

Supervision Group for Therapists Working with Children & Young People who are:

- Adopted
- Cared for by Friends & Family
- Cared for by Foster Carers
- Living in Residential Homes



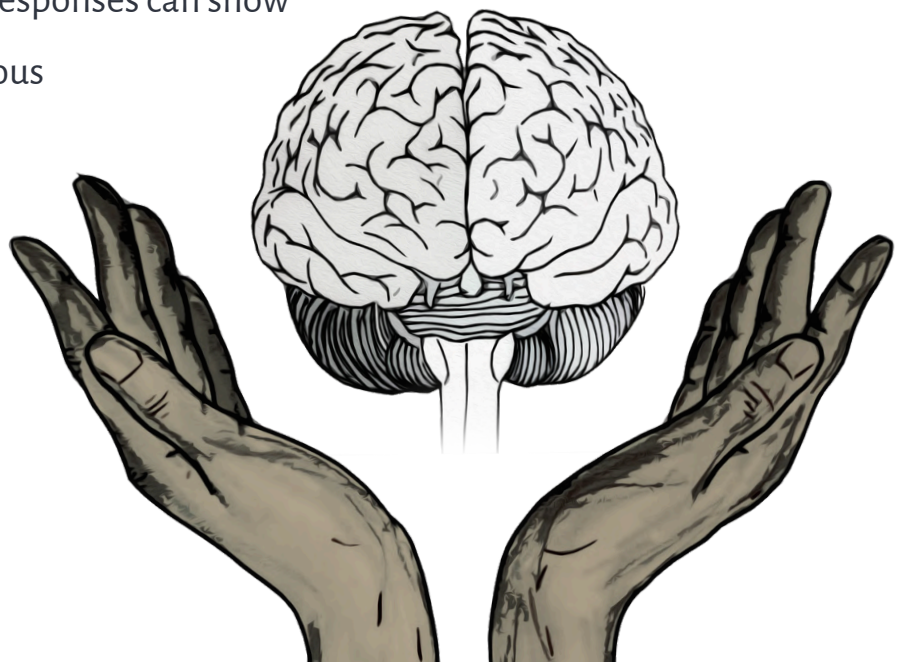
ABOUT THIS SUPERVISION GROUP

From February 2025, we are running a new online supervision group for therapists working with children and young people who are adopted, cared for by friends and family, cared for by foster carers or living in residential homes.

If you are working directly with children and/or their parents and carers or via consultation to their networks, this group will provide a space for you to explore and deepen your knowledge and skills for this work as well as opportunities for reflection on the impact of this work on ourselves as therapists and other adults and systems working with this group.



We will think together about some of the ways in which children's trauma and survival responses can show up in the dynamics of their various connections and relationships and work to understand how we can best take care of ourselves in therapeutic and systemic work with these children and young people.



ABOUT THIS SUPERVISION GROUP (CONT)

While each child, young person and their family has their own unique story, the formulations that inform our work with them often have familiar themes:

- Experience of early loss, neglect and other trauma (including in utero)
- Their story is not fully known or held by anyone other than them (and, as some of it is pre-verbal, it shows up in ways that don't make sense to them or others)
- The 7 areas of developmental trauma are often only part of the picture and it can sometimes feel like there are more questions than answers.
- Thinking 'bottom up' to include sensory and motor needs as well as the overlays of neurodiversity is often key
- How they are in relationships can trigger strong responses in the adults – including us as therapists – who are their attachment figures
- Parents, carers and other adults in their network often feel like they are battling to have their children's and their own needs understood and met

The supervision will offer an opportunity for therapists, together with the supervisor and the other supervisees, to zoom out and consider with some distance

the dynamics that are happening in and beyond the therapy /consultation

sessions. The attitudes of PACE

(playfulness, acceptance, curiosity and empathy) will

be used to support this

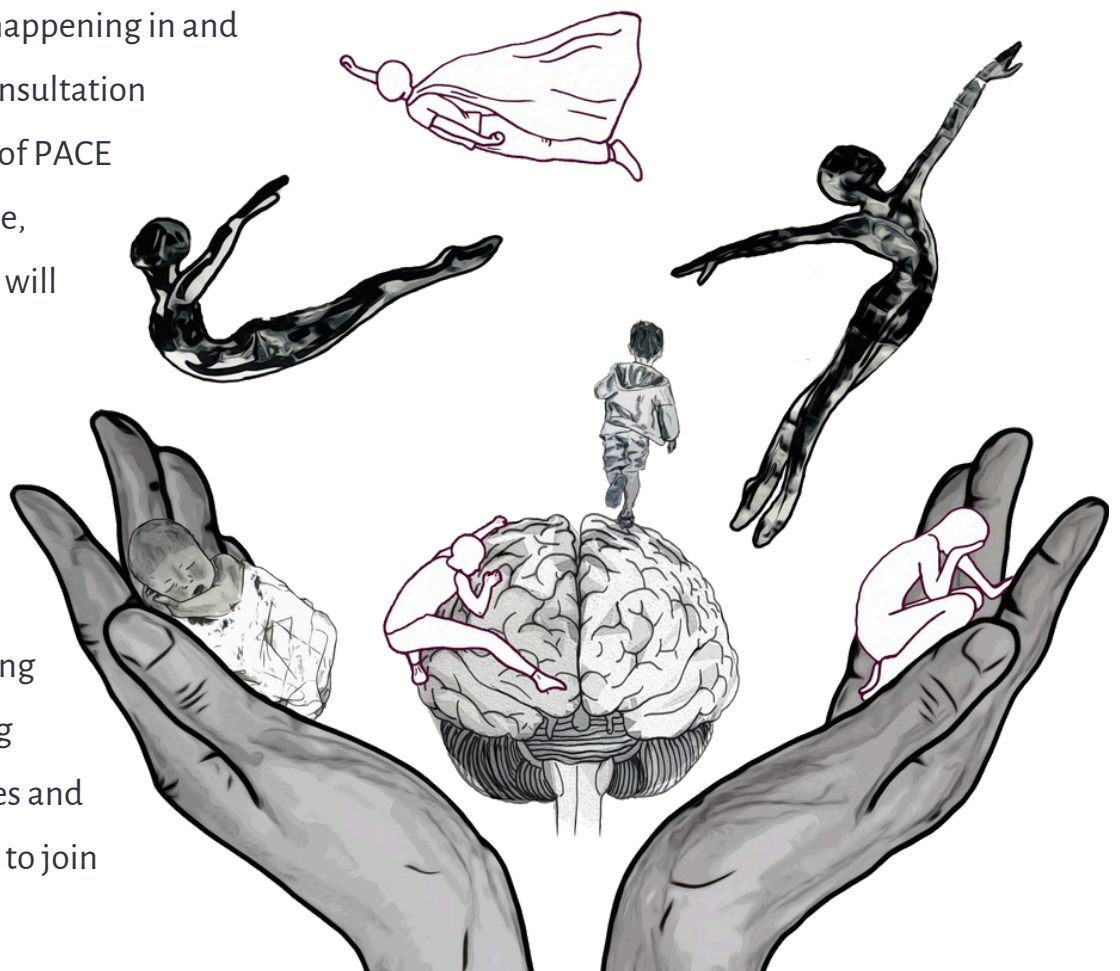
exploration. Therapists

who enjoy reflecting widely and deeply

about their work with this client group, learning

from others and sharing their clinical experiences and

ideas are very welcome to join this supervision group.



ABOUT THIS SUPERVISION GROUP (CONT)

Themes that might arise in this supervision group include:

- The **role of self as therapist** – why do we do this work; what are our drivers and how do we harness them?
- How to **hold hope** when change is slow
- The **role of power and oppression** in the lives of these children, their families and their networks
- How to use our voices to **amplify their stories** in a collaborative and respectful way
- **Safe and ethical** practice



This group will support therapists in reflecting on:

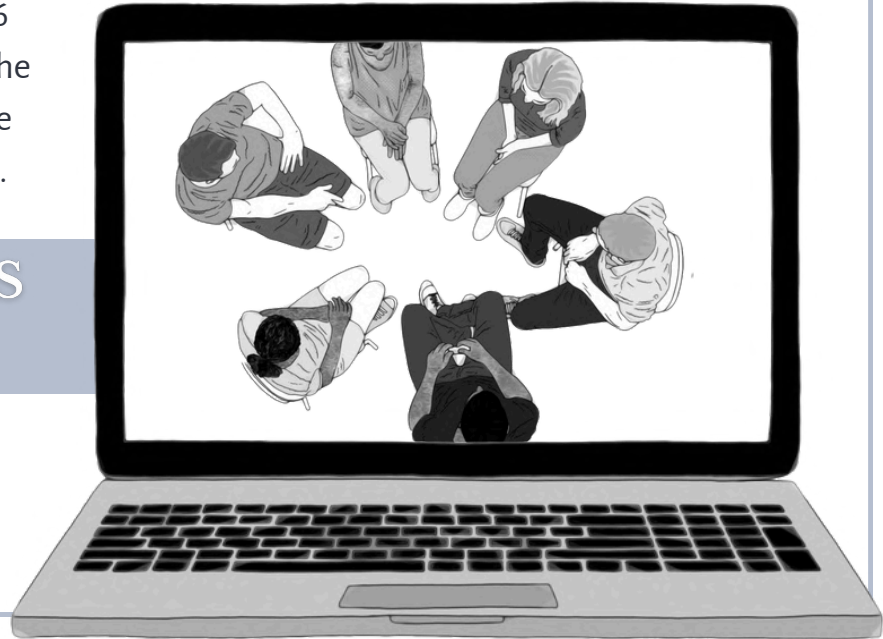
- **Broadening and deepening formulations** to include a wide range of factors that have an influence on children and young people's presentations
- Working well with networks and systems in ways most **likely to effect change**
- How best to use what we know and who we are to **stay regulated** especially when working in systems that can feel like they are getting in the way of what our clients need.

GROUP COMMITMENT

Participants will be invited to sign up for 6 monthly supervision sessions at a time. The group will be 'closed' so that we can create safety and predictability within the space.

THIS SUPERVISION IS SUITABLE FOR:

Therapists working with adopted and looked after children and young people, and their carers.



ABOUT THE SUPERVISOR

Supervision has been a really important aspect of Kathryn's practice for many years and a part of her role at Beacon House that she really values. Group supervision adds in the wisdom of others from different backgrounds, traditions, trainings and experience; and working online has also allowed us to work with therapists from all over the UK - and even across the world - which is an enriching experience for everyone.

Kathryn is motivated by social justice and making a positive difference wherever possible, particularly for minoritized groups and those whose voices need support to be heard. She has worked with children who are adopted, cared for by friends and family, cared for by foster carers or living in residential homes for almost 25 years.



ABOUT BEACON HOUSE

Kathryn is supported to offer supervision from within the Beacon House team. Beacon House is a specialist service offering assessment and therapeutic interventions to young people, families and adults who have experienced early relational trauma. We are passionate about offering therapy, training and supervision underpinned by trauma-informed values and ethics. You can read more about us here: www.beaconhouse.org.uk.

GROUP DETAILS

The supervision group will be every third Monday of the Month (public and school holidays dependant) The dates of the next block are as follows:

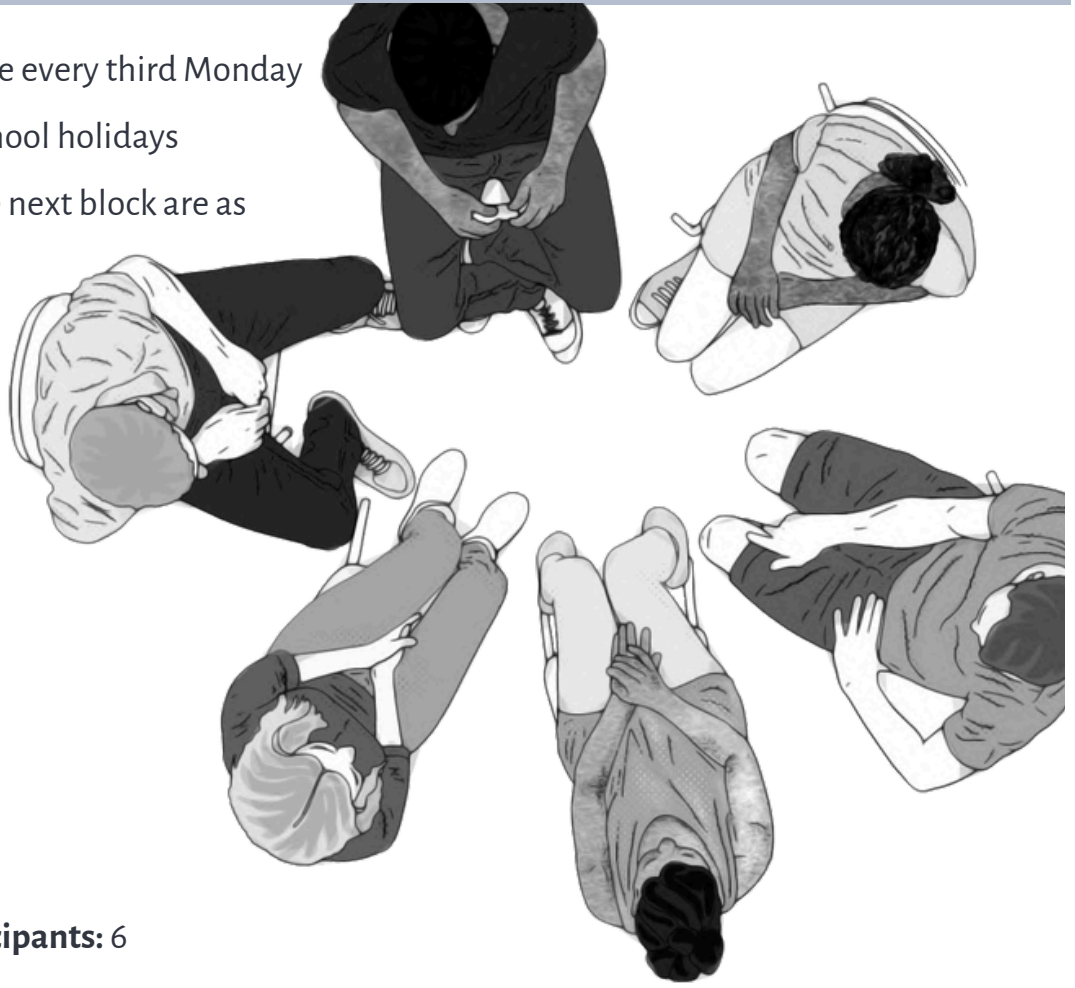
- 24th February
- 17th March
- 28th April
- 19th May
- 16th June
- 14th July

Time: 10.30am - 12.30pm

Venue: Online via Zoom

Price: £90 per 2 hour session

Maximum number of participants: 6



TO REGISTER YOUR INTEREST

Please get in touch with us on 01444 413 939 or email us at supervision@beaconhouse.org.uk

We hold a waiting list should the group be full at the time of your enquiry.

