

Equality at PAC-UK

PAC-UK is committed to providing services which are fair and equal for all. It has an ethnically and culturally diverse staff and believes in the unique value and right to respect of each individual.

PAC-UK is working in partnership with the eQuality Project to improve the support we offer to lesbian, gay, bisexual and transgender people. Our premises in Leeds and London are wheelchair accessible.

Parent Consultant Service feedback

“The challenges adopting a child brings can only really truly be understood by other people who have also adopted. It was refreshing to receive help and guidance at the time from someone who, from her own personal experiences, knew exactly what we were going through which made the advice and support so much more real.”

– LE, Parent Client

“The support and advice I received was fantastic at an incredibly difficult time in my life. It makes such a difference to talk to people who know what you are going through.”

– SC, Parent Client

“(Our Parent Consultant) was a great listener and you never felt as if you were being judged even when you knew you had made mistakes. She came up with some good practical suggestions and strategies to help in our parenting of our son. It's made us more aware of the need to see things from his point of view and how he might be feeling.”

– NR, Parent Client

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PAC-UK is registered with Ofsted under the Care Standards

Act 2000 as an Adoption Support Agency

Ofsted registration: SC066981



Parent Consultant Service

*Delivered by PAC-UK/AUK Parent Consultants, **all of whom are adoptive parents themselves**, fully trained and experienced in working with families facing the challenge of parenting children with complex behaviours*

PAC-UK

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PAC-UK Parent Consultant Service

email. peersupport@pac-uk.org

For over 10 years, Adoption UK's Parent Consultant Service has provided support to nearly 800 families, working closely with parents who are struggling with parenting their child or teenager.

Our Parent Consultants (PCs), all of whom are adoptive parents themselves, are fully trained and experienced in working with families facing the challenge of parenting children with complex behaviours.

Parenting these children requires a different approach to traditional models of parenting birth children. Our PCs work with parents to help them develop and sustain a therapeutic approach to their parenting, frequently resulting in more positive outcomes for the whole family.

Who is the service for?

Any adoptive parents who are experiencing difficulties, for example:

- Challenging, defiant or destructive behaviour
- Aggression, violence and controlling behaviours
- Breakdown in communication, resulting in distance between parent and child or between parents
- Coping with the intensity and stress that can come with parenting a traumatised child
- Blocked care – parents who are no longer able to find a positive connection with their child

Unlike most therapeutic and support services, our Parent Consultant service is provided remotely by telephone. This allows parents to access the service at a frequency and time that fits within their often busy and challenging schedules and minimises impact on the family.



“... sometimes these calls may be the difference between parents giving up or finding new strengths and determination to carry on...”

- GC, Parent Client



What does the service offer?

An Initial Assessment to determine the nature of the difficulties in the family and agree objectives for support.

A unit of 6 telephone support sessions with a trained and experienced Parent Consultant focusing on:

- Listening and empathising
- Helping parents to understand their child's history and the impact of developmental trauma
- Exploring alternative parenting techniques
- Advising and signposting
- Keeping families safe and parents looking after themselves
- Supporting parents in getting their voice heard by professionals

Who delivers the service?

Our Parent Consultants are trained in the Neuro-Physiological Psychotherapy (NPP) Framework for Working with Traumatized Children (or similar), which provides a sound theoretical basis for why therapeutic parenting is essential. In addition, we have specialist PCs who support families experiencing Child to Parent Violence and are trained in Non Violent Resistance techniques. All PCs receive regular practice supervision and support.

Equally important though is that our Parent Consultants are adoptive parents of children who have suffered developmental trauma, often due to early neglectful and abusive parenting. Parents receiving our service can feel reassured that our PCs really do understand the challenges they are facing.

What do parents say who have received our service?

“I felt that not only was I listened to and supported, but that the strategies suggested and discussed were practical and doable.”

“Having something booked in with someone who ‘got it’ was a valuable thing to have in my diary. It was a glimmer of hope in those weeks that were extremely difficult that soon I would be able to off load to someone who not only understood but didn’t judge.”

What is the cost?

The service costs £827 for the first unit consisting of an Initial Assessment followed by 6 x 45 minute telephone sessions with a PC.

Continuation units, each consisting of a further 6 calls, are available if an agency considers the family would benefit from further support. These cost £575 per unit.

PLEASE NOTE: Our service qualifies for funding from the Adoption Support Fund.



How can I make a referral?

To make a referral, or for help with making an application to the Adoption Support Fund for our service, please email peersupport@pac-uk.org

Alternatively, we work with agencies under block purchase agreements to provide for a number of families at a discounted rate.