

eTR-UST

THERAPEUTIC RE-PARENTING

UNDERSTANDING • SUPPORT • TECHNIQUES

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

What does the course cover?

- Attachment theory
- The role of attachment in child development
- How attachment relationships develop between child and carer
- The effect of early experiences on brain development
- What can go wrong with attachment and how this affects the child's behaviour and development
- How to nurture positive attachments/relationships in children with attachment difficulties (specific therapeutic parenting techniques)
- How to manage challenging behaviour
- The role of re-enactment and ways to overcome this
- Barriers to effective parenting of children with attachment difficulties
- Nurturing oneself whilst caring for children with attachment difficulties

What to expect

This course is facilitated over eight weekly sessions of 2.5 hours per session. There will be a ninth follow-up session held 3-4 months after the conclusion of the course. This is a complimentary session and optional for participants to attend.

Training is delivered by highly qualified clinical psychologists and therapists with many years' experience working with trauma and attachment.

eTR-UST is hosted virtually, via video conferencing methods. Participants will need a computer or mobile device, internet connection, webcam or device camera and microphone to participate.

Who is eTR-UST suitable for?

eTR-UST is aimed at parents and carers of children and young people who have experienced trauma, abuse and neglect. It is particularly well-suited to:

- Adoptive parents
- SGO carers
- Kinship carers
- Foster carers

However, all parents and carers are welcome to join the eTR-UST course. It is beneficial to parents and carers of children of any age (from birth to young adulthood).

Dates and times

We host two sessions per day for parents and carers to choose from:

Morning: 10:00 – 12:30

Evening: 20:00 – 22:30

Please note that you need to choose either the morning or the evening session – you won't need to attend both! You will need to commit to either the morning or the evening session for the duration of the course.

DATES TBC

We are hosting a number of eTR-UST courses in the near future.

Dates are TBC but will be agreed very soon.

Attendance

Please note that attendance is mandatory for all sessions.

Each session builds upon the knowledge learned from the previous week and it is unfortunately not possible for us to catch up on missed sessions. We would not be able to issue a certificate of attendance if the majority of sessions are not attended.

What are the sessions like?

Our eTR-UST course is designed to be an informative, interactive and interesting way for parents or carers to learn more about parenting children who have experienced early trauma, abuse or neglect.

All of the sessions incorporate specialist input from highly qualified clinical psychologists and therapists. As well as teaching, participants will also have the opportunity to take part in small group and individual exercises, as well as general group discussions, providing participants with maximum opportunity to understand and practice theories, ideas and skills.

The eTR-UST kit

Each participant receives an eTR-UST kit ahead of the course, which includes:

- A course manual
- Biscuits, beverages and treats
- Prizes and surprises
- Pens
- A 'talking windmill' to aid discussion
- Technology guide
- Welcome letter

This kit is designed to recreate the atmosphere of attending a training course face-to-face, as well as help participants feel supported as they begin the training.

What technology is required?

TESTING

We offer participants the opportunity to test their tech with us before the course begins.

Contact us to arrange a practice session.

- A laptop or mobile device (laptops are preferred, as they provide a better experience)
- Webcam or in-built camera device
- Microphone (usually in-built to device)
- Internet or mobile data connection

A full technology guide is provided to participants before the course begins.

Pricing

£875 + VAT

The eTR-UST course is often available to participants through the Adoption Support Fund. Please contact your Local Authority for more information.

Please note we require a minimum of 8 participants per morning or evening session.
We can host a maximum of 15 participants per morning or evening session.

How to apply

Please submit your application form and funding reference to training@gateway-psychology.co.uk by the required deadline.

We will need the application form and letter of funding approval by the application deadline. We reserve the right to cancel/postpone either the morning or evening course, or both, if the minimum number of participants is not reached by this date.

If you are self-funding, you will need to make payment before the course begins.

Contact

If you have any questions, please contact

Lauren on training@gateway-psychology.co.uk