



Adoption
East Midlands

DERBY NOTTINGHAM DERBYSHIRE NOTTINGHAMSHIRE

Adoption Support
Courses, Training and Support Groups



Workshops

Q&A
Sessions

Courses

2024

Who are we?

We are the Adoption Support Team. We are made up of Social Workers, Social Work Support Officers, birth family support workers and 3 Team Managers.

Many of our social workers are therapeutically trained in a range of different interventions to support families.

Universal Support Offer

Here at Adoption East Midlands, we have developed an exciting support offer and we are inviting adoptive families in our region to seek support through seminars, groups, workshops, and Q&A sessions. In this booklet you will find a range of opportunities for you and your family and information on how to book.

Welcome to the AEM Adoption Support Team

This presentation is an opportunity for families who are in the process of seeking adoption orders for their child or children to meet the adoption support team and become familiar with the support that you may wish to access for your family in the years ahead. Your child may have developed ways of coping due to their early life experiences, which may make it difficult for them to form relationships and manage their emotions and behaviour as they continue to grow and develop. Support is available from our experienced team and this session will take you through what this could look like, when you may want to access it and how to stay in touch with us, so you know where to come when the need arises. **This session will:**

- Be an opportunity to meet with staff from Adoption Support as well as other families from the Region in a similar position
- Hear about the Team, our vision and aims for the service as well as how you can get involved in supporting future service development
- To hear about all the different types of information, guidance & support we can offer at different times in your and your child's adoption journey
- To hear about how you can access support via our Pathway to Adoption Support recognising that the type and level of support you seek will change over time

When and where is the session taking place?

Tuesday 16th January 2024, 11am – 1pm

Thursday 18th April 2024, 11am – 1pm

Tuesday 9th July 2024, 11am – 1pm

Thursday 17th October 2024, 11am – 1pm

The session will be virtual and undertaken via Microsoft Teams

To book onto this course please email us at:

AdoptionEvents@adoptioneastmidlands.nottscc.gov.uk

Theraplay[®] and Adoption

Theraplay[®] is a technique that enhances attachment, engagement, self-esteem, and trust in others. It is based on natural patterns of healthy interaction between parent and child and uses emotional, attuned, interactive and structured play and activities.

Theraplay[®] promotes developing secure attachment and sensory and emotional regulation. It involves emotionally attuned, interactive, and physical play and nurturing touch is an integral part of the interactions

What will I gain from this workshop?

- An opportunity to explore the origins of Theraplay
- To learn about the 4 key areas of Theraplay
- To try some Theraplay activities as a group
- To consider some benefits and wonderings you may have about Theraplay.

When and where is this course taking place?

Tuesday 19th March 2024, 9.30am – 12.30pm

Tuesday 16th July 2024, 9.30am – 12.30pm

Tuesday 12th November 2024, 9.30am – 12.30pm

**The course may be virtual and undertaken via Microsoft Teams or
Face to Face at a Nottinghamshire venue**

To book onto this course please email us at:
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Life Story Work

Life Story work is an important part of the development of every adoptive child and young person. It enables them to build a sense of identity through making sense of their pre adoptive history. It is a child's realistic account of early years events and can support parents to dispel any myths and fantasies about their birth history. Separation and loss are key themes in adoption and life story work can support adopters to understand and develop empathy for their child

This Workshop support you with:

- ▶ ideas and tools to be able to talk to your child about their story
- ▶ ways to communicate openly and honestly about your child's history, taking into consideration their age and level of development.
- ▶ Recognising how your own life experiences may affect you doing this work.
- ▶ Feeling more confident in using the life story work material available to you.
- ▶ The timing of telling your child about their other family in a comfortable way.
- ▶ Meeting other adopters and talking to them about life story work

When and where is this workshop taking place?

Thursday 29th February 2024, 9.30am – 12.30pm

Thursday 13th June 2024, 9.30am – 12.30pm

Thursday 10th October 2024, 9.30am – 12.30pm

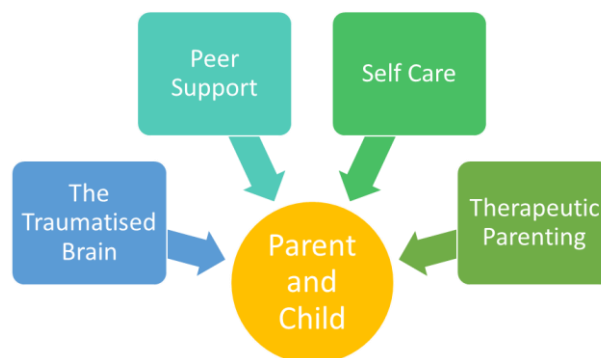
The course will be face to face at a Nottinghamshire Venue

To book onto this course please email us at:

AdoptionEvents@adoptioneastmidlands.nottscc.gov.uk

“Making Connections”

*Is your child struggling with their emotional well-being?
Are you feeling the challenge of understanding and responding to your child/ren’s behaviour and emotions at home and/or at school?
Running out of ideas about how to help?
Do you want to improve/ deepen your connections to your child/ren?
Would you like to meet other adopters who “get it”?*



“Making Connections” is 7 x weekly therapeutic sessions designed to support you grow in connection, and relationship to your child/ren with a focus on developmental trauma and how to support your child through relational healing. It is open to all adoptive parents whatever age and stage of your child/ren. We will aim to do this by:

Connections with your child’s world

- Supporting you to understand and process your child’s experiences through developing an understanding of their world in relation to their experiences of early trauma and abuse – “developmental trauma”. Moving beyond the theoretical understanding to thinking to what this means for your child/ren and your connections with them.

Connecting to therapeutic parenting in practical ways

- Through developing an understanding of the world through the eyes of the child, you will be supported by specialised adoption support social workers to understand and develop practical therapeutic parenting skills and techniques, including relational play, PACE, and regulation strategies.

Connections to yourself and your own needs as a parent

- Session 4 will be dedicated to thinking about self, and how to look after and care for oneself in the context of parenting challenges. We consider the impact of secondary trauma, how this emerges and why it’s important to seek support.

Connections and building Community with other parents who have a shared understanding of your family’s journey.

- **“It takes a village to raise a child.”** Meeting with other adoptive parents and sharing the journey is a key element of **“Making Connections.”** By attending the sessions (online and in-person) you will be given the opportunity to develop supportive relationships with other parents both within the sessions and beyond. Session 7 will be dedicated to supporting these parent-to-parent relationships and looking at the essential element of parental self-care.

Commitment

- **“Making Connections”** therapeutic sessions take place over 7 weeks (4 sessions online via MS teams, and 3 sessions in person, approx. 3 hours), and it is expected that participants make a commitment to attend every session.
- Sessions 2, 4, and 7 will be face to face at a venue in Alfreton (Junc. 28 M1)
- This course runs regularly throughout the year.
- We will be applying to the Adoption Support Fund (ASF) to fund your attendance and costs £975 per child.
- You will also receive a year’s free subscription to the Children and Trauma Community Hub (CATCH). This is an online platform providing support and accessible tools to adopters.

Cohort 1 – January – March 2024

1. Tuesday 23rd January 2024 (Virtual 9.30am-12.30pm)
2. Tuesday 30th January 2024 (Face to Face 10-1pm)
3. Tuesday 6th February 2024 (Virtual 9.30am-12.30pm)
4. Tuesday 27th February 2024 (Face to face 10-1pm)
5. Tuesday 5th March 2024 (Virtual 9.30am-12.30pm)
6. Tuesday 12th March 2024 (Virtual 9.30am-12.30pm)
7. Tuesday 26th March 2024 (Face to Face 10-1pm)

Cohort 2 – April – June 2024

1. Thursday 18th April 2024 (Virtual 9.30am – 12.30pm)
2. Thursday 25th April 2024 (Face to Face 10-1pm)
3. Thursday 2nd May 2024 (Virtual 9.30am-12.30pm)
4. Thursday 9th May 2024 (Face to face 10-1pm)
5. Thursday 16th May 2024 (Virtual 9.30am-12.30pm)
6. Thursday 23rd May 2024 (Virtual 9.30am-12.30pm)
7. Thursday 6th June 2024 (Face to Face 10-1pm)

- The group consultation will take place over 7 weeks, and it is expected that participants make a commitment to attend every session. It is envisaged that each session will last for up to 3 hours.
- Sessions 2, 4 and 7 will be face to face. Venue to be confirmed.
- There will be sessions throughout 2024 if you unable to attend the dates above please contact us for more details.

Please contact our Helpline to discuss booking into our courses:

AdoptionSupport@adoptioneastmidlands.nottsc.gov.uk

Tel: 0115 804 4500

Therapeutic Parenting Support Groups

Each month, two of our therapeutically trained social workers hold a support group for adoptive parents to talk about the challenges and rewards of parenting adopted children.

Each month focuses on a new key theme and encourages open discussion amongst adopters, with our social workers there to offer guidance and resources.

The groups are available to all adoptive parents in the region and offer a chance to meet and share with other adopters and provide a safe, non-judgemental space to feel heard.

- Thursday 8th February 2024 (10am – 12pm)
- Thursday 14th March 2024
- Tuesday 16th April 2024
- Tuesday 14th May 2024
- Thursday 13th June 2024
- Tuesday 16th July 2024
- Thursday 5th September 2024
- Tuesday 1st October 2024
- Thursday 14th November 2024

For more information and to book onto these support groups please email
AdoptionEvents@adoptioneastmidlands.nottscc.gov.uk

Collaborative Workshops between AEM Adoption Support and CAMHS

AEM have joined together with CAMHS Children Looked After and Adoption Team (CLAAT) to devise three separate workshops.

AEM have joined up with Nottinghamshire CAMHS to offer workshops aimed at supporting adoptive parents to revisit the impact of developmental trauma on their child and their emotional wellbeing. These workshops aim to support parents with thinking about their concerns in relation to their child's current presentation using a trauma informed approach. These workshops are available to all AEM adopters.

We require all adopters attending workshops 2 and 3 to have a solid understanding of developmental trauma. If you have attended other courses relating to this, you can access workshops 2 and 3 straight away. If you haven't or wish to refresh your knowledge, workshop 1 will help you get more out of workshops 2 and 3.

Workshop 1 – Developmental trauma and emotional wellbeing.

This is to allow you the opportunity to revisit your understanding of developmental trauma and getting you to think about your child's early life experiences, in utero and pre-adoption, asking you to consider these through a trauma lens when thinking about your child behaviours and emotional needs.

The aims of the workshop include:

- Defining what is meant by developmental trauma
- Defining emotional wellbeing and mental health
- Considering the impact of developmental trauma on the brain
- Considering developmental trauma on emotional wellbeing and mental health
- To think about your child and how this fits with him / her
- To help have a greater understanding of your child
- To think about what could help your child

Workshop 2 – Introduction into the overlap between neuro development and developmental trauma.

This workshop will explore the overlap between developmental trauma and two neuro-developmental disorders (Autism Spectrum Disorder/Condition and Attention Deficit Hyperactivity Disorder).

This workshop will help you to further your understanding about

- ASD and ADHD in childhood
- the overlaps between these neurodevelopmental differences and the effects of developmental trauma in children and young people
- when and how we might assess a child for ASD and ADHD
- the overlaps in the support needed by children and young people with neurodevelopmental differences, who have experienced developmental trauma

Workshop 3 – Understanding self-harming behaviours and how you can support your child.

We recognise that seeing your child harm themselves can be distressing and difficult to understand. You may feel unable to support them, or unsure how best you can support them, whilst wanting to understand these behaviours. This workshop is aimed at demystifying some of the myths around self-harm and to explore what is meant by self-harm, the reasons your child may feel the need to harm themselves, and how this harm may present. We also hope to explore alternate ways to manage their thoughts and feelings that may reduce your child's self-harm to support their wellbeing but also looking at your own wellbeing.

There will be plenty of time for informal discussions and reflections within the timings of all three workshops.

When is this course taking place?

Friday 19th January 2024, 10.00am – 1.00pm (Workshop 1)

Friday 22nd March 2024, 10.00am – 1.00pm (Workshop 2)

Friday 17th May 2024, 10.00am – 1.00pm (Workshop 3)

These workshops will be face to face at a Nottinghamshire venue

To book onto these workshops please email

AdoptionEvents@adoptioneastmidlands.nottscc.gov.uk

Education & Adoption Workshop

Experienced adopters tell us that being informed and prepared, so that they can support their child's education is essential and can be vital to their child's school experience.

Aims and Content of this workshop

- Information about how to access support in education
- To empower you in making an informed choice in respect of your child's schooling
- To empower you to be your child's advocate
- An opportunity to hear from an experienced adopter
- An opportunity to hear from a family SENCO
- An opportunity to meet a representative from your local virtual school

Who is this workshop for?

- Prospective Adopters in Stage 1
- Prospective Adopters in Stage 2
- Approved prospective adopters in the home finding stage or a match
- Adoptive Families with a child or children in early placement
- Adoptive family on a nursery journey
- Adoptive family already on a journey in primary school

Even if your child or children are still very young we recommend this workshop as it provides a really useful framework for thinking about your child's future journey through nursery, pre-school and primary school.

When and where?

This will be a virtual meeting on Microsoft Teams

How to Book

If you have any questions or to book on to this workshop, please email

AdoptionEvents@adoptioneastmidlands.nottscc.gov.uk

Introduction to Therapeutic Crisis Intervention

Run by Crisp and Crane Training Ltd

The TCI training program for families is a 4-day modular parenting programme designed by Cornell University. It gives parents practical skills, knowledge, and techniques to enable them to support their child with their emotional and behavioural development using a therapeutic parenting approach.

Venue: Live Virtual

This training programme will support you to

- Feel empowered to support your child in a caring and therapeutic approach when they are experiencing upset and distress.
- Support your child to learn from their personal behaviours and to identify new, more positive, and constructive, ways in which to deal with their feelings before reaching their crisis point.
- Improve your child's engagement with learning as they develop positive ways to cope with their emotions in all areas of their lives.
- Feel more confident when confronted with behaviour which is challenging.
- Identify behavioural triggers and appropriate responses to your child.
- Build relationships between you and your child to reduce the 'them and us' dynamic.
- Prevent child / adult violence within the home and school setting.

The TCI course consist of two sets of two consecutive days with a final follow up day after approximately 4 weeks. You will need to ensure you are available for all sessions.

- 13th and 14th May, 20th and 21st May 2024 + 1 day update – 10th June 2024.

Testimonial

“Since the pandemic struck there seems to have been a magnifying glass on all the challenges, we need to manage in our home life and of course, there is nowhere to escape and recharge at the moment. Tempers have certainly frayed, and the peaks and troughs seem to have come thick and fast. We have all been on the receiving end of physical outbursts and screaming outbursts...

TCI sessions has allowed us to reflect on situations; we have been provided with a long list of strategies to develop within our therapeutic parenting, and role play to help consolidate these strategies...

Richard has really helped us to understand some of the behaviours and why they might be happening, he always listens...TCI is without a doubt the best bit of practical support I think we've ever had.”

Course Details

To access the TCI course you will need a social worker to complete an assessment with you and recommend this course.

For more information, please call our Helpdesk

0115 804 4500 or email

AdoptionSupport@adoptioneastmidlands.nottsc.gov.uk