



Working with families caring for Adolescents who have experienced Developmental Trauma: A Therapeutic Approach

This course will explore the challenges that are often present for teenagers who have experienced developmental trauma, exploring the usual 'ups and downs' of adolescent development as well as the additional complexities that early trauma and loss bring. The day will provide a theoretical basis for understanding the challenges faced by teenagers and their families, with strategies for supporting them during this time. There will also be a focus on therapeutic life story work.

This course will cover:

- The nature of adolescence; neurological changes and developmental tasks.
- The impact of early trauma in adolescence.
- The key emotional themes which are present for teenagers who are no longer living with birth parents during this developmental stage.
- The challenges of parenting and caring for teenagers who have experienced early loss and trauma.
- Approaches and strategies for working with young people from a therapeutic Social Work perspective.

Suitable for:

The course is relevant for Social Workers working with families caring for teenagers who are adopted, Looked After or in Special Guardianship/Kinship care arrangements and wish to explore a more therapeutic approach to their work.

About the Trainer

Rachel Staff is a qualified Social Worker, Trainer, Facilitator and Author. She has extensive experience as a trainer and facilitator for support groups for adoptive parents and adopted young people. Rachel has a particular interest in working with adopted adolescents and their families and has developed services in this area in both group support forums and individual life story work. She is the author of *'Parenting Adopted Teenagers: Advice for the Adolescent Years'* and has also written about letterbox contact for the publication *'Facilitating Meaningful Contact in Adoption and Fostering'*. Rachel is a trained facilitator for the Nurturing Attachment Group Programme and is currently working towards accreditation as a dyadic developmental practice practitioner. Rachel is the Team Manager for the Adoptionplus's Therapeutic Social Work Service based in North London.

Date: Wednesday 7 October 2020

Time: 10.00am – 4.30pm

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

Price: £140.00 + VAT (£168.00 inc VAT) - Includes lunch and refreshments

Booking: For further information or to book, please visit www.adoptionplus.co.uk or contact Alice Hollingdale on 01908 218251 or email alice.hollingdale@adoptionplus.co.uk