

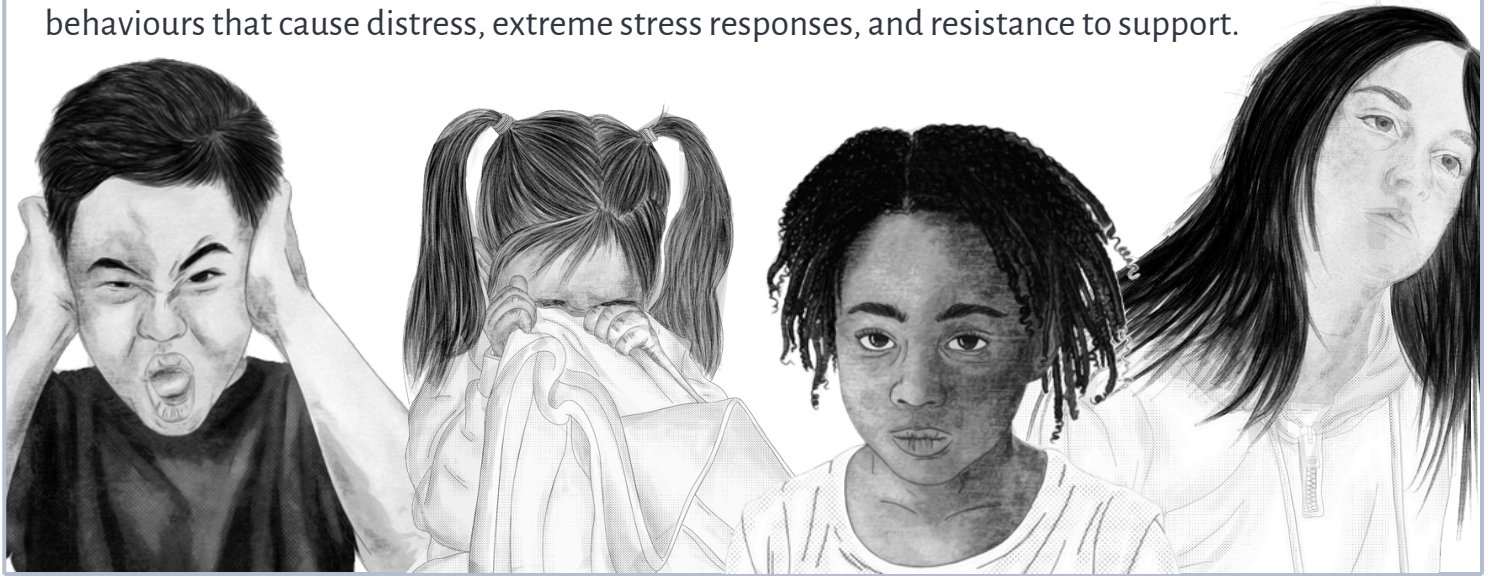
**Beacon House Supervision  
Group for Therapists  
Working with  
Adopted and  
Looked After  
Children**



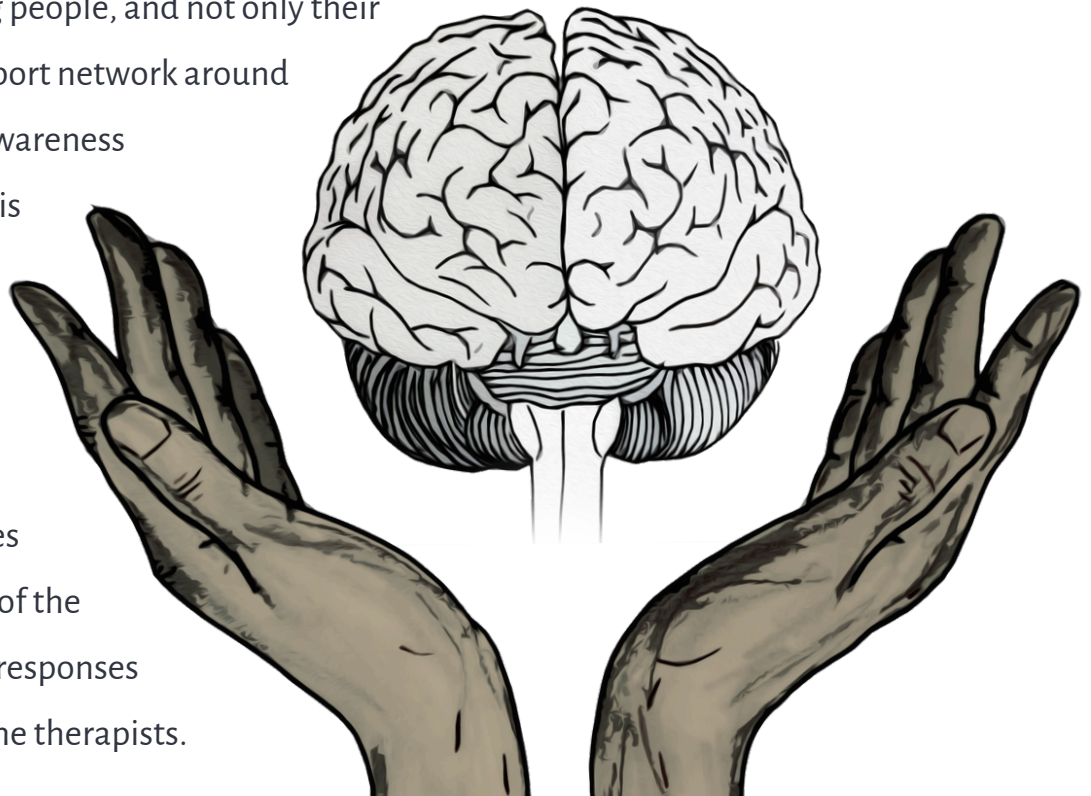
## ABOUT THIS SUPERVISION GROUP

**From February 2024, we are running a new online supervision group for therapists working with adopted and looked after children/young people and their carers.**

Due to the multiple traumas experienced by these young people at an early age (including in utero), their lives are often beset with life-long challenges for themselves and their carers. Their window of tolerance is generally very limited and their daily struggles include difficulties in trusting and feeling safe, relating to other people, dysregulation, adaptive thinking and behaviours that cause distress, extreme stress responses, and resistance to support.

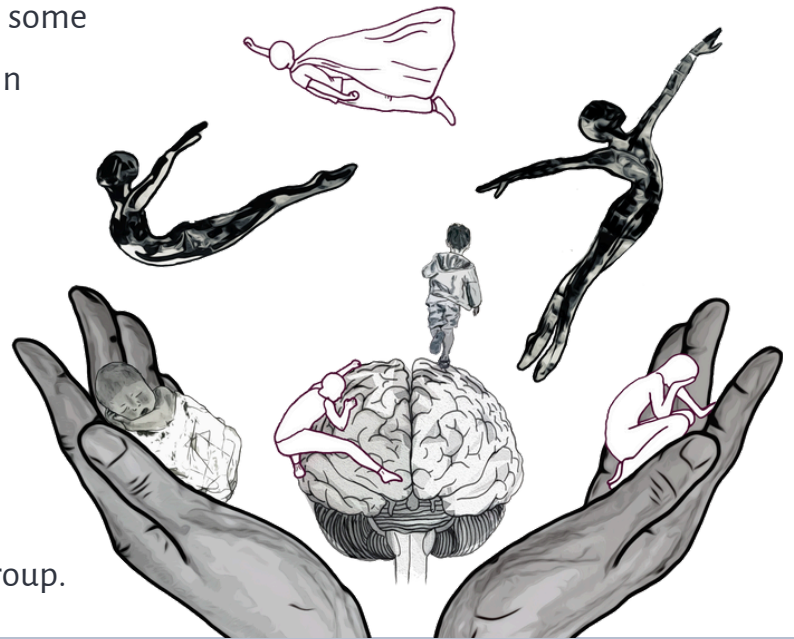


This supervision group will give space for supervisees to bring their queries and dilemmas around working with these young people, and not only their carers, but the whole support network around the child. Self-care and awareness of relationship dynamics is always important for therapists but particularly those working with this client group as the survival drives and attachment patterns of the client can activate strong responses in their carers, and even the therapists.



## ABOUT THIS SUPERVISION GROUP (CONT)

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 / carer support sessions. Embodied and creative methods 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.



### **Themes that are likely to arise in the supervision group include:**

- The therapeutic relationship between the therapist and the child/young person
- Hopes and expectations within the system (including for therapy) around the child/young person
- The child's attachment pattern and its effect on those around them
- Strengthening the support network around the child/young person and the capacity of those parties to understand, tolerate and tend to the impacts of trauma on the child/young person
- Safe and ethical practice
- Professional development and self-care

### **The supervision group will support therapists in reflecting on:**

- The inner world and behaviour drivers, and the relational needs of their adopted/fostered client
- Insights and skills that will slowly and incrementally increase the child/young person's window of tolerance
- How to foster resilience within the system around the child



## 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

The group will be led by Lucinda Weiss, one of our Dramatherapists and clinical supervisors, who has many years' experience of working with adopted and looked after children, young people and their families or carers.

She is also an adoptive mother so understands many of the difficulties facing these children and their families inside and out. She knows that working with this client group can sometimes feel slow, frustrating and even hopeless; and that it is important to 'play the long game' and celebrate every small success.



## ABOUT BEACON HOUSE

Lucinda 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](http://www.beaconhouse.org.uk).

## GROUP DETAILS

The first supervision group will start on Tuesday  
20<sup>th</sup> Jan 2026

(and every third Tuesday of the month after that):

- 20th January
- 17th February
- 17th March
- 21st April
- 19th May
- 16<sup>th</sup> June

**Time:** 9.30am- 11.30am

**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](mailto:supervision@beaconhouse.org.uk)

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

