# Therapeutic Parenting Support Explainer

*Understanding your therapeutic parenting support sessions at Gateway Psychology*



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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.

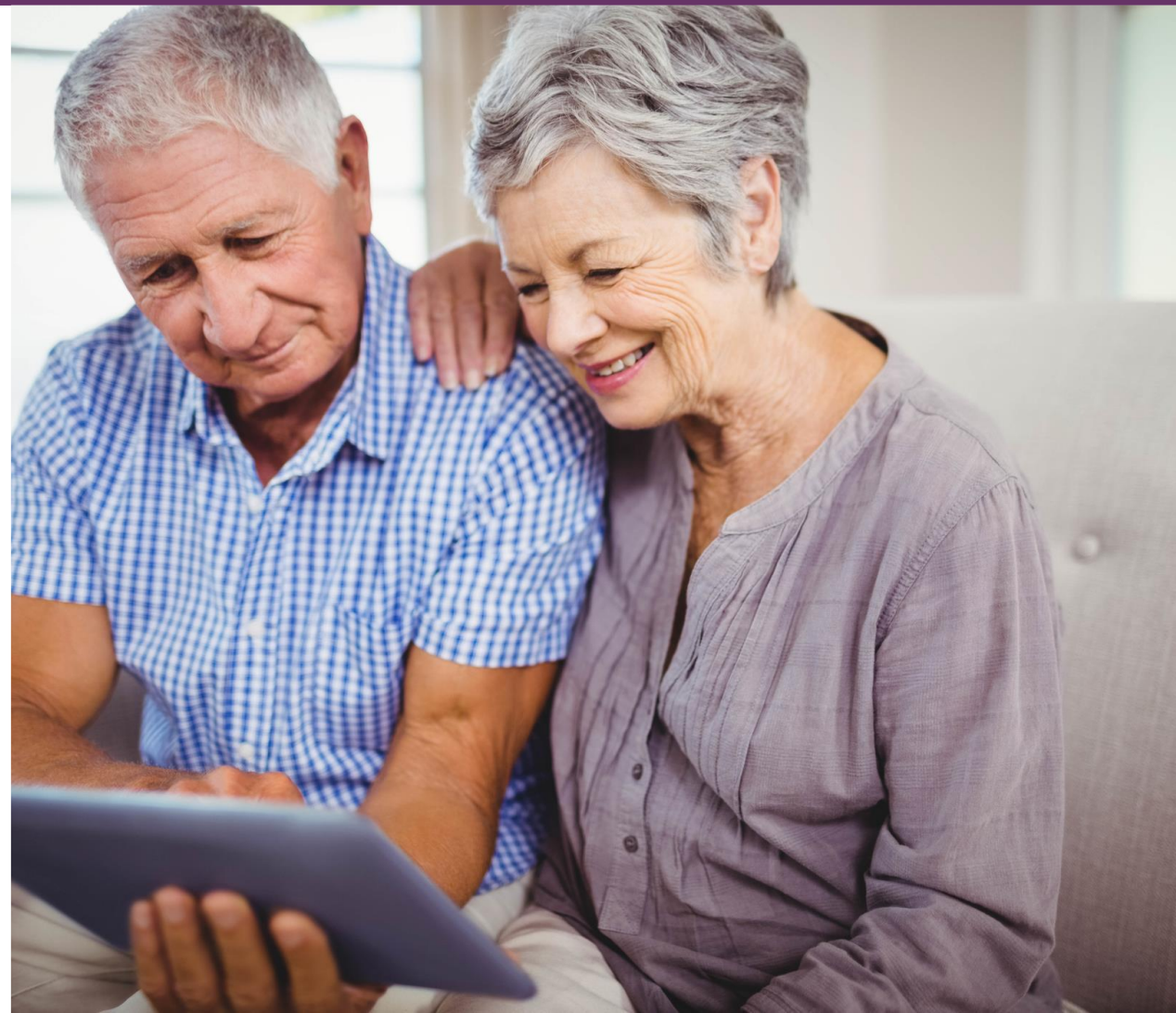
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# What are therapeutic parenting support sessions like?

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.



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# 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.



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# 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.

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# 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, PandaDoc.

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# Our contact information

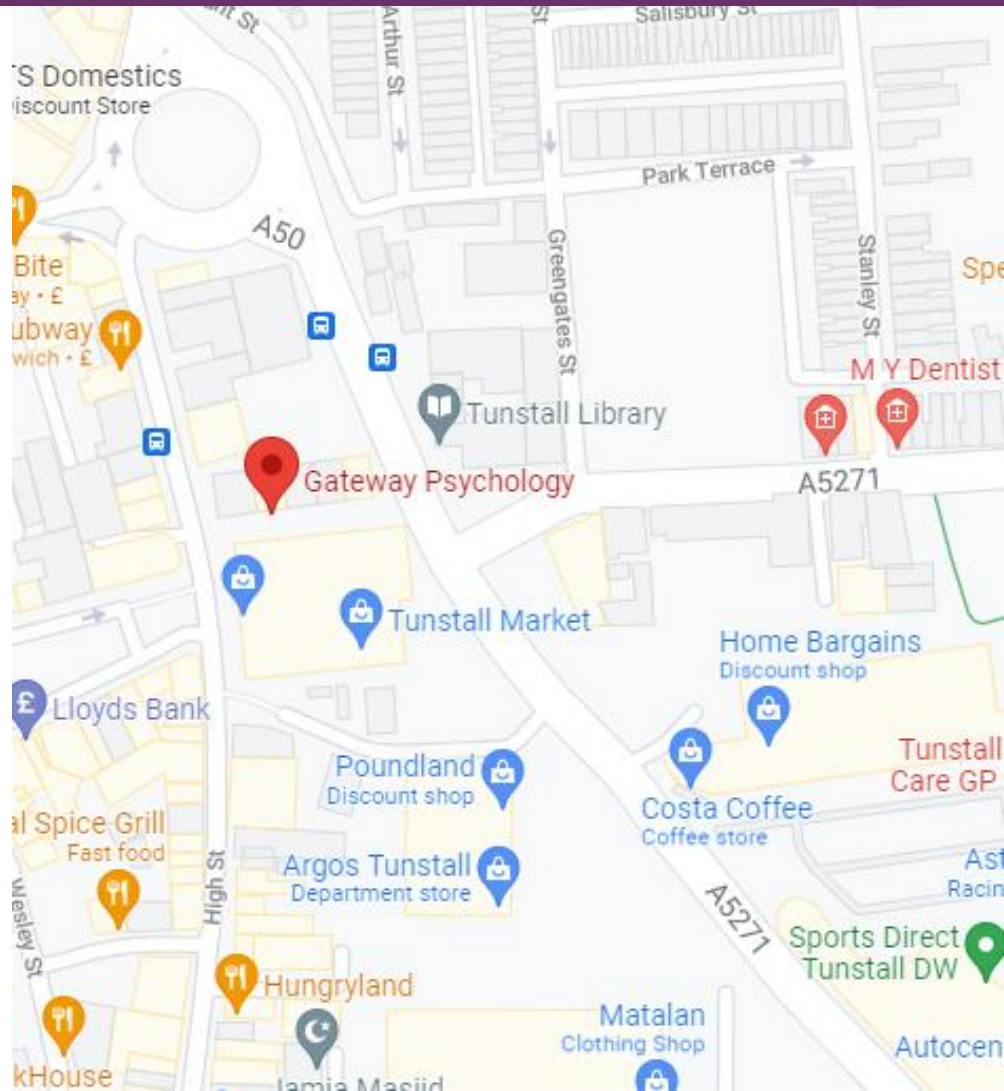
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