



## Parenting from Back to Front

A Neuro Physiological Psychotherapy (NPP) Framework for  
Parenting and Caring for Traumatized Children



**Family Futures** is an innovative Adoption service for the 21st Century, working to ensure that the adoption and fostering experiences are of the highest standard— for the child, for the parents and for the professionals... from the beginning of the process right into the future.

## 96% of families stay together and experience positive changes

**If you are looking to adopt** a child, **Family Futures** is an adoption agency that assesses potential parents through our i-Adopt service, now run in collaboration with Adoption UK.

**If you are looking for post-placement support**, we provide that too as this is the key to successful placements. The majority of children placed in foster care today have come from abusive and traumatic backgrounds, which has shaped their behaviour and their view of their world. Consistent high levels of stress and repeated trauma in early childhood have been identified as causing a syndrome called 'developmental trauma'. Every aspect of a child's development will in some way be impacted and potentially impaired by poor parenting, repeated separations and abuse. **Family Futures** has pioneered post-placement support programmes for traumatised children. Many foster families and adoptive families experience severe difficulties at times, sometimes resulting in crisis. We provide **assessment, treatment, supervision** and **consultation** to professionals and parents and carers. We also provide **training** for parents/carers and professionals who would like to stay in touch with the latest research and findings, or simply receive some practical tools and techniques on how to face their experiences. Our re-test evaluation research programme has shown that even with the most highly traumatised children, our therapeutic programme is effective in bringing about significant, permanent, positive changes, which enable children to remain in loving, stable family environments.



*A Community Interest Company that is a Not-for-Profit Social Enterprise putting children and parents before profit!*

## What is Parenting Back to Front?

**This course is eligible for funding from the Adoption Support Fund under Therapeutic parenting training and also is compatible with the NICE guidelines on interventions for children with Attachment difficulties**

To parent and care for developmentally traumatised children effectively, parents and carers need to have an understanding of how poor parenting, abuse and neglect in infancy effect a child's development. Developmentally traumatised children's behaviour is often developmentally stuck at the primitive brain level of functioning, which inhibits the development of mid-brain emotional attachments and frontal lobe reflection and meaning-making. This is why we say developmentally traumatised children need parenting from back to front. This parenting programme has been devised for parents and carers based on Family Futures' Neuro-physiological Psychotherapy treatment programme. It is used as a complimentary strand to intensive treatment at Family Futures, but it also can be used as a stand-alone parent education programme.

**Parent Education programmes can be funded by the Adoption Support Fund, you just have to make an application, which is relatively straight forward, through your local authority adoption support service. If you have any queries, please do not hesitate to contact us at [training@familyfutures.co.uk](mailto:training@familyfutures.co.uk) or ring 020 7354 4161.**

**Local Authorities and organisations can buy this in as a bespoke package of parent education support for adoptive parents and foster carers. Please email [training@familyfutures.co.uk](mailto:training@familyfutures.co.uk) or call 020 7354 4161 for a quote and to discuss your needs.**

**Parents can contact us if they are interested in taking individual modules. For more information please email [training@familyfutures.co.uk](mailto:training@familyfutures.co.uk) or call 020 7354 4161.**

Neuro Physiological Psychotherapy is the **Family Futures** approach to working with adoptive and foster families, and has proven to be successful in 98% of the families that we have worked with since we were established 15 years ago. We now want parents and carers to be able to take this framework into their very own homes and parent their children in a way that models this work, in the hope that they too can change their lives for the better.

This six-day course is designed to provide Adoptive Parents and Foster Carers with an understanding of the effects of early trauma and how this impacts a child in a range of areas, such as in their relationship attachments, their senses, their performance at school and even in their behaviour. Practical techniques and tools will also be given to the course participants so that they can put them into practice and see the positive changes in their family life that we have helped so many others to achieve.

# The Full Programme

## Day 1

### **Trauma and Attachment**

The aim of this day is to explain and explore the effect that poor parenting, abuse and neglect have on child development. It is important for foster carers and adoptive parents to understand how every aspect of a child's development is impacted. Recent neuro-scientific research has shown that the brain is very "plastic" and can be rewired, repaired and re-modelled by high quality parenting.

Delivered by Sue Hughes (Integrative Child Psychotherapist & Senior Practitioner)

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## Day 2

### **Making Sense of your Child - A Day on Sensory Integration**

Poor parenting, neglect and abuse not only impair and distort their capacity to form attachments, but also at a more primitive level, impair the infant's ability to regulate and make sense of sensory inputs. If an infant is unable to regulate sensory inputs, e.g. touch, sounds, visual and sensory motor inputs, they are very difficult children to parent until these issues are addressed. Family Futures has been at the forefront of helping parents to develop sensory diets for their children. This will be the focus of the day.

Delivered by Mandy Ruddock (Paediatric Occupational Therapist)

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## Day 3

### **Parenting with the DDP principle of PACE (Playfulness, acceptance, curiosity and empathy) and Theraplay (Structure, Nurture, Engagement and Challenge) and Somatic Interventions that support children's regulation and enhance relationship development**

This day focusses on the work of Dan Hughes, Theraplay and Somatic Interventions. These treatment interventions form the basis of the Neuro Physiological Psychotherapy model (NPP) at Family Futures. NPP works towards helping children become more regulated and form more secure attachments to adoptive parents and foster carers. Trauma in infancy leads to dysregulation of feeling states so helping children being more regulated is a vital to parenting. Along with this the formation of secure attachments in infancy is crucial as it becomes the cornerstone for all of life's interpersonal interactions. The day will explore ways that parents can help their children become more regulated and more securely attached through the way that they parent them.

Delivered by Jay Vaughan (Therapy Services Manager, MA, HCPC registered Dramatherapist, DDP, SEP and Theraplay Practitioner and Supervisor)

### **Days 4 and 5**

#### **The Great Behaviour Breakdown**

Bryan Post developed the Great Behaviour Breakdown which is based on the simple message that traumatised children's is driven by fear. This is an easy concept to understand but much harder to turn into practical parenting. This course is delivered by an adoptive parent and a Social Worker trained by one of Bryan Post's trainers in America. This course is highly regarded by parents and carers who have parented traumatised children as it makes sense of their experience of parenting and provides caring and empathetic ways that they can approach even the most challenging behaviours. This course runs for two days with a further follow-up day where real life situations and parenting dilemmas are explored with participants.

Delivered by Zach Gomm (GBB Instructor, DDP and Theraplay trained) and Denise Golding (Senior Practitioner and GBB instructor)

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### **Day 6**

#### **A Day on Supporting Looked After and Adopted Children in School**

Family Futures approach, though focussed on the child and their development and parenting needs, is also systemic. A key player in the system surrounding the adoptive family is of course the school. This module looks at the impact of developmental trauma on a child's cognitive development and on their capacity to learn. An assessment of the child's difficulties with learning helps to make sense of their behaviour in the classroom, of peer relationships and their behaviour at home. Understanding how your child learns is key to understanding how they live.

Delivered by Marion Allen, (Education Consultant)

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### **Day 7**

#### **Positive Interventions – Helping parents manage child-to-parent violence in the home**

Recent research has focussed the spotlight on child to parent violence. For many parents, it is all too familiar. Positive Interventions is based on the experience of parents and care staff who have had to cope with aggression and violence. The primary aim of the course is to think about causes and triggers and ways that aggressive outbursts can be avoided and managed. However, the cause does not duck the difficult issue that there are occasions when parents, often mothers, have to restrain their child in order to keep them and their child safe.

Delivered by Ivan Sharpe, (Behaviour Management Trainer and Consultant)

## **Day 8**

### **A Neuro Sequential Approach- Bringing it altogether, summarising, concluding, questions, discussion-**

For parents who have completed some or all of the course, this final day helps to integrate all the elements of child development and how they need to be addressed holistically. It's an important opportunity for parents to share their parenting experiences and how to reflect upon what needs to be put in place in order for their child to reach their true potential. It's an opportunity for consultation, to seek professional advice and parent-to-parent support.

Sue Hughes (Integrative Child Psychotherapist & Senior Practitioner)

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**In addition to this, we will also be providing optional follow-up days for the Great Behaviour Breakdown which will provide an opportunity to explore some behaviours in more detail, voice your experiences and ask questions. There will also be the option to engage in on-going webinars and support groups that will offer you that on-going support you need.**



## About the Trainers

**Sue Hughes** has worked for eighteen years as a Social Worker in various roles with children and families. Sue then re-trained in Child Psychotherapy seven years ago, specialising in work with children in foster care and adoptive families. Sue ran an attachment therapy centre for looked after children for a number of years before joining the staff at Family Futures. As Senior Practitioner with this extensive experience Sue is able to provide families and children with an expert service in helping them to make sense of early trauma and attachment relationships.

**Mandy Ruddock** is a Paediatric Occupational Therapist who has specialised in working with traumatised children with attachment difficulties. She provides assessments and treatment programmes at Family Futures for children who have been identified as having sensory processing difficulties. She works closely with Marion Allen, our Education Consultant, with children and their teachers in school as well as working as an integrated member of the therapy team at Family Futures working with children and parents.

**Jay Vaughan** is a state registered Dramatherapist, Somatic Experience Practitioner and Theraplay Practitioner and Supervisor. She has also completed training in Dyadic Developmental Psychotherapy and Story Stems. Jay Vaughan is a founding member and co-director of Family Futures in London and is responsible for managing the therapy service at Family Futures, in addition to working directly with families. Jay has been working with traumatised children since qualifying as a Dramatherapist in 1989, and passionately believes in the use of arts and body-based approaches in helping traumatised children and their families heal.

**Denise Golding** is a Senior Social Worker with extensive experience in the field of family placement and adoption support. She has also facilitated training and been a panel member for another Voluntary Adoption Project. Denise has been trained by Dan Hughes and in Theraplay and in the use of the ASI and has a diploma in the Therapeutic Application of the Arts and in Psychotherapy skills with children and adolescents. Denise has trained in the Great Behaviour Breakdown and offers this training at Family Futures.

**Zach Gomm** is a foster carer and has fostered many children over the years. He is now the adoptive father of his long-term 14 year old foster-son, who he has parented successfully using a similar approach to Beyond Consequences/The Great Behaviour Breakdown for approximately the last 10 years. Zach is also mentored by Family Futures and has become a certified instructor of GBB, trained by Helene Timpone. Experiences include training in Dyadic Developmental Psychotherapy Levels 1 and 2, Theraplay level 1, Mindfulness, parenting children with significant trauma and attachment difficulties, children who display aggression and sexualised behaviour, lack of social skills, learning difficulties and more.

**Marion Allen** taught in the primary sector for over twenty years and is an adoptive mother herself. Her role as an Education Consultant at Family Futures entails liaising between children, parents, schools professional and therapists, supporting the child's education and providing training and support for teachers. She also works as a Parent Mentor. Marion is particularly interested in providing interventions to support children to success in both the home and school settings.

**Ivan Sharpe** was until recently the Children's Services Manager at Barnardo's Fostering Service, where he worked with children with emotional and behaviour difficulties and moderate to severe learning disabilities. The service also worked with unaccompanied asylum seeking children and young people. Ivan is now a full time Trainer and Consultant particularly in the areas of behaviour management. He has trained extensively both in the U.K. and abroad, specifically in Romania and Russia. He has also co-written the "Positive Interventions" training course, which he has delivered to Foster Carers, Adopters and Parents.





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“**Family Futures** has always been a remarkable organisation to provide a wide range of specialised services for adoptive families and professionals throughout the UK. What is even more remarkable is that they keep getting better at what they do so well.”

**Daniel A. Hughes, PhD**

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