



# Train the Trainers

## Foundations for Attachments Groupwork Programme and Nurturing Attachments Training Resources With Dr Kim Golding

This train the trainers programme provides delegates with training that will equip them to deliver the **Foundations for Attachments** and the **Nurturing Attachments** Group Work programmes with parents and carers parenting children who are living away from their birth parents eg foster carers, adopters, residential workers and kinship carers.

### Aim

This training will provide delegates with a good understanding of the **Foundations for Attachments** and **Nurturing Attachments** programmes and will prepare them for delivering and using these programmes within parenting groups.

### Objectives:

1. To have a thorough knowledge and understanding of the Foundations for Attachments Programme and the Nurturing Attachments Training Resource and the theory that underpins this.
2. To have a thorough knowledge and understanding of The Foundation and House Models of Parenting
3. To have a thorough understanding of the group work process which underpins the delivery of the groups.
4. To be confident writing mind-minded narratives and helping others to develop these.
5. To be confident responding with PACE, PACE role plays and helping others to develop the use of PACE

### Suitable For:

Professionals who work with developmentally traumatised children and their families for example social workers and therapists.

### Applicant Requirements

Delegates should have completed DDP level 1 and 2 and have at least 5 years experience in supporting families caring for children who have experienced developmental trauma.

### Prior reading

Candidates should be familiar with the resources:

- Golding, K. S. (2013) Nurturing Attachments Training Resource Running Parenting Groups for Adoptive Parents and Foster or Kinship Carers London Jessica Kingsley Publishers

- Golding, K. S. (2015) Foundations for Attachments. A group work programme for parents of children with relationship difficulties (unpublished document) (This will be sent out to delegates prior to the training)

It will also be advantageous to have read:

- Golding K. S. (2008) Nurturing Attachments. Supporting Children who are Fostered or Adopted London: Jessica Kingsley Publishers.
- Golding, K. S. & Hughes, D. A. (2012) Creating Loving Attachments. Parenting with PACE to nurture confidence and security in the troubled child. London: Jessica Kingsley Publishers.
- Hughes, D. A. (2011) Attachment-Focused Family Therapy Workbook. Norton

#### **About the Trainer:**

Presented by **Dr Kim Golding**, Consultant Clinical Psychologist & Author

Kim is a member of the board of Directors for the Dyadic Developmental Psychotherapy Institute; and is a certified consultant and trainer in DDP. She has a special interest in supporting foster carers and adoptive parents as well as working therapeutically with looked after children and young people.

As well as the books listed above, Kim is the co-editor/author of "Thinking Psychologically About Children Who Are Looked After and Adopted. Space For Reflection" Golding K. S., Dent H. R., Nissim R. & Stott E. (2006). Kim is co-author with Dan Hughes of "Creating Loving Attachments: Parenting with PACE to Nurture Confidence and Security in the Troubled Child".

**Dates:** This 3 day course will run on the following dates;  
14<sup>th</sup> - 16<sup>th</sup> May 2019 **OR** 11<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup> November 2019

**Time:** 9.30am – 4.30pm each day

**Venue:** Adoptionplus, Moulsoe Business Centre, Moulsoe, Nr. Milton Keynes,  
MK16 0FJ

**Price:** £750.00 + VAT (£900.00 inc VAT)  
Lunch and refreshments are included

**Booking:** For further information or to book please visit [www.adoptionplus.co.uk](http://www.adoptionplus.co.uk) or contact Alice Hollingdale on 01908 218251 or email [alice.hollingdale@adoptionplus.co.uk](mailto:alice.hollingdale@adoptionplus.co.uk)

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