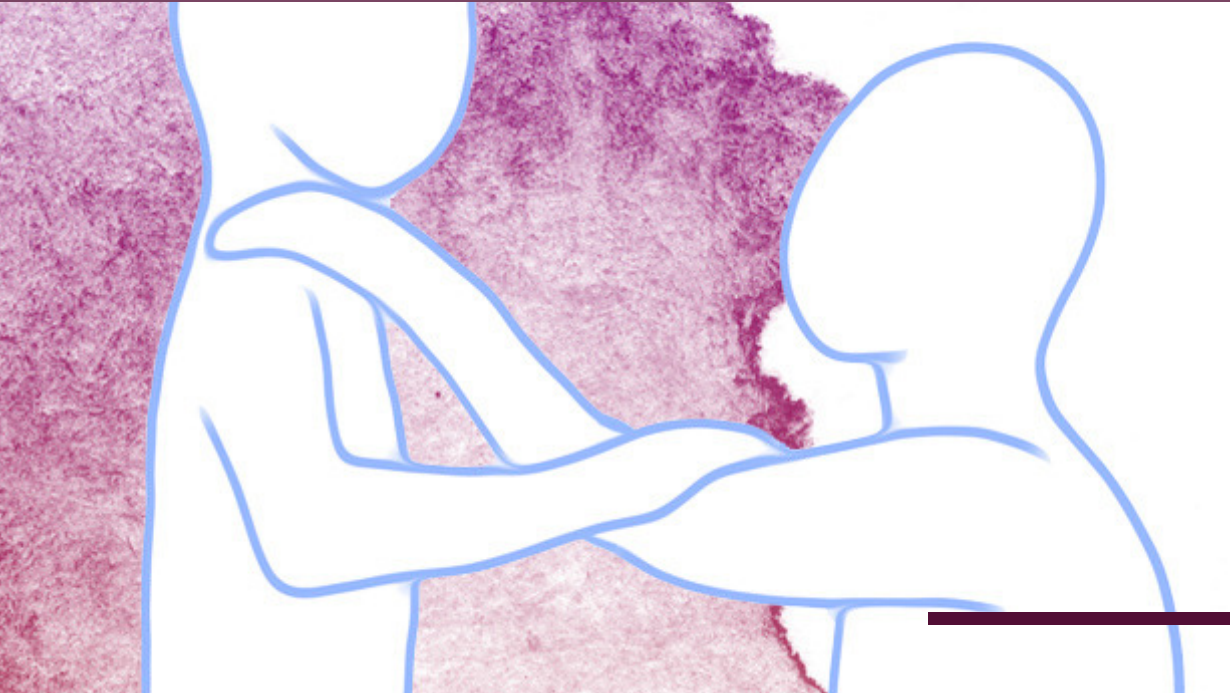


# What is Therapeutic Parenting?



AN INFORMATION  
LEAFLET FOR  
PARENTS/CARERS

UPDATED JUNE 2019

## WHAT IS THERAPEUTIC PARENTING?

Therapeutic parenting is a way of both being a parent and doing parenting. It is relationship based and when working therapeutically thinks about parents' and children's minds, 'hearts' and brains. The main focus is on regulation and relationship – in other words to support parents in helping their children to calm through growing emotional connection.

## WHEN CAN THERAPEUTIC PARENTING BE HELPFUL?

- It is recommended for and recognises the unique challenges and vulnerabilities of children who have experienced early trauma, family challenges and/or where traditional parenting ideas and strategies have not been the right fit.
- If, as a parent, you find yourself feeling disconnected from or finding it hard to love your child(ren).

## **WHAT WILL HAPPEN IN A THERAPEUTIC PARENTING SESSION?**

Throughout a series of therapeutic parenting sessions we would:

- Jointly identify your starting points and goals
- Spend some time exploring recent events and challenges
- Explore the things that you want to do similar to and differently from the way you were parented – and even the things that you want to do differently but end up doing the same!
- Provide a safe and nurturing environment for exploring your own attachment histories so that you can identify your own triggers and feelings
- Learn about the pACE approach to parenting which would invite you to parent with playfulness, acceptance, curiosity and empathy.
- Consider what your child's behaviour is showing you about their thoughts and feelings and how to respond to them in a way that promotes your relationship, meets their needs and settles behaviour.

## **HOW LONG WILL THE THERAPY LAST FOR?**

At Beacon House we would start with a commitment to 6 sessions and review together as we go.

## **WHAT CAN I EXPECT TO SEE CHANGE AS A RESULT OF THE THERAPEUTIC PARENTING WORK?**

- For you and your child to enjoy each other more and have more shared pleasure together and as a family
- For parents to learn to stay calm enough to recognise what your child is communicating by their behaviour and use your relationship to soothe their body and their feelings
- For parents to grow in confidence about getting the right balance between nurture and structure – with high levels of each
- For reciprocal trust to develop and grow between parent and child
- For parents to gain a deep understanding of how early experiences affects a child's developing brain