

# Facilitating Contact for Adopted, Fostered and SGO Children



## Presented by Louis Sydney

For many adopted and fostered children or children with an SGO, contact with birth family members can be confusing and lack meaning and purpose. Sometimes the experience of contact can be very unsettling or even re-traumatising for the child. This is particularly the case for those children or young people who have experienced maltreatment, early life trauma or neglect.

The experience of contact can be significantly improved by mindful reflective practice on the part of professionals, parents and carers.

Facilitated Contact when provided by professional staff offers the opportunity for children and birth family members to experience a more coherent, purposeful and 'therapeutic' contact experience. This aims to make deeper meaning of on-going relationships, create more robust relationships and provide reparative work for children.

This one day training provides a framework and model for contact that can be applied for all forms of contact, even in situations where no contact arrangements are currently in place.

**Monday 8 May 2017**

**Adoptionplus, Moulsoe Business Centre, Cranfield Road, Newport Pagnell, MK16 0FJ**

**9.30am – 4.30pm**

**£140 + VAT per person**

**lunch and refreshments are included**

**For further information or to book please call Alice Hollingdale on 01908 218251**

**or email [alice.hollingdale@adoptionplus.co.uk](mailto:alice.hollingdale@adoptionplus.co.uk) or visit [www.adoptionplus.co.uk/training](http://www.adoptionplus.co.uk/training)**

The training will explore and encourage reflection upon:

- Current approaches to contact arrangements
- What is contact for?
- What makes good contact?
- Different types of contact
- Applying an attachment and trauma based model to contact
- Research into contact
- The core questions that need to be answered when making contact plans
- Managing letterbox contact
- Introducing Facilitated Contact
- Facilitated Contact as an assessment tool
- Facilitating and reviewing Contact

At the end of the training, participants will have gained further insight into reviewing, assessing and facilitating contact arrangements, informed by research, attachment theory and trauma theory.

### **About the Trainer**

**Louis Sydney** is a Child and Adult Psychotherapist and Specialist Adoption Consultant who has been working with children and families for over ten years. He has training in Theraplay, DDP, Somatic Experience and Story Stems and a Diploma in Supervision from the Gestalt Centre.

Louis Sydney Co-authored *“Facilitating Meaningful Contact in Adoption and Fostering – A Trauma-informed Approach to Planning, Assessing and Good Practice”* (2014)

