

**Broad Horizons**

**NCT Fostering & Adoption**

**Training offer 2023-24**



**Northamptonshire  
Children's Trust**

Broad Horizons & NCT Training Offer 2023-24

**Broad**   
**Horizons**

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# Introduction to pre-verbal trauma



## Course overview:

On this training we explore what pre-verbal trauma is and how you can contribute to a healing journey.

This course covers early years development and the brain, what is preverbal trauma, the effects of trauma on the brain and parenting strategies.

By the end of the training you will feel more equipped in understanding pre-verbal trauma and have some resources to go away and explore at your leisure.

# What is secondary trauma?



## Course overview:

This one day training looks at trauma in relation to the children that are being cared for by foster carers and adopters and what this means for you.

We will explore behaviours that stem from early childhood experiences and how the child imparts their first hand trauma onto you as the secondary person.

We will explore why it is important for you to understand the typical symptoms of secondary trauma, what you can do to help the child and most importantly look at ways in which you can practice self care.

# Friends and family

## What adoption means for them



### Course overview:

This training is aimed at those friends and family who will be the support network for adopters.

The aim is to help extended family members and friends to understand that parenting an adopted child is different to parenting a birth child.

The course will cover how to build a relationship with a child who does not have a secure attachment, some of the practicalities of those initial days of introductions, ways of supporting the new parent(s) and meeting long term needs.



# Adoption preparation training



## **Course overview:**

This course runs over 5 days and covers all of the core aspects of the regulatory requirements for the assessment of prospective adopters.

This training is interactive and immersive and gets the prospective adopters to understand the world from the child's perspective.

We also cover some practical and legal aspects of the adoption journey.

# Celebrating brothers and sisters

## *What it means to adopt a sibling group*



### **Course overview:**

This course explores the motivation to adopt a sibling's group, it looks at the national picture of groups of brothers and sisters waiting to be adopted and dispels some of the myths.

The complexities of sibling dynamics, caring for more than one child and trauma bonds are covered.

The day will cover some strategies for caring for sibling groups who have experienced trauma.

# Trauma Informed Training DARTS

## *CPD Accredited*



### **Course overview:**

Children and young people that have experienced trauma and abuse have often learnt that the world is an unpredictable and unsafe place. Trusting people or the environment can feel very frightening. Throughout the training we will focus on the 5 pillars of Broad Horizons' DARTS© model which considers Dissociation, Attachment, Resilience, Trauma and Shame.

Our D.A.R.T.S course is designed to be flexible and comprehensive, with students able to take the course either as a whole or purchase modules individually. Our goal is to provide a learning experience that gives practical knowledge.

Various models of delivery available, please enquire about how we can meet your needs.



# Understanding Children's Behaviours



## Course overview:

The course is designed to deepen and enhance your understanding of how trauma and attachment difficulties will impact on children's behaviour and why children and young people behave the way that they do.

The course is designed to enable you to see the behaviour through the eyes of the child or young person and explore what the underlying causes might be. It is only then that we can truly be effective in managing behaviour.

A strong emphasis throughout the course will be to develop our understanding of what is causing the behaviour including underlying fears, beliefs, thoughts and feelings that impact on the way that the child or young person behaves.

You will gain a comprehensive range of methods and practical strategies to use with children and young people to help address and re shape the underlying causes of behaviours.

Alongside strategies and tools, theory and research will be integrated into the training in an accessible and informative style, to inform the way that you manage children and young people's behaviour.

**The course is delivered in two different brackets of age groups, for those caring for children either under or over the age of 10 years.**

# Therapeutic parenting support course



The course is designed for carers looking to further develop their existing skills as a carer. The focus of the group is to develop and enhance therapeutic interactions between foster carers and the children or young people they care for. Consideration will be given to understanding children's behaviour, and ways to support this, alongside the emotional needs of the children and young people. The course is delivered by experienced psychotherapists and counsellors in an informal and supportive closed group environment.

## Course overview

The six-week group is designed to blend a range of trauma and dissociation informed models covering the following areas.

- The five pillars Broad Horizons Relationship-DARTS model: Dissociation, Attachment, Resilience, Trauma and Shame
- Core Principals of Therapeutic Parenting
- Developing relationships between children and their families
- Understanding children and young people's behaviour
- Applying PACE in parenting
- Foster Carers self-care
- Working with and supporting blocked care

# Therapeutic Reflective Practice Workshops



## Course overview:

The trauma based reflective practice workshops can be tailored to local authority needs or Broad Horizons can set out a bi-monthly schedule and have set topics for each workshop. This can be decided in collaboration.

### Suggested Topics.

- Carer fatigue
- Secondary trauma follow up
- Under 10's trauma
- Over 10's trauma

The workshops are an opportunity for Adopters and foster carers to bring topics for discussion regarding their applied learning for their personal development plans. A reflective space that enables exploration of how learning from previous training has been applied.

# Access to birth records, birth records counselling and information



## Course overview

This workshop covers the statutory obligations of the Adoption and Children Act 2002 and the differences between birth records counselling, access to birth records and access to information. It also explores the emotional impact of the work, both on the adopted adult and on the self.

Suitable for Social workers and social work assistants who may be undertaking this work under the supervision of an experienced social worker with at least three years' experience of adoption work.

# Intermediary work with birth relatives and adopted adults



## Course overview

This workshop explores the personal and professional skills required to deliver an effective intermediary service and provides opportunities to practise these in a safe environment.

It also covers ways of making initial approaches using different media and dealing with expectations and complex issues.



# Thank you



**Please contact us for further information**

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