

# Adoption, Special Guardianship and Kinship Care Specialist Therapeutic Service



**Information for parents, carers and referrers**





# Therapeutic Interventions



# Therapeutic parenting with parents and carers

**Parenting children who have experienced early loss, separation and trauma can be both deeply rewarding and deeply challenging. Experience has shown us that often the quickest growth and healing can come for children when we work with you directly as parents/carers.**

Through a 1:1 therapeutic parenting intervention with Beacon House, we will work with you to:

- Build opportunities for your child to feel more emotionally regulated through their relationship with you
- Strengthen your child's attachment with you
- Increase moments of safety, structure and attunement at home
- Support opportunities for you and your child to process traumatic memories through the safety of relationships
- See progress in how they behave through the power of connection



# Therapy with your child

**We have a range of therapeutic approaches available within our multi-disciplinary team and we take our time to work out with you and your child which therapy will be most helpful.**

## **Therapy is often a combination of:**

- Sessions where your child comes alone
- Sessions with the parent and child together
- Sessions with the parent only
- Liaison with others involved in your child's care and education

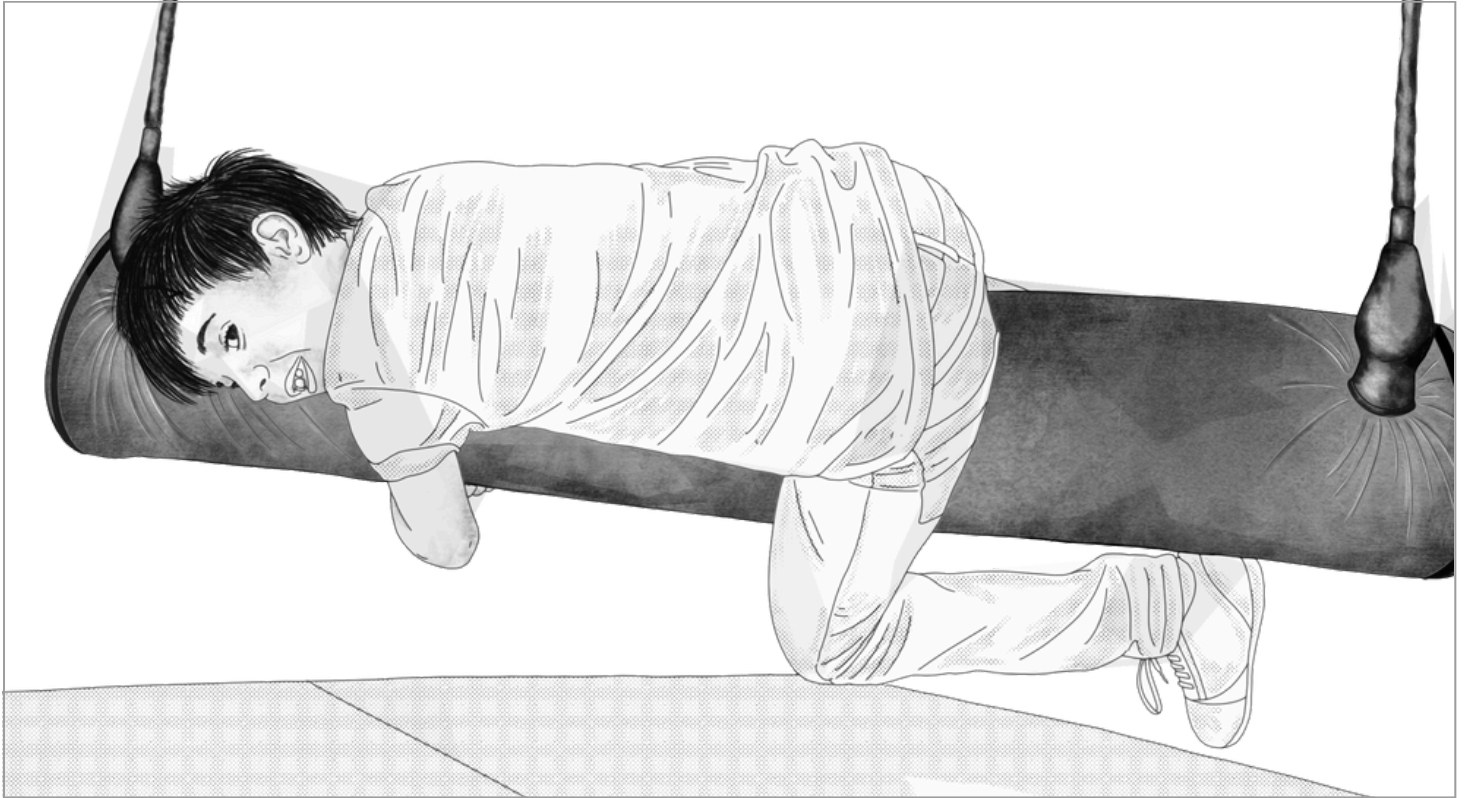
## **Therapies available here include:**

- Creative Arts Psychotherapy
- Dramatherapy
- Psychological therapy
- Occupational Therapy
- Art therapy
- EMDR
- DDP
- Theraplay
- Systemic family therapy

The goals of therapy will be different for each family and will be collaboratively agreed between you and your therapist. Common hopes for families who come here for therapy include:

- Strengthening relationships
- Building your child's ability to manage overwhelming feelings
- Improving communication, understanding and listening within the family
- Making sense of past traumas, loss and grief
- Building on strengths and nurturing growth

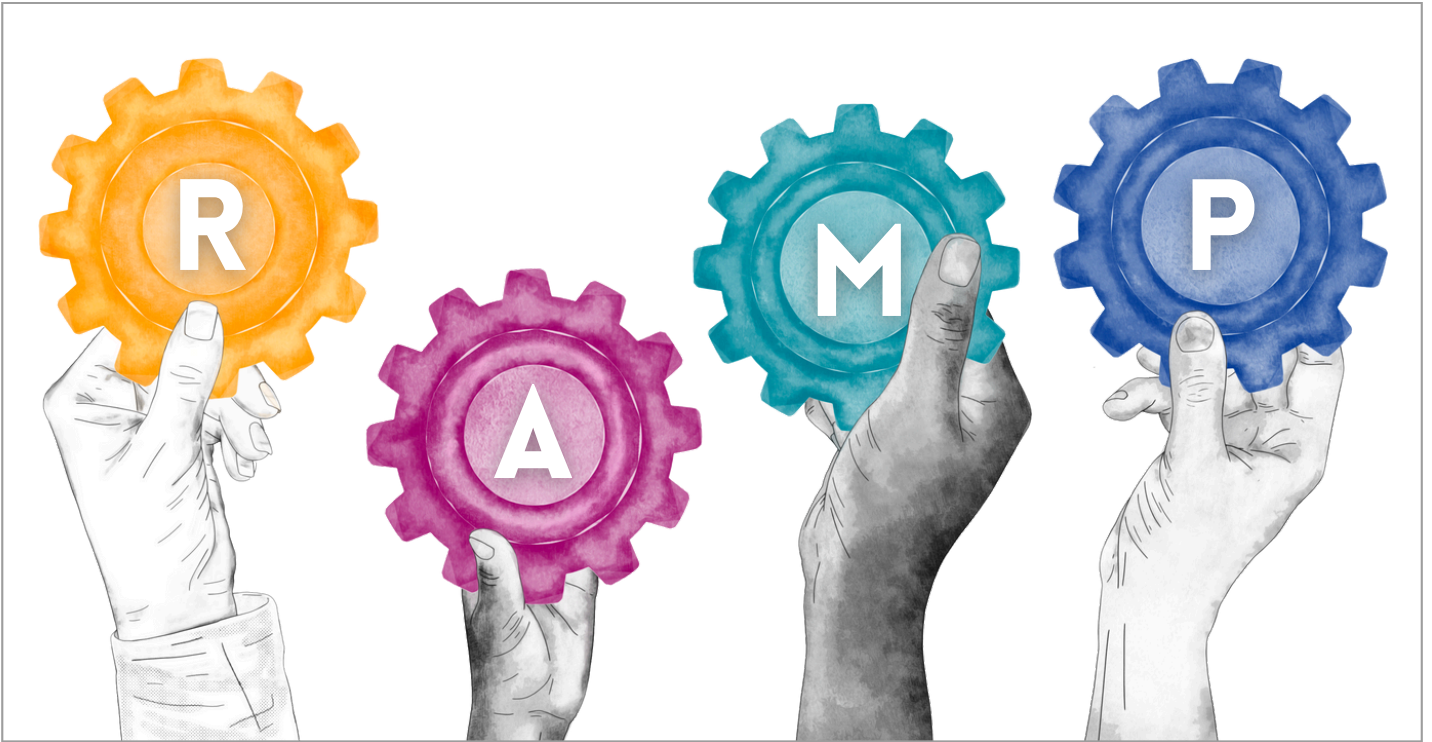




# Sensory Attachment Intervention (SAI) with an Occupational Therapist

**Our Occupational Therapists work with children and their parents to support them to:**

- Understand how the child's over or under-sensitive sensory systems impact their day-to-day life at home and school
- Learn strategies and activities to develop and strengthen their sensory systems at home and school
- Use sensory activities to help regulate the child's levels of arousal so that they learn over time how to feel calm in their bodies
- Strengthen the parent-child relationship to support the child to feel soothed and regulated



# RAMP: Reducing Anxiety Management Plan

**A Reducing Anxiety Management Plan (RAMP) is a tool to help schools to support children who find it difficult to self-regulate, possibly struggling with peer relationships, and who may be emotionally and behaviourally younger than their chronological ages as a result of early experiences of trauma and abuse.**

Each RAMP will be individualised and tailored to the needs of the child or young person taking into account some important key principles:

- Collaborative working
- A formulation approach
- Empowering the young person
- Focusing on meaningful change

**[CLICK HERE](#)**

[To find out more about RAMP](#)



# Find out more

If you would like to find out more about any of our therapeutic services, please get in touch:



Call us: 01444 413 939

Email: [admin@beaconhouse.org.uk](mailto:admin@beaconhouse.org.uk)

Visit our website [www.beaconhouse.org.uk](http://www.beaconhouse.org.uk)

