

Residential Care Training Packages



We recognise the vital role residential care staff have in helping traumatised children to recover from their early experiences. Dr Wendy Coetzee, Consultant Clinical Psychologist has over 5 years experience as a Clinical Director developing an “attachment and trauma” informed residential care service, designing a therapeutic model to support over 50 children’s residential care homes and over 200 staff. Wendy has a comprehensive understanding of the need to develop a “therapeutically informed” approach to supporting children and young people in residential care. Wendy's understanding of this sector together with her DDP and PACE training skills (certified PACE trainer) combine to enable her to offer PACE training.

Wendy has a passion for supporting staff to understand and make sense of traumatised young people and help them to develop the skills to enable them to create relationships and emotional connection with the young people they care for. Workshops are interactive, easy to understand and capitalise on helping staff to apply theory into practice with role plays media clips and group work.

Wendy recognises the challenges staff have in developing trusting relationships with the children they care for, this training package supports staff to understand the impact of attachment and developmental trauma and a PACE informed therapeutic parenting course enables staff to adopt an “attachment and trauma” informed approach to working with these children.



Residential care support and training packages:

We support residential care staff to develop therapeutic parenting skills to care for and support their children and young people using an attachment and trauma informed PACE approach.

Course 1: "Understanding Attachment and developmental trauma": developing relationships that can heal.



- This one day workshop can support staff who are new to working with children looked after and who need support to understand the challenges of parenting children with relational and developmental trauma.
- It offers delegates a comprehensive understanding of the importance of developing securely attached relationships with parents in early childhood.
- We explore how securely attached relationships are fundamental to the growth of a healthy and fully integrated brain.
- We understand how relationship trauma, neglect, abuse and domestic violence can impact on a child's brain architecture and global development, helping us to understand how this can impact on the development of emotional regulation, social skills development and relational trauma.
- We explore how this early trauma can also lead to ongoing emotional, social and psychological difficulties leading to long term mental health difficulties and difficulties in developing trusting relationships.



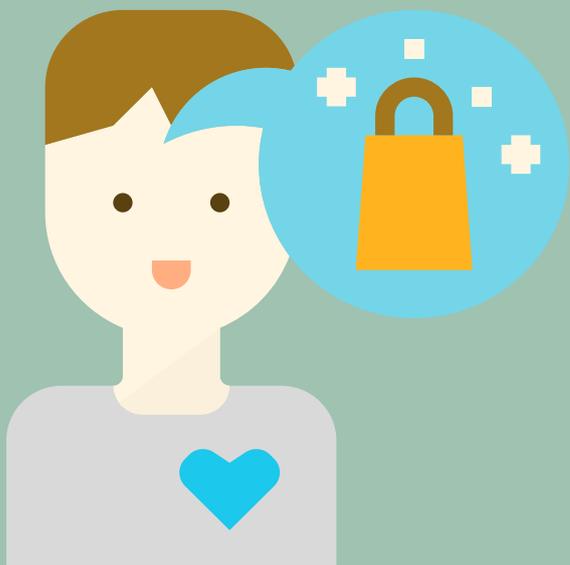
We Cover:

- The importance of developing securely attached relationships in early childhood on the development of a healthy and integrated brain.
- The impact of relational trauma, neglect, abuse and domestic violence and how this can impact on a child's social, emotional and cognitive development.
- The impact of trauma on the the nervous system, vagus nerve and ongoing anxiety based difficulties.
- Developing an understanding of how trauma can lead to children and young people developing complex emotional, psychological and behavioural difficulties.
- The impact of trauma on emotional regulation and sensory difficulties.
- The impact of attachment difficulties in developing trusting and "emotionally connected" relationships.
- Adverse Childhood experiences (ACEs) and their long term impact on health and emotional and mental health and wellbeing.
- Understanding the importance of seeing children in the context of "what happened to you" rather than "whats wrong with you".

We help delegates to begin to understand children's complex and challenging behaviours using an attachment and trauma informed lens. Delegates are supported to think about how to apply this understanding in their work and/or their relationships with children and young people.

Course 2: Three day PACE therapeutic Parent training

- This unique PACE informed training package has been adapted and delivered to numerous residential care teams and their managers, RI's and management teams that support them.
- This therapeutic parenting package has been adapted for use with residential care staff teams to support them in their work with traumatised young people with history of attachment and relational trauma. to understand the young people they care for using an "attachment informed" therapeutic parenting approach.
- This training package helps staff to understand the impact of relational trauma and its impact on children being able to develop trusting relationships.
- Wendy uses a variety of media in an interactive, personable and engaging way to ensure that staff gain a good understanding of the theory and how to put this into practice to develop therapeutically informed approach to their work with the children in their care.
- We know that children and young people can begin to recover from relational trauma through the development of just one trusting relationship.
- We recognise how vitally important the role of residential care staff can be in helping children to begin to heal from their experiences.



Course Content:

- Day One: Brief recap of the impact of insecure attachment and developmental/relational trauma, understanding the importance of secure attachments in developing safety and security in relationships, understanding children's behaviour in context of "what happened to you" using a therapeutic trauma informed lens, understanding the experiences of children in residential care, why "Traditional" parenting approaches don't work with children with trauma based difficulties, introduction to the challenges of parenting children with attachment and relational trauma,
- Day Two: Exploring the Five challenges of parenting a child with attachment and developmental trauma: Loss of Trust in Infancy. Fear of Intersubjective/Connected relationships, Understanding "hidden needs", Moving from Mis-trust to Trust, Understanding and responding to Shame. What is PACE, Adopting PACE as a therapeutic parenting approach, exploring practical ways of adopting a therapeutic parenting approach, connection with correction, Emotion regulation, Sensory regulations, discipline and boundaries.
- Day Three: Developing a PACE-ful parenting approach, When to use A and E, How do we use Curiosity to build understanding, why Playfulness is key to developing children's emotional connection, Parenting responses to challenging situations, role play. Case scenario and media material are used to support a very practical and interactive workshop on developing therapeutic parenting skills, what to do, how do we adopt an attitude of PACE and what to avoid. Staff support: "what do I do when I am triggered and developing self care".

We support residential care workers to develop their own unique understanding of the children/young people's needs, teaching them how to adopt this approach in practice using role play, play based activities, multi-media and video material/clips and interactive discussions.

Course 3: Supervision and PACE informed Reflective Practice:



- This training ensures that Senior RCW's and Registered Managers develop the skills to ensure their staff can develop therapeutically informed PACE competency skills to enhance the development of strong emotionally connected relationships with their young people.
- This training can be embedded and supported through ongoing reflective supervision ensuring compliance with OFSTED's standards of ensuring outstanding care.
- Senior staff who offer line management supervision need to support their staff in supervision to develop reflective practice using the same PACE informed approach that we support young people with.
- This training supports the ongoing development of residential care staff and helps them to develop and embed good therapeutic practice in their work with young people.
- These training and consultation packages can support residential care services to deliver an attachment and trauma informed therapeutic package which can support their staff to deliver an attachment and trauma informed approach to children and young people with complex needs.



Course 4: Supporting the development of a therapeutically trauma informed service and staff team – PACE workshop for Senior Leadership and Management Teams



- This workshop can be delivered to senior management and leadership teams to support them in supporting a service to adopt a PACE informed approach
- Understanding the importance of adopting a congruent and consistent therapeutic approach, using a trauma informed organisational approach. Looking at issues such as staff recruitment, retention and support
- Supporting residential care staff and consideration of secondary and vicarious trauma and how this can impact on staff well being, sickness and staff retention.
- Responding to incidents and traumatic events.
- Developing systems to support self care and embedding good practice.
- Modelling the model through SLT to Managers to RCW's.
- Developing a review and governance process to ensure that PACE practice is being upheld and developed.

About



The Foundations Consultancy



Training Style

- Wendy combines an interactive, creative, playful and personable training style while delivering a clear psychologically, trauma informed theoretical framework, enabling people to apply a trauma informed approach easily into their day to day working practice and organisational approach.
- Wendy can adapt her training for staff working directly with children (key workers) and families, through to Senior Leadership and Executive Board teams. Her experience of working across all levels of an organisation enable her to deliver a systemically informed and person-centred approach.
- Delivering training in a versatile way enabling people to engage personally and professionally, while helping attendees to think about how to transfer this knowledge back to their own work setting.
- A skilled trainer and author of her own unique "trauma informed" organisational programme designed to support small and large scale organisations to adopt a Trauma Informed Organisational approach.
- Inspired and influenced over the years by her ongoing clinical supervision with Dr Kim S Golding (MBE, Clinical Psychologist, author and Trainer), Dr Karen Treisman, (CBE, Clinical Psychologist).
- Wendy has based her organisational training programme on the work of authors such as Sandra Bloom author of the Sanctuary Model and Karen Treisman's recent Organisational Trauma Informed approach.
- With a passion for delivering DDP and PACE informed therapeutic parenting packages, Wendy can help organisations to think about how to apply these models to their work with children and families with complex trauma

Dr Wendy Coetzee is a Consultant Clinical Psychologist with over 25 years experience of working in children's mental health; specialising in delivering and developing attachment and trauma informed training programmes for a multitude of children's organisations: Schools, Healthcare professionals, Residential Care, Social Care, Charitable Organisations, Birth parents, Foster Carers, Kinship Carers, Adopters and families on the edge of care. Wendy has a passion for supporting organisations that support children with complex trauma and their families.

Wendy has worked in both the NHS/CAMHS for over 20 years and in the commercial sector for a national children's residential care company.

Wendy was a Clinical Director in a large national children's residential care organisation where she successfully pioneered and established the development of a brand new "attachment and trauma informed" therapeutic psychology service (managing her own team of Clinical, Counselling and Forensic Psychologists). Her experience of working in trauma organised systems has enabled her to develop a training programme to support Senior Management and Board level staff to challenge and influence the development of a "trauma informed and infused organisational culture" from Board level through Senior Management (SLT) to staff on the front line.

Wendy's passion for training, supporting and developing others has been an ongoing theme throughout her career; awarded an "Innovation in Practice" award by the British Psychological Society Children and Young People's faculty for developing and pioneering a specialist trauma and attachment service.

The Foundations
Consultancy,
Warwickshire
Tel: 07799 764752
wendy@thefoundations
consultancy.co.uk