

Enhanced Connection Attachment Focused Parenting/Carers Group

The Enhanced Connection Group is a unique, stimulating, empowering and experiential group aimed at adopters, foster carers and SGO carers who care for traumatised children. This online group will run over 9 weeks and consists of weekly 2.5 hour sessions with up to eight participants.

The group will be facilitated by two experienced children and families social workers from Diagrama who hold additional therapeutic qualifications and practice knowledge.

The group will be a confidential space where participants will be encouraged to openly and transparently share their own experiences of parenting traumatised children as well as have an opportunity, free of any judgement, to re-analyse their parenting style in order to facilitate positive change. The sessions will be sensitively focused around the core themes of powerlessness, guilt, shame, rejection and abandonment. Carers will also have an opportunity to assess their own attachment styles and that of the children placed with them so that they can increase awareness of how differing attachment styles can cause conflict.

By the end of the course it is hoped carers will be able to:

- Better understand their own attachment style and that of their child and how this influences the relationship and the connection they have.
- Develop a deeper understanding of their own behaviours and reactions.
- Tailor their responses more appropriately to the personality and early life experiences of the child.
- Develop more realistic expectations of the child and of themselves.
- Take their child's behaviour less personally.
- Have more confidence in parenting and decision making.
- Feel listened to and supported by other course participants and facilitators.

What others say about Enhanced Connection:

"It has helped us to get to know ourselves. The unique aspect to the course is focusing upon what triggers us as parents. We have had to use therapeutic parenting a lot in the past few months and this course has really renewed our passion for this. It has helped us to stick with it". *(Mr and Mrs N, adopters of 4-year-old M and FFA carer for an 18-month year old J)*

"I felt that the honesty and transparency of the facilitators really helped me to open up and consider my own early experiences and to realise that those experiences have shaped my adulthood. I feel like that's the first time that I've experienced facilitators being so honest. I feel that this style of group work has helped me to feel safe and to be able to speak about my own experiences in an honest way. I now feel that I'm able to stay calmer in difficult situations and help to regulate and guide the children through their own emotions. I feel like it's ok to try my best and not be perfect." *(Mrs W. adopted parent to two primary school aged children)*

About the group facilitators:



Garry Brennan

An experienced and qualified therapeutic social worker who has long-standing experience of working with children and families and in the area of child protection. Garry has experience working in a family therapy setting and conducting parenting assessments. He has worked in the area of adoption for 15 years by carrying out adoption assessments and providing post-adoption support. He is also a qualified counsellor since 1999 and runs his own private practice. Garry is also a qualified Attachment-Focused therapist and has experience of carrying out early placement therapy as well as Life Story work with adopted children. Garry works in a sensitive but straightforward way that shows respect to the families and individuals that he works with. Garry has in the past worked in the area of homelessness and also as a welfare rights worker.



Tara Wade

An experienced and qualified therapeutic social worker Tara has extensive experience of working directly with children and families for over 20 years. Tara has worked therapeutically with children whom experienced trauma and loss and supported them with moves to permanence. Tara has assessed and supported birth parents, adoptive parents, foster carers and kinship carer's both within the statutory and independent sector. She has been considered an expert witness in court proceedings. Tara's ability to communicate clear, concise and often emotionally sensitive information in an open and honest style is one of her strengths. Tara has been at Diagrama for 3 years and has undertaken DDP Level One and Two training and trained in Kim Golding's Foundations for Attachments and the Nurturing Attachments Group Work Model.

Cost of Enhanced Connections Course:

Please email to discuss your individual requirements and we will be able to provide a quote.

For further information please email garry.brennan@diagrama.org or tara.wade@diagrama.org

Dates:

Every Tuesday from Tuesday 13th September 2022 – Tuesday 29th November 2022

(with breaks on 20th Sep, 25th Oct & 1st Nov)

9.45am – 12.15pm All sessions will be facilitated via Zoom