

SHADES®

Trauma-informed Safe Handling and De-escalation Skills
'Therapeutic parenting for children that challenge'

Session length:

10am - 2pm
to allow for
parental/carer
duties.

Light refreshments
will be provided.

Cost:

£575 per person

OR

£675 per couple

Exclusive of VAT

Location 1

Poole Court

Yate BS37 5PP

24th Oct, 7th Nov,
28th Nov, 5th Dec,
9th Jan.

Location 2

St.Paul's Ch. Hall

Chippenham

SN15 1PS

17th Oct, 31st Oct,
14th Nov, 27th Nov,
12th Dec.

A facilitated group programme developed to meet the needs of those struggling to parent children and young people with demanding, aggressive and/or self-destructive behaviours.



This **5 session programme** is specifically designed for parents and carers who experience challenging and high-risk behaviours with children and young people who have had difficult starts in life. Through shared experiences parents will explore the impact of early adversity on children's development and behaviour and begin to make sense of what is being communicated.

Participants will develop practical skills and strategies to safely manage high levels of distress and risk behaviours.

The programme incorporates a range of evidence based strategies in distress management, self-regulation and de-escalation skills and; the development of effective non-verbal communication through presence and vigilant care.

There are a number of physical skills taught within the programme to ensure the safety of all those concerned at times of crisis but **Does not teach 'restraint' techniques.**

This programme is certified and fully insured and meets The British Institute of Learning Difficulties (BILD) best practice standards. All de-escalation and physical skills are consistent with the Restraint Reduction Network (RRN) curriculum.

This programme does require some low levels of physical activity and some simulated holding and pulling of clothes. Please wear suitable attire.

By the end of the programme parents will have:

- An understanding of the impact of early life trauma on development and behaviour.
- Strategies for addressing underlying motivations for behaviour.
- Gained insight into the importance of containment as a tool for managing acute distress.
- An understanding of the role of safeguarding and the law as it relates to managing challenging and high-risk behaviours.
- Developed and practiced skills in de-escalation and conflict management.
- Developed physical skills to safely manage aggression, crisis and acute distress.

What previous participants have said:

I feel that our family has more connectedness now as we understand each other & our triggers better. I can now see the shame & distress that is driving my child to her displays of challenging behaviour rather than viewing this as merely being 'naughty'. We are trying to work better as a family unit, given the knowledge & insight we are learning through our sessions.

It was reassuring, educational & guiding in appropriate proportions. The balance between theory & what to do in practice was really good as well.

After feeling bitterly sad, lost & humiliated about having to reach out for help, our fears & anxieties have been managed in a very sensitive way & we now have hope that things will change - & already have changed for the better. The service has been flexible, professional, responsive & kind. From our perspective it has been transformational.

I have regained hope that things will change and have moderated my anxiety over parenting in a way which has impacted directly on [REDACTED]. I know I have considerable progress to make and that this is not going to provide me with simple answers. It has enabled [REDACTED] and me to talk constructively about parenting rather than fight about it.

To book your place:

Please contact Headsight Services with enquiries and to book your place.

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