

A young child with dark hair, wearing a brown shirt, is smiling and playing with large, colorful geometric blocks (pink, purple, blue, yellow, green). The child is holding a pink block up towards their face. The background is a soft-focus indoor setting.

2025/2026

# eTR-UST

Therapeutic training  
programme

# Table of Contents

01. Introduction

---

02. Course overview & aims

---

03. What is eTR-UST like?

---

04. Available dates

---

05 How to apply & contact information

---

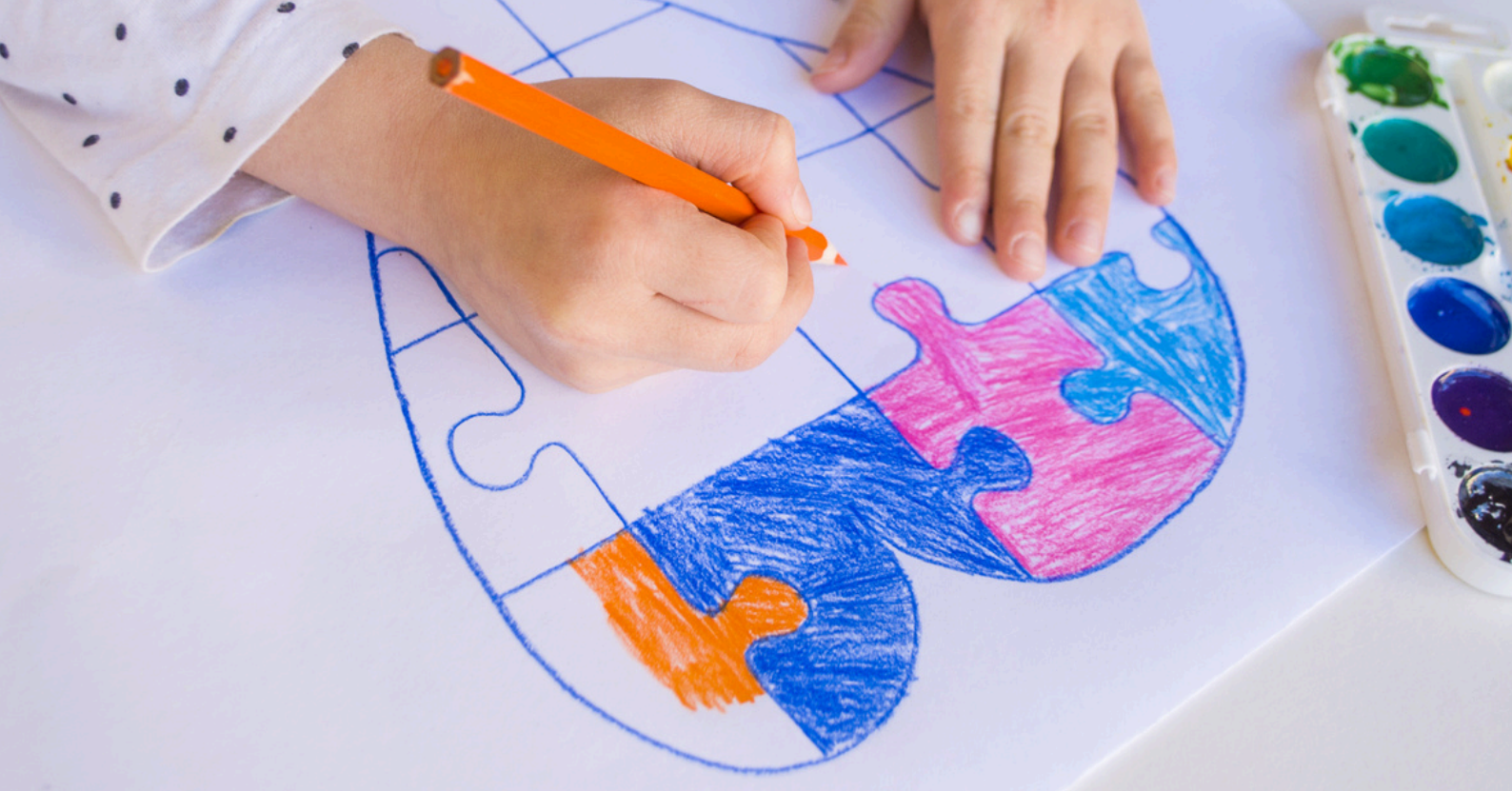
06. FAQs

---

07. Feedback from other attendees

---

08-10. Information for social workers



eTR-UST is an eight-week virtual course for parents and carers of children who have experienced trauma, abuse or neglect.

"We are very grateful for your time, commitment, hard work and the knowledge you have delivered to us in the sessions. It will certainly make a difference in our approach to our children."

*Feedback from previous eTR-UST attendee*

# Course overview & aims

What is the eTR-UST course all about?



## What is eTR-UST?

eTR-UST is an online 8-week therapeutic training course for parents and carers of children who have experienced early trauma, abuse or neglect. It is suitable for adoptive parents, SGO carers and kinship carers. It is hosted virtually in a group environment using Zoom.

## What does the course cover?

- What attachment is, and why it matters for your child's development
- How early trauma and loss affect a child's brain, emotions and behaviour
- How secure relationships with carers can support healing
- Practical ways to build trust and strengthen attachment
- Tools for managing challenging behaviour linked to early trauma
- Understanding "re-enactment" and how to break unhelpful cycles
- Common barriers to parenting children with attachment difficulties
- How to care for yourself while supporting a child with early trauma

## How is the course facilitated?

eTR-UST includes eight weekly online sessions (2.5 hours each), plus an optional follow-up session 3–4 months later. Led by experienced clinical psychologists and therapists, the course explores trauma and attachment through videos, activities, and group discussion.

# What is eTR-UST like?

What can you expect when you join our eTR-UST course?

## What are the sessions like?

eTR-UST sessions are practical, supportive, and focused on the real-life challenges of caring for children with early trauma.

Led by experienced psychologists and therapists, sessions include teaching, small group work, and discussion -giving you space to learn, reflect, and build useful strategies.



## What technology do you need?

- A laptop or tablet (laptops work best if you have one)
- A camera (built-in or separate)
- A microphone (usually built into your device)
- A stable internet or mobile data connection

### Arrange a practice session with us

If you feel unsure about joining, you can book a short practice session with us before the course starts to test your camera, sound and connection.

Just get in touch to arrange a time.

## Attendance

Each session builds on the last, so it's important to attend them all.

Unfortunately, we're not able to offer catch-ups for missed sessions, and certificates can only be given to those who attend most sessions.

# Available dates

## We typically run eTR-UST three times a year

**Our groups are usually hosted in January, April and September/October.**

Sessions typically run 4 weeks before the half-term, with a break for the half-term week, and then 4 weeks after half-term.

---

## Spaces are limited – book early

**Spaces are limited for each group, so it's worth booking as far in advance as you can so that we can hold your place.**

Application deadlines are typically 4 weeks before the course begins (we usually need funding approval by this date too).

---

## View our next available dates

**Scan the QR code to view our upcoming courses.**

Or please get in touch with  
[training@gateway-psychology.co.uk](mailto:training@gateway-psychology.co.uk)  
if you have any specific questions.



You can also visit

[gateway-psychology.co.uk/training/upcoming-events/](https://gateway-psychology.co.uk/training/upcoming-events/)

for more information.



# How to apply & contact information

## How to apply for the course

If you're eligible for support through the Adoption and Special Guardianship Support Fund, speak to your social worker. They may be able to get funding for your place on the course.

Ask them to contact us to make a referral — once we receive it, we'll be in touch to take care of the next steps.

## Want to self-fund?

If you want to self-fund a place on the course, please contact us.



## Contact information

[training@gateway-psychology.co.uk](mailto:training@gateway-psychology.co.uk)

01782 919520

7-9 The Boulevard, Stoke-on-Trent, Staffordshire, ST6 6BD

# FAQs!

## **Should I choose morning or evening sessions?**

It's totally up to you. You can choose morning or evening, you don't have to attend both. If you are attending as a couple, you can attend together or in different groups if preferred.

## **Can both me and my partner attend?**

Couples are welcome to attend together. Remember, though, places are charged for per person, so funding will need to be arranged for both of you.

## **I parent a teenager. Is the eTR-UST course suitable?**

eTR-UST is suitable for parents/carers of primary aged children. Our A-ABC course is better suited for parents/carers of teenagers.

## **I've been on attachment courses before. Will eTR-UST be right for me?**

Yes. eTR-UST goes beyond the basics, offering in-depth theory, practical strategies, and therapeutic support. Led by experienced psychologists and therapists, the sessions are interactive and reflective. Even if you've done similar courses, many parents and carers find it offers fresh insights, helpful reminders, and space to build confidence.

## **I'm an SGO carer. Will the content apply to me?**

Yes, absolutely. eTR-UST is designed for anyone caring for a child who has experienced early trauma, loss or neglect - including Special Guardians. The course is relevant, supportive, and tailored to the challenges you may face.

## **My child doesn't have enough funding for both therapy and the course - which should I choose?**

We know this can be a difficult decision. eTR-UST offers practical tools and support that many parents use day to day, and it also introduces ideas often found in therapy. Some families find it's a helpful starting point that supports them now and into the future. If it would help to talk it through, we're always happy to discuss with you/your social worker.

# Feedback from other attendees

**98% of parents/carers would recommend the eTR-UST course to others**

## What participants liked best about the course

"The presenter – she was not judgemental and made everyone feel comfortable. She was knowledgeable, experienced and able to help everyone understand each week's topic."

"Learning new techniques to help manage difficult situations and prevent our child's emotions from being too high and hard to de-escalate. Using empathy and giving two choices has really helped."

"The trainers genuinely showed they cared. I had a very difficult time in one session, and I really felt looked after."

"We learnt so much from each session, always something different. The presenter explained things in such a manner it was easy to take in and remember and use."

## Other comments:

"We are very grateful for your time, commitment, hard work and the knowledge you have delivered to us in the session. It will certainly make a difference in our approach to our children. Thank you so much!"

"Really glad I attended this and would recommend others attending with their partners/support person too – so useful for us both to hear the same thing and be able to discuss/have the same understanding."

"I found this course really helpful. The content was really useful. The facilitators were really engaging and explained things thoroughly. I would highly recommend this course."



# Information for social workers

## Make a referral:

If you would like to make a referral, please follow [this link](#).

## Cost

The eTR-UST course costs £1200 + VAT per person. If a couple wishes to attend together, the cost would be £2400 + VAT

## Cost breakdown for the ASGSF

- Materials and Equipment: Personalised Non-Reusable Workbook - £50.00\*
- Therapy - Contact: 8 sessions x 2.5 hours = 20 hours total (57.50 per hour x 20 hours = £1150.00 total)
- 9th follow-up session is complimentary (free of charge)
- = £1200 total (per attendee)

\*note that this does not include any other additional items

# FAQs for social workers

## How do I make a referral?

Please fill out a referral form for the individuals attending the course. Provide as much detail as you can.

**Referral form:** <https://forms.cloud.microsoft/e/NxHZKqADT7>

## Is the course charged per person?

The eTR-UST course costs **£1200 + VAT** per person. If a couple wishes to attend together, the cost would be **£2400 + VAT**

## Is it eligible for funding from the ASGSF?

Yes, this course is often funded by the ASGSF.

## When do you need funding by?

We need funding and application forms at **least 4 weeks** before the course begins. Contact us if you have any difficulties.

## Why do you charge VAT?

The HMRC requires us to charge VAT on training courses. You should not apply to the ASGSF for the VAT portion. Your finance team will be able to claim the VAT back in the normal way.

## What outcome measurement tools do you use?

We use Goal Based Outcomes (GBOs) for the eTR-UST course.

## What if my client can no longer attend?

Cancellations after the funding/application deadlines will still be charged. We usually cannot defer a place to a later course due to demand.

# FAQs for social workers

## How are places allocated?

Places are allocated on a first-come-first-serve basis.

## Do you have max/minimum numbers?

Yes, we require at least **8 participants** to run the group. If we do not meet our minimum numbers, we may cancel the group. We will give as much notice as possible and will defer places if required.

We also have a max of **12 participants** per group. We facilitate a number of groups and usually have enough capacity to meet demand.

## Do you provide reports?

While we don't provide individual reports for participants, we do provide yearly anonymised reports to social workers and commissioners about the impact of our eTR-UST training programme.

## Will you be in contact with me if my client is not attending?

Yes, we will let you know if a participant has missed any sessions.

## I have a question – who can I contact?

We would be happy to help.

Contact [training@gateway-psychology.co.uk](mailto:training@gateway-psychology.co.uk) or give us a phonecall on [01782 919520](tel:01782919520).



## Contact information

If you'd like to refer a family or find out more about eTR-UST, we're happy to help. Please contact us with any questions about the course, referral process, or funding options – a member of our team will get back to you as soon as possible.



[training@gateway-psychology.co.uk](mailto:training@gateway-psychology.co.uk)



01782 919520



7-9 The Boulevard, Tunstall, Stoke-on-Trent, ST6 6BD



## Social media

### Facebook:

<https://www.facebook.com/gatewaypsychology/>

### LinkedIn:

<https://www.linkedin.com/company/gateway-psychology-limited>

### Bluesky:

<https://bsky.app/profile/gatewaypsychology.bsky.social>