

Child in Mind Academy Ltd

Providers of Quality Training for Childrens Services



Foundations for Attachment

Child in Mind is pleased to be able to offer this new therapeutic parenting programme. Foundations for Attachment was written by Dr Kim Golding and is a Dyadic Developmental Psychotherapy (DDP) informed programme based on the model designed by Dan Hughes, both have been instrumental in our training to deliver this course.

Foundations for Attachment is a six session programme for those caring for or parenting children who have experienced attachment difficulties, trauma, loss and/or separation in their early life. The impact on the child of these early life experiences can be deeply wounding and long lasting, with these challenges in mind this programme aims to :

Help parents explore new ways to build or rebuild emotional connections with their children

Help parents develop and integrate a new approach toward building trust within the parent/child relationship

Better enable parents to understand and meet their child's attachment needs

Explore how to provide support for behaviour alongside building connection

"Parenting is often difficult but what keeps parents going through the hard times is the sense of satisfaction and pride that comes from their child's positive response to their caregiving" (Dan Hughes)

This programme is delivered in a small group setting at our Child and Family Therapy Centre (The Lodge). The sessions take place on a weekly basis and are facilitated by a DDP trained practitioner and psychotherapist,

Who is this training for:

Adopters and prospective adopters, foster carers, kinship carers, special guardians and those parenting or caring for children and young people impacted by early loss or trauma.

If you would like more information on how to book a place on the Foundations for Attachment Programme please contact us.

Module One: Understanding the Challenges of Parenting

Topics covered include:

Blocked Trust
Fear of intersubjectivity
Parenting children living in shame

Module Two: Therapeutic parenting

Topics covered include:

Building connections
PACE
Behaviour support
Being mind-minded

Module Three: Looking after Self

Topics covered include:

Exploring attachment history
Self-care
Blocked care

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