

Therapeutic Parenting: Self Soothe Programme

This is a therapeutic parenting, group-based intervention to promote resilience in parents, carers, and their children.

It provides parents and carers with theory-driven, evidence-based strategies known to be effective in emotionally supporting young people. The skills and knowledge in how to best support themselves and their child is of particular importance if their child is going through their own therapy.

This intervention is founded on principles drawn from Attachment, Neuroscience, and Systemic Therapy. It provides a framework for parents or carers to better understand the sometimes challenging behaviours of young people who have experienced trauma at an early age. Those attending will have the opportunity to practice techniques to help them manage every day stressors and extraordinary stress, and feedback their challenges along the way.

Dr Louise Mansell and Dr Kirsty Hughes (Specialist Clinical Psychologists), co-deliver this program with colleagues at Nurture Psychology Service in a welcoming, nurturing supportive environment. They use their extensive experience, knowledge and research to ensure the programme delivery is bespoke to the needs of the group. There is an experiential component within each session, resources to take home and the techniques that are completed in the session can be easily transferred to everyday life at home.

The programme consists of 6-8 sessions, including a review session where we also ask to hear from the young people. Nurture Psychology Service provide this intervention to parents and carers as part of the adoption support fund, via foster agencies and/or children's services. The programme is charged at £125 pp per 2.5hr session, or can be bought as a package for up to 8 parents/carers.

For more details: 07715218975 or email office@nurture-psychology.co.uk

Nurture-Psychology Service Ltd, is a not-for-profit Social Enterprise led by Clinical Psychologists, who use their expert knowledge, research and experience to improve the mental health of children and families, and those who work with them.