



Facilitator Training: Foundations for Attachments and Nurturing Attachments Group Programmes

Facilitated by Dr Kim Golding
2-4 November 2026

What is this course about and what are the benefits?

This training provides delegates with information that will equip them to deliver the DDP informed Foundations for Attachments and the Nurturing Attachments Group Work programmes. Designed for foster carers, adopters, residential workers and kinship carers, the course 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 groups.

What are the learning objectives?

- To gain knowledge and understanding of the Foundations for Attachments Programme and the Nurturing Attachments Training Resource
- To have a thorough understanding of the group work process which underpins the delivery of the groups
- To be confident facilitating the programme informed by the DDP principles
- To be confident facilitating the programme in a way which is inclusive and sensitive to difference
- To be confident writing mind-minded narratives and helping others to develop these
- To be confident responding with PACE, PACE role plays and helping others to develop the use of PACE within the group work

Who would benefit from this course?

Social workers, therapists and psychologists who work with children who have experienced developmental and relationship trauma and their families.

Pre course reading

Candidates should be familiar with the resources:

- Golding, K. S. (2017) Nurturing Attachments Training Resource: Running Parenting Groups for Adoptive Parents and Foster or Kinship Carers London Jessica Kingsley Publishers Golding, K. S. (2017)
- Foundations for Attachment Training Resource: The Six Session Programme for Parents of Traumatized Children.

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.

Who will be delivering the training?

Dr Kim S Golding, CBE, D. Clin. Psy., AFBPsS Kim is a clinical psychologist living and working within the UK. Kim worked with children and families within the NHS for 30years. Kim has always been interested in parenting and collaborating with parents or carers to develop their parenting skills tailored to the particular needs of the children and young people that they are caring for. She is a consultant and trainer in DDP, an intervention for children whose earliest experience has been traumatic. Kim now works independently to provide training, consultation, and supervision to a range of individuals and teams. Kim is author of several books written for parents, educational staff and practitioners supporting children and families with experience of developmental trauma. Kim co-authored with Dan Hughes and Julie Hudson: 'Healing Relational Trauma with Attachment-Focused Interventions. Dyadic Developmental Psychotherapy with Children and Families', published December 2018, and with Dan Hughes the 'Healing Relational Trauma Workbook. Dyadic Developmental Psychotherapy in practice', due 2024.

What are the course details?

- Date: 2nd - 4th November 2026
- Time: 9.30am - 4.30pm
- Venue: Adoptionplus, Moulsoe Business Centre, Moulsoe, Nr Milton Keynes, MK16 0FJ
- Price: £840 Payment plans available on request
- 21 CPD hours
- Booking: To book your place email us at trainingwithus@adoptionplus.co.uk

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