

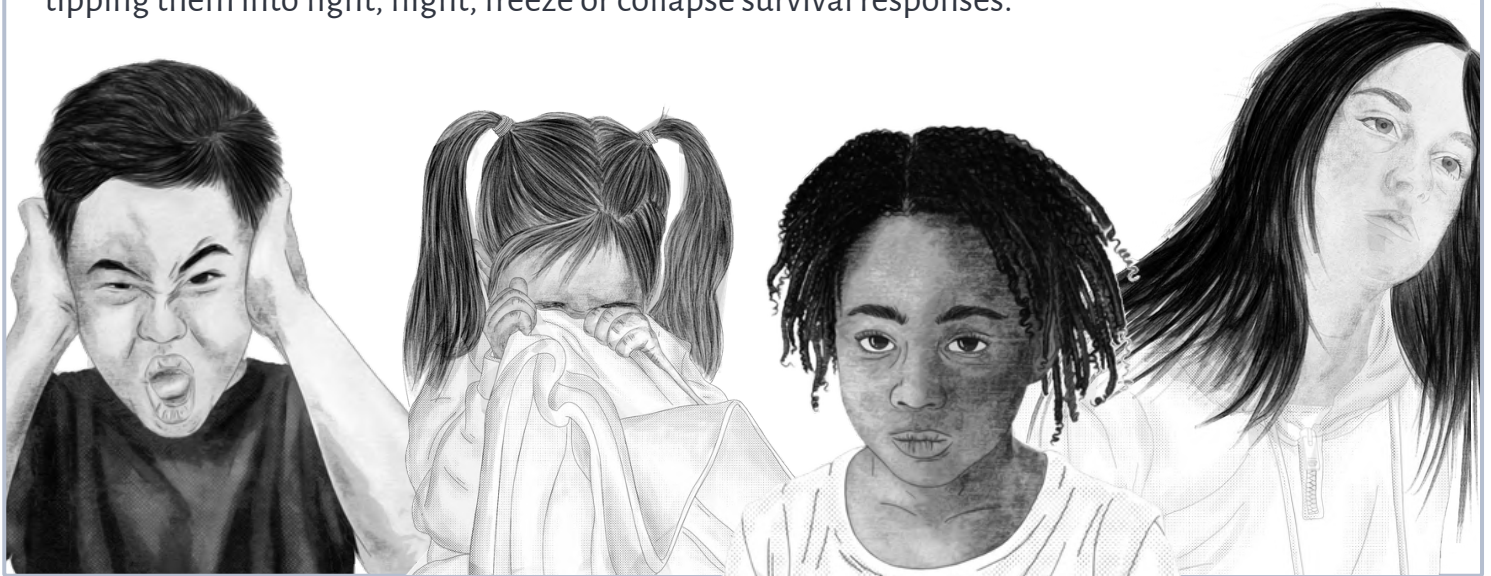
**Supervision Group for
Occupational Therapists and
OTAs who work with children or
adults who have been impacted
by Developmental Trauma**



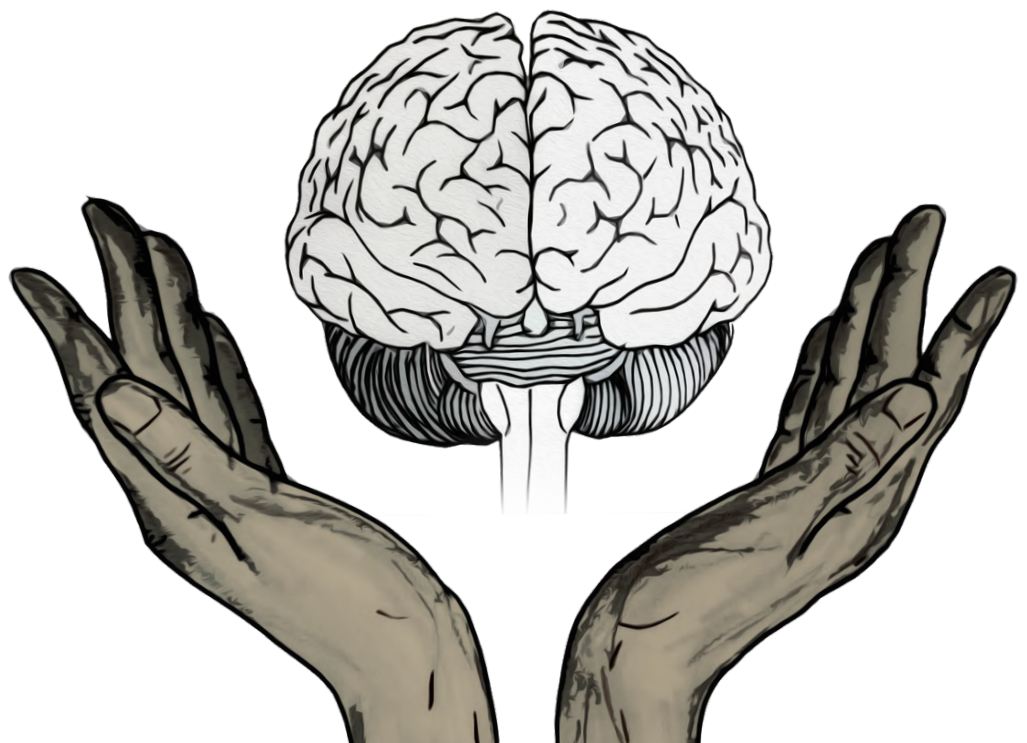
ABOUT THIS SUPERVISION GROUP

Hosted by specialist, senior supervisors, we run an online supervision group for Occupational Therapists and OTAs who work with children or adults who have been impacted by trauma and attachment ruptures.

Individuals and families who have survived trauma during their early months and years often experience complex and deeply painful struggles in multiple areas of their life. Their window of tolerance is limited, and small every-day moments can trigger overwhelming experiences of fear, tipping them into fight, flight, freeze or collapse survival responses.



This supervision group is a safe, contained and nurturing space for OTs to bring their clinical questions, and the personal impact of working with such profound trauma in others.



LEARNING AIMS

Trauma informed OTs are an increasing group of specialists and our impact and value in this sector is growing. **In this group, we will:**

- Reflect on how developmental trauma impacts the development of the eight sensory systems
- Delve into the complexities of survival responses and attachment patterns and their effect on relationships and everyday lives.
- Explore how to enhance sensory environments, ours and the clients that we work with, to promote wellbeing.
- Reflect on how we can support those (including ourselves) who work with children who have survived developmental trauma to co-regulate -one of the most powerful tools we have.



As a group we can move between themed discussion and individual client discussions, depending on the needs of the participants.

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:

Any OT or OTA who works with children or adults who have experienced developmental trauma, loss or adversity.



ABOUT THE SUPERVISOR

The group will be led by Clare Rader, one of our specialist paediatric Occupational Therapists and supervisors. Clare has many years of experience working with children, young people, and their parents and carers as well as offering supervision.



She began her career working within the NHS before developing her role as an independent Occupational Therapist. Clare is now dedicated to advancing her specialist interests in trauma and attachment, with a particular focus on understanding the impact of early trauma on children's sensory systems, regulation, and relationships. Clare is trained in trauma, attachment, and sensory integration, and incorporates the Building Underdeveloped Sensorimotor Systems (BUSS) model into the interventions she offers to children and families at Beacon House.

She has also completed Theraplay Level 1 training and has joined the practicum as she works towards becoming a certified Theraplay practitioner. Through this, she aims to further support looked-after children, particularly those presenting with Fetal Alcohol Spectrum Disorder (FASD).

You can read more about Clare here: <https://beaconhouse.org.uk/team-members/clare-rader/>

ABOUT BEACON HOUSE

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

GROUP DETAILS



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.

INDIVIDUAL SUPERVISION

Drawing on our wealth of experience here at Beacon House and informed by cutting edge research, we specialise in offering integrative supervision and consultation with a focus on the impact of adversity, loss and trauma on our clients, on us as professionals and of course on the relationships that connect us. Clare is available to offer specialist online and in person 1:1 supervision. Please email us at admin@beaconhouse.org.uk if you are interested in this service.