on.

### I am Theraplay, DDP, BUSS and TLSW trained but am an independent practitioner. I love the sound of NPP but is it really possible to implement this model as an independent practitioner? If yes, please suggest how.

Jay: Yes, I do believe working as a lone practitioner it is possible to use NPP and to weave together all the trainings you are mentioning, although there will always be some complex cases you would not want to take on as lone practitioner due to the level of risk or complexity. There are cases I do on my own at FF as they are more straightforward, and **I can weave between my modalities.**

# NPP FAQs

## Answered by Jay

The case study below illustrates how a session may be run and is based on a few real cases merged together to protect confidentiality. The young person has accessed the ongoing NPP treatment model.

A young person was referred for NPP therapy specifically because he wanted life story work and as a young adult was finding navigating his life, work, friendships etc hard and getting into conflict. As a young adult he was given the choice of his parent being involved too and despite their challenging relationship knew he needed his mum there too.

Therapy began where he requested which was life story work at a cortical level but quickly needed to move back to regulatory primitive brain work. He was finding empathy and compassion hard in sessions and triggering so a more distance approach of empowering him to understand through psycho education was used to provide a framework for what therapy was trying to do and to give him some mastery over his overwhelming feelings.

He responded really well to this and enjoyed tracking his body's stress responses and finding ways to take control over the surges of rage, fear and distress. Once he felt more able to manage his responses he was able to bear looking at his history and doing more reflective work.

He was also able to make repair with his adoptive family and reflect on his childhood experiences. He went on to get part time employment and continued to practice managing his feelings.

**I am keen to know more about the actual approach rather than its effectiveness. I don't feel clear on what the approach looks like in practice.**

Jay: The approach is multi modal and family based. This means that the overarching approach is neuro-sequential and involves tracking the nervous system of all clients in the session in order to be working at the right level for all family members. At times the approach might be working at, for example, a more cognitive level but suddenly need to move to more regulatory primitive brain work.

NPP is not necessarily linear but works with an overarching trajectory from primitive to limbic to cortical but might also cycle back at points depending on each session and life events impacting the therapy. NPP integrates a variety of modalities including Somatic Experience, Sensory Integration, Theraplay, Arts therapies, DDP and other modalities alongside a practitioners core training.

**The NPP training will add to the skills trainees bring to the course and support the integration of other approaches.**

## BOOK NOW

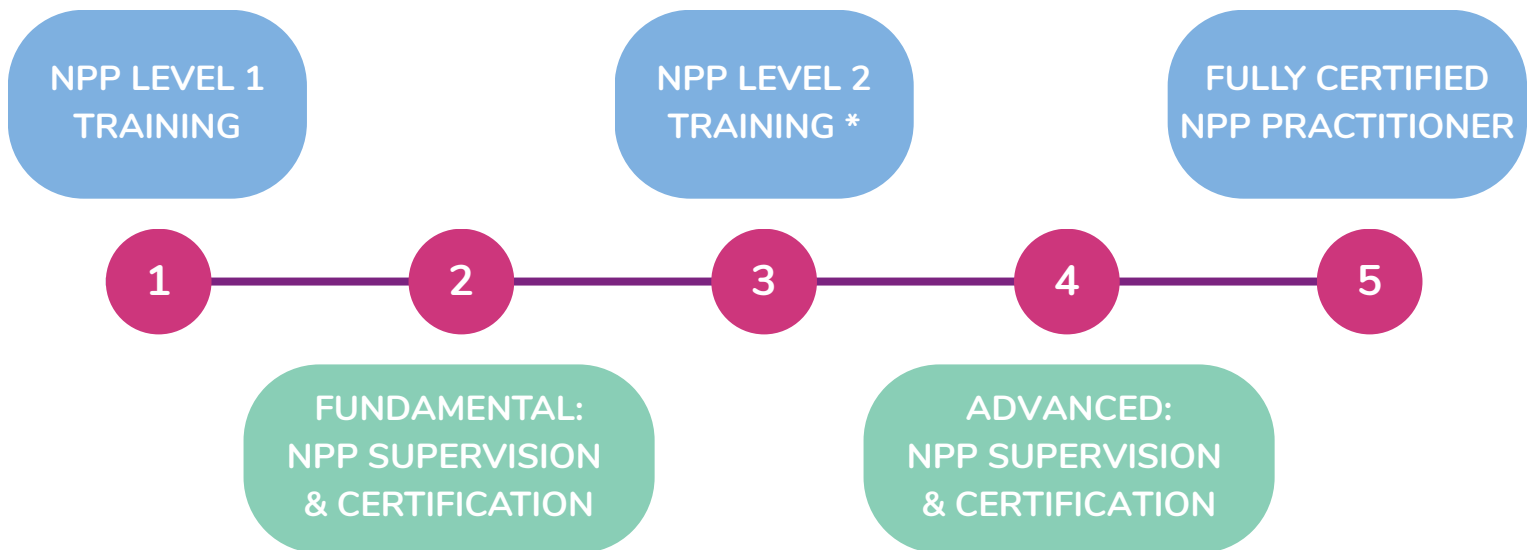
[email.training@familyfutures.co.uk](mailto:email.training@familyfutures.co.uk)

**or give us a call to find out more  
0207 354 4161**

# How to become

## a certified NPP Practitioner?

\*You need a therapy qualification at MA level to progress to level two or full accreditation



1

**Complete NPP Level 1 training and become NPP Informed**

Book your place on the NPP Level 1 training. Once you have completed the training you are “NPP Informed”

2

**Join the NPP Practicum to become NPP Informed & Accredited**

Email [training@familyfutures.co.uk](mailto:training@familyfutures.co.uk) for the NPP Practicum Application. This will include an application form and the NPP best practice guide. You will also be asked to send: your CV, proof of insurance, proof that you can practice in the UK and a short explanation of how you plan to use NPP principles in your work.

# How to become

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\*You need a therapy qualification at MA level to progress to level two or full accreditation

3

### **Complete the Fundamental Practitioner requirements**

Attend at least 8 supervised and 32 unsupervised sessions. You can refer to yourself as “NPP Informed & Accredited”. Your NPP supervisor will need to recommend that you can advance in the practicum.

4

### **Complete NPP Level 2 and become NPP Advanced**

The NPP Level 2 training should be completed at least 6 months after the NPP Level 1 training. You can complete the NPP Level 2 training without joining the practicum. After completing the training you can refer to yourself as “NPP Advanced”.

5

### **Complete the Advanced Practitioner requirements & certification**

Attend at least 8 supervised and 32 unsupervised sessions. You can refer to yourself as “NPP Advanced & Accredited”. Your NPP supervisor will need to recommend that you can proceed to being a NPP Certified Practitioner.

6

### **Maintain your NPP Certification**

Certified NPP Practitioners will need to complete 4 supervisions a year to maintain their membership. Group supervision is included but you will need to share at least 3 videos.

**"The key first part of any therapy intervention has to help a child learn how to feel safe in the room."**

Jay Vaughan, co-founder of Family Futures and NPP

# Certification pricing

NPP level 1 training: £875  
NPP level 2 training: £525  
Practicum - Fundamental: £135  
Practicum - Advanced: £135  
Annual Membership: £75  
Supervision: £180

- Split the cost into 3 payments using Paypal
- Group booking discounts are available

Contact [training@familyfutures.co.uk](mailto:training@familyfutures.co.uk) for more information. *These prices reflect current fees and are subject to change.*



## BOOK NOW

give us a call to find out more  
0207 354 4161

## Watch

### Neuro Physiological Psychotherapy



Research Evidenced  
Brain Body Healing



diving deeper into the NPP model

The 4 pillars of the NPP Model

## Listen



## Looking for more?

**Listen** to Jay Vaughan explain how and why the NPP model was developed

**Watch** the FF team as they discuss how they use NPP in sessions

**Download** the free introduction to NPP webinar

## download

An introduction to  
The Family Futures Therapy Model

Neuro Physiological Psychotherapy

An evidence based therapy  
for healing trauma

