



Training event for social workers and other professionals working in adoption and permanency

PAC-UK



TOGETHER WITH **AAV**
**THE AGENCY FOR
ADOPTION &
PERMANENCY
SUPPORT**

Working with Birth Mothers: How to manage complex circumstances, emotions and grief

Who should attend

Social workers and other professionals working in adoption and permanency.

Trainers

Sarah Hart is a BACP accredited counsellor who specialises in supporting parents involved in family break up situations deal with and better manage their circumstances. As the author of 'A Mother Apart: how to let go of guilt and find happiness living apart from your child', Sarah has a particular interest in helping women living apart from their children adjust and reshape their lives. Sarah is also a trainer and group facilitator and is special advisor to the charity MATCH (Mothers Apart from Their Children). To find out more, please visit www.sarahhart.co.uk

Rita Cleary has been working with PAC for about fifteen years. She was initially a placement counsellor and then moved onto staff as Birth Parent Support Worker. Within that role she provides specialist support for birth parents, including a drop-in service twice a month here at PAC, and once every two months at Enfield Baptist Church. She also offers support to birth families where there is direct, face to face contact with the child. Her practice paper 'Support services for contemporary birth mothers' (available from PAC) reflects on her work with birth mothers both at PAC and in outreach at Holloway Prison.

There is a growing need – and obligation – for professionals involved in post care proceedings to work effectively with mothers living apart from their children, whether these circumstances are as a result of a court order or personal choice.

However, professionals can find the hands-on practice of working with birth mothers challenging. Whether children are removed from birth mothers or women choose to relinquish their child, professionals' experiences of mothers apart from children are often expressed as:

- Discomfort at what is regarded as an unnatural outcome for mothers and children
- A judgmental attitude, which can influence professionalism
- Anxiety at not knowing how to manage the extreme emotions of mothers

Date

Tuesday
10 February 2015
10.00am – 4.30pm
Lunch will be provided

Venue

Resource for London,
356 Holloway Road,
London N7 6PA

Fees

PAC Subscribing Local Authorities:
Professionals: £135 (£162 incl VAT)

PAC Non-Subscribing Local Authorities:
Professionals: £159 (£190.80 incl VAT)

Benefits of attending

Participants will:

- Explore the stereotyping of birth mothers as 'unfit', 'abandoning', 'abnormal' and 'selfish'
- Gain insight into the psychological response of mothers who face 'losing' their children
- Explore and find ways of managing professionals' sense of helplessness when working with this client group
- Examine birth mothers' disenfranchised grief at the loss of everyday motherhood
- Learn practical strategies for working with birth mothers: what to say, how to manage high emotion situations, helping with letterbox contact etc

Enrol www.pac-uk.org/training **Contact** training@pac-uk.org **Web** www.pac-uk.org **Tel** 020 7284 5872

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