



Training day for adoptive parents and other permanent carers



Parenting Teens: Staying in relationship when things get tough...!

Who should attend

Adoptive parents, foster parents, special guardians and other parents of teens with histories of early trauma/adversity

Trainers

Denise Golding and **Zach Gomm** are certified instructors in Bryan Post's 'Great Behaviour Breakdown' (GBB); they teach this Relational Parenting model throughout the UK and Ireland to parents and professionals. **Denise** has 30+ years' experience as a senior social work practitioner, counsellor and supervisor, including 20+ years in adoption (in Statutory as well as Independent and Voluntary Agencies). Denise also trained in in DDP, Theraplay®, Mindfulness and a number of other therapeutic approaches. **Zach** is an experienced foster carer and adoptive parent, and has extensive experience of the everyday challenges of parenting teens with trauma backgrounds. Zach has also trained in Theraplay®, DDP and Mindfulness.

Both Denise and Zach offer

follow-on online and face-to-face therapeutic parenting support to parents who have attended their training. Denise and Zach will soon be launching their 'Love-based' parenting facilitation programme (Train the trainers) for parents and professionals interested in spreading the word.

Parenting children whose early histories include separation, loss, attachment disruption and other traumas can become very challenging during adolescence. It also becomes more effective and satisfying when the **relationship is kept central amidst all the challenges**. Denise and Zach will address how to do to this when responding to many common behaviours adoptive parents and permanent carers face once their children reach the puberty and teenage years. This training will focus on what to do and say, and how to promote a calmer home environment for all - with plenty of examples and time for questions.

VIA  zoom

Dates

This training is split into 2 mornings:

Friday 5 November
10.00am – 12.30pm

AND

Friday 12 November
10.00am – 12.30pm

Fees

PAC-UK subscribing local authorities + all self-paying parents/carers:

Individual parents/carers:
£98 plus VAT (£117.60 in total)

Couples: £177 plus VAT
(£212.40 in total)

PAC-UK non-subscribing local authorities:

Individual parents/carers:
£108 plus VAT (£129.60 in total)

Couples: £202 plus VAT
(£242.40 in total)

Benefits of attending:

- Become aware of personal triggers and develop techniques to deal with these
- Effective ideas with regard to creating a less stressful and more harmonious home environment
- Learn to keep the focus on the process rather than the outcome
- Develop more awareness of the importance of influence rather than control
- Learn practical strategies and techniques from trainers who have been there, done that!

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

PAC-UK, Family Action Head Office, Unit 3 Wharf Studios, 34 Wharf Road, London N1 7GR