

Therapeutic Parenting Support Explainer

*Understanding your therapeutic
parenting support sessions at
Gateway Psychology*



We see parents and carers as part of the therapeutic team. Through different parenting methods and specific techniques, parents and carers can help to make a real difference to the situation facing their families.

However, we know that being a ‘therapeutic parent’ isn’t always easy. That’s why we offer therapeutic parenting support sessions to help parents and carers put into practice a therapeutic approach at home. These ‘safe space’ sessions also help with the stress and difficulties that can come with parenting children with early trauma.

What are therapeutic parenting support sessions like?

The purpose of the intervention is to help parents and carers put a therapeutic parenting approach into practice at home.

You (and your co-parent, as applicable) will meet with your clinician without your child present.

Usually, sessions will last for about 1-1.5 hours. They could be hosted virtually or in-person, depending on what you prefer.



Our Plus packages

Sometimes, therapeutic parenting support sessions may be commissioned alongside one of our training programmes (such as eTR-UST or A-ABC).

We will usually try to host these sessions alongside the course and will talk in more depth about how to implement the material and content learned on the course.



Confidentiality

Sharing information

Your clinician will not share information with any other person or agency without agreement from you (and your child, if appropriate), except when it is required by a court of law or a local authority, or if they believe your child or another person is at risk.

Please see our Data Protection and Confidentiality Policy for more information.

Notes and reports

Your clinician will keep notes about your therapeutic parenting support sessions for their own use and for supervision.

At the end of the intervention, they will write a summary report for you. They will not share notes or reports without your consent unless required to by law.

Other documents to read

As well as this Explainer, please read the following documents (as applicable) before your sessions begin:

- Parent/Carer Information Pack
- Schedule of Services
- Terms and Conditions
- Children's Guide/Young Person's Guide (as appropriate)

You may also need to sign and return the following forms:

- Registration Form
- Consent Form
- Outcome Measures (questionnaires)

These will be sent to you electronically using the e-signature platform, Adobe Sign.

Our contact information



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