

Annual seminars, workshops & groups 2009-2010

building family connections

Topics include:

- **Introduction to Theraplay®**
- **Working with trauma and attachment: the impact of abuse and neglect on the brain**
- **A parent's window into the child's mind – using movement to train the brain**
- **From fantasy to reality – finding the missing pieces, and living with what you find!**
- **Supporting black and minority ethnic adopted children: attachment and race**
- **Planning for permanency**
- **Post-placement blues**
- **Behaviour detectives!**
- **Reunion & beyond**
- **Relationships, anger and intimacy**

Public seminars and workshops

Introduction to Theraplay®

Theraplay® is a short-term, playful, engaging treatment that focuses on parent-child relationships. It can help adoptive/foster children form secure attachments. This one day workshop introduces the key elements of Theraplay®. The focus will be on practical strategies that can be taken away and used by parents in the home, and by professionals in their practice. A qualified Theraplay® trainer will be on hand to work with you.

Who should attend: Anyone who would like to know more about Theraplay®, including those who make referrals and professionals considering adding Theraplay® to their practice. This may include adoptive/foster parents, psychologists & psychiatrists, social workers, counsellors, family therapists, play therapists, teachers, occupational therapists, speech & language therapists and adoption/post adoption counsellors.

Date: Monday 2nd February 2009

Time: 10.00am – 4.30pm

Venue: Action for Children Stephenson Hall, 85 Highbury Park Road, London N5 1UD

Facilitator: Sandra Lindaman

Fees

Adoptive Parents/Foster Carers

PAC Subscribing Local Authorities **£77 + £11.55 (vat) = £88.55**

PAC Non-Subscribing Local Authorities **£83 + £12.45 (vat) = £95.45**

Professionals

PAC Subscribing Local Authorities **£127 + £19.05 (vat) = £146.05**

PAC Non-Subscribing Local Authorities **£136 + £20.40 (vat) = £156.40**

Working with trauma and attachment: the impact of abuse and neglect on the brain

This workshop will empower professionals and parents with a basic understanding of the neuroscience of adult-child interaction and the way human interactions impact on the 'hard-wiring' and long-term balance in the child's emotional brain. In addition the effect of positive and healing interactions on the brain will be discussed.

Who should attend: Counsellors, therapists, social workers, medical professionals, teachers, adoptive and foster carers

Date: Wednesday 18th March 2009

Time: 10.00am – 4.00pm

Venue: London Voluntary Sector Resource Centre,
356 Holloway Road, London N7 6PA

Facilitator: Dr Margot Sunderland

Fees

Adoptive Parents/Foster Carers

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A parent's window into the child's mind – using movement to train the brain

A one day workshop for professionals and parents of adopted children to gain increased understanding of how factors during pregnancy, birth and early years can continue to affect later physical development and how physical development is linked to learning success and behaviour. Delegates will learn a set of activities and exercises to use with children to enhance neuro-development.

Who should attend: Counsellors, therapists, social workers, medical professionals, teachers, adoptive parents and foster carers

Date: Monday 23rd March 2009

Time: 10.00am – 4.30pm

Venue: Action for Children Stephenson Hall, 85 Highbury Park Road, London N5 1UD

Facilitator: Sally Goddard Blythe

Fees

Adoptive Parents/Foster Carers

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Living with an angry child

This seminar will teach the psychology behind anger and how it tends to play out in children. Parents will learn specific techniques for decreasing their own anger and loosening the emotional stranglehold of an angry child. Internationally known speaker and trainer Holly van Gulden brings together her professional expertise and personal experience to illustrate these issues for parents and professionals, offering them practical techniques to help adopted children

Who should attend: Adoptive parents and foster carers, counsellors, therapists, social workers, medical professionals and teachers.

Date: Thursday 25th June 2009

Time: 9.30am – 4.30pm

Venue: Action for Children Stephenson Hall, 85 Highbury Park Road, London N5 1UD

Facilitator: Holly van Gulden

Fees

Sue Cowling Bursary*

Past or present PAC client **£43 + £6.45 (vat) = £49.45**

Independent counsellor or therapist who completed

PACTS, PREPS, ACE or WWAD **£43 + £6.45 (vat) = £49.45**

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Emotion and behaviour: how to self-regulate and co-regulate

This one day presentation will offer parents the opportunity to identify their child's attachment, sensory processing and survival behaviour patterns. Parents will learn how food, play and the creation of nurturing and challenging spaces can help regulate both their own and their child's emotional and behavioural states.

Who should attend: Counsellors, therapists, social workers, medical professionals, teachers, adoptive parents and foster carers

Date: Friday 23rd October 2009

Time: 9.30am – 4.30am

Venue: Action for Children Stephenson Hall, 85 Highbury Park Road, London N5 1UD

Facilitator: Eadaoin Bhreathnach

Fees

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Professionals

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Behaviour detectives!

This seminar will help adoptive parents and foster carers, teachers and other professionals to be super sleuths in solving the mystery of adopted children's behaviour

Who should attend: Adoptive parents and foster carers, teachers and other professionals working with adopted children

Date: Friday 6th November 2009

Time: 9.30am – 4.00pm

Venue: Action for Children Stephenson Hall, 85 Highbury Park Road, London N5 1UD

Facilitator: Dr Frank Kunstal

Fees

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From fantasy to reality – finding the missing pieces, and living with what you find!

The complexity of tracing and moving towards a reunion can be challenging, exciting, time-consuming and scary. Sometimes we forget that what we eventually find can never be 'unfound', the clock cannot be turned back. This day with renowned psychotherapist and author Nancy Verrier – herself an adoptive parent – will explore all aspects of reunion, offering help in accepting and living with the new-found realities.

Who should attend: Adopted adults; adoptive parents; birth parents and relatives; professionals working in the field of adoption.

Date: Friday 26th March 2010

Time: 9.30am – 4.30pm

Venue: London Voluntary Sector Resource Centre,
356 Holloway Road, London N7 6PA

Facilitator: Nancy Verrier

Fees

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Professionals

Supporting black and minority ethnic adopted children: attachment and race

FREE TRAINING

Teaching adoptive parents and foster carers how to promote positive racial, ethnic and cultural identity in their black, mixed race or minority ethnic children can be challenging. PAC has developed a three day workshop designed to provide professionals with these skills, using as its basis PAC's innovative resource pack of the same name as the training. For the cost of the resource pack (£98.99) you can attend this three day workshop **FREE**.

Attend this training, then go back and train your team and your parents!

Book early to avoid disappointment – places are strictly limited to 20

Dates: Tuesday 28th, Wednesday 29th and Thursday 30th April 2009

Time: 10.00am – 4.00pm

Venue: Action for Children Stephenson Hall, 85 Highbury Park Road, London N5 1UD

Facilitators: Barrymore James and Maggie Rogers

Fee for resource pack £98.99

Booking Form

Please return ASAP to: Training, Post-Adoption Centre, 5 Torriano Mews, Torriano Avenue, London NW5 2RZ, Tel. 020 7284 0555, Fax 020 7482 2367.

Email: training@postadoptioncentre.org.uk, website: www.postadoptioncentre.org.uk

Title of Training _____

Title _____ Surname _____ First Name _____

Address _____

Post Code _____ Tel no. _____

Email _____ Gender F M

Personal status

- | | | |
|----------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Adopted Adult | <input type="checkbox"/> Birth Mother | <input type="checkbox"/> Mental Health Professional |
| <input type="checkbox"/> Fostered Adult | <input type="checkbox"/> Non-consenting Birth Mother | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Partner of Adopted/
Fostered Adult | <input type="checkbox"/> Birth Father | <input type="checkbox"/> Teacher |
| <input type="checkbox"/> Adoptive Parent | <input type="checkbox"/> Birth Relative | <input type="checkbox"/> GP |
| <input type="checkbox"/> Adoptive Relative | <input type="checkbox"/> Children's Guardian | <input type="checkbox"/> Solicitor |
| <input type="checkbox"/> Foster Carer | <input type="checkbox"/> Special Guardian | <input type="checkbox"/> Journalist |
| <input type="checkbox"/> Prospective Adopter | <input type="checkbox"/> Step Parent | <input type="checkbox"/> Student |
| | | <input type="checkbox"/> Other _____ |

Method of Payment

- Cheque: I enclose full payment of £_____ Please make cheque payable to PAC
- Please invoice my organisation for £_____ Please include details and purchase order no.

* Sue Cowling Bursary fees have been made possible by a legacy left to PAC by Sue. Past and present clients may apply, as may independent counsellors or therapists who completed Post-Adoption Centre Training and Skills (PACTS), Pre-Adoption Counselling and Skills (PREPS), Working with Severe Attachment Difficulties (WWAD) or Adoption Counselling Expertise (ACE) training.

Cancellation Policy: Refunds (£15 + vat administration charge) will only be given if written cancellation arrives no less than two weeks prior to the event. After that time no refund will be made for cancellation or for non-attendance. Substitutes will be accepted.

Planning for permanency

This three day training explores the practice issues at the heart of permanency planning, and can be taken in its entirety or workshop by workshop. The workshops are for social workers, as an in-service update; social workers new to adoption work, as an invaluable socialisation into an adoption team; CAMHS team members working within adoption; psychologists and other professionals working with adopted children and families. This course is also of relevance to therapists and counsellors, and those intending to apply to register as Adoption support Agencies.

12th November (AM)

Assessing for the impact of infertility and loss in prospective adopters How to tackle this very difficult area of assessment

12th November (PM)

Adult attachment styles Assessing adult attachment styles

18th November (AM)

Trauma and attachment Adoption support services: therapeutic work with children and adoptive parents in the context of attachment theory

18th November (PM)

NEW! Pre-placement training for adopters Starts with the question: 'How well do you know this child?' How can you work with adopters to prepare them for permanency?

25th November (AM)

NEW! Preventing adoption disruptions What works?

25th November (PM)

NEW! Separating siblings Together or apart?

Dates: Thursday 12th, Wednesday 18th and Wednesday 25th November 2009

Times: 10.00am – 1.00pm; 1.30pm – 4.30pm

Venue: London Irish Centre, 50 - 52 Camden Square, London NW1 9XB

Facilitators: Hedi Argent, Rose Dagoo, Franca Brenninkmeyer, Maggie Rogers

Fees

£368 + £55.20 (vat) = £423.20 for all six sessions

£70 + £10.50 (vat) = £80.50 per session

INDIVIDUAL SESSIONS CAN BE BOOKED SINGLY

Identity, contact and child protection histories: making and managing contact arrangements in contemporary adoptive placements

This two day training will explore the complex relationship between adopted children's need for contact and the child protection histories that often work against contact happening. Drawing on recent research and the findings from a local authority archive study, this training will help practitioners re-think their decision making around contact arrangements, offering some new perspectives and approaches

Dates: Monday 11th and Tuesday 12th May 2009

Time: 10.00am – 4.30pm

Venue: London Irish Centre, 50 - 52 Camden Square, London NW1 9XB

Facilitators: Sally Sales and Rose Dagoo

Fees

PAC Subscribing Local Authorities **£200 + £30 (vat) = £230**

PAC Non-Subscribing Local Authorities **£215 + £32.25 (vat) = £247.25**

Post-placement blues

This workshop will help professionals think about the not commonly considered phenomenon of the post-placement blues. It will explore case material and provide pre-placement training suggestions and a space for discussing social workers' own case experience of adopters and the blues.

Date: Friday 29th January 2010

Time: 9.30am – 4.00pm

Venue: London Irish Centre, 50 - 52 Camden Square, London NW1 9XB

Facilitators: Maggie Rogers & Pavlina Georgiades

Fees

PAC Subscribing Local Authorities **£127 + £19.05 (vat) = £146.05**

PAC Non-Subscribing Local Authorities **£136 + £20.40 (vat) = £156.40**

Adoptive parents and foster carers

Supporting black and minority ethnic adopted children: attachment and race

FREE TRAINING

Parenting or fostering black, mixed race or ethnic minority children requires special skills. Helping these children develop a positive sense of who they are can be challenging. However, this work is essential for them to have a positive ethnic identity.

This two-day workshop will use as its basis PAC's innovative resource pack of the same name. In exchange for the purchase (by you, or by your local authority on your behalf) of the pack, you can attend this two-day workshop absolutely **FREE**.

Book early to avoid disappointment – places are strictly limited to 20

Dates: Friday 24th & Saturday 25th April 2009

Time: 10.00am – 4.00pm

Venue: London Irish Centre, 50 - 52 Camden Square, London NW1 9XB

Facilitators: Barrymore James and Maggie Rogers

Fee for resource pack £98.99

Surviving (their) adolescence by supporting (your) adolescents! – strategies for parents

No easy answers, magic potions, false promises or quick fixes!

If you've tried everything and nothing's worked so far, CRAFTY Listening, which involves Curiosity, Responsiveness, Assertiveness, Focus, Thoughtfulness and a Yes attitude, can help you to keep your feet on the ground when your kids are driving you up the wall, and to be in control of your own state when your kids are out of control.

Dates: Tuesday 6th October 2009

Time: 10.00am – 4.30pm

Venue: London Irish Centre, 50 - 52 Camden Square, London NW1 9XB

Facilitator: Michael Mallows

Fees

PAC Subscribing Local Authorities **£77 + £11.55 (vat) = £88.55**

PAC Non-Subscribing Local Authorities **£83 + £12.45 (vat) = £95.45**

Parents as healers

By fully understanding their child's story, parents can develop additional healing responses to their children. This two day workshop will help adoptive parents understand the impact of their child's early history on their social and emotional development and their behaviour.

The course will: provide parents with a model for understanding the healthy social and emotional development of children growing up; support parents' understanding of the implications of how early trauma disrupts their children's healthy development, and why this often makes adoptive parenting uniquely challenging; provide understanding of how children's behaviour is a manifestation of painful experiences, and often an indicator of unmet emotional needs; identify a range of strategies that will help children to heal emotionally; help parents develop a range of responses that meets their children's specific needs.

Dates: Tuesday 26th January 2010 and Tuesday 9th February 2010

Time: 10.00am – 4.00pm

Venue: London Irish Centre, 50 - 52 Camden Square, London NW1 9XB

Facilitators: Jan Banks & Roe Lovelock

Fees

PAC Subscribing Local Authorities **£105 + £15.75 (vat) = £120.75**

PAC Non-Subscribing Local Authorities **£116 + £17.40 (vat) = £133.40**

Birth relatives

Contemporary birth mothers

This ongoing drop-in is for mothers whose children were removed and/or who contested their adoption. The drop-in takes place every second Monday and is facilitated by PAC's Birth Parent Support Worker, Rita Cleary. The meetings provide an opportunity for women to enjoy support both from Rita and from other birth mothers.

We ask potential participants to contact Rita Cleary in advance on 020 7284 0555.

Dates: Fortnightly, every second Monday (ongoing)

Time: 2.00pm – 3.30pm

Venue: PAC, 5 Torriano Mews, Torriano Avenue, London NW5 2RZ

Facilitator: Rita Cleary

Fees

PAC Subscribing Local Authorities **FREE**

PAC Non-Subscribing Local Authorities **£15 per session**

Group for Traditional Birth Mothers

Five fortnightly meetings for women whose babies were adopted more than 25 years ago. If you lost your daughter or son long ago and have never heard what became of them, or if you have had some sort of contact recently and are confused by the mixed messages you feel you are getting, this group is for you!

The group is open to women who may have already visited PAC for one-to-one counselling and would like to meet other birth mothers in a group, and to those who have not been to PAC before. Please ensure you are able to attend all five sessions. Applications no later than 15th February 2009, please.

Please note: *This group is aimed at birth mothers whose children were removed and/or who contested their adoption.*

Date: Tuesdays 10th & 24th March; 7th & 21st April and 5th May 2009

Time: 3.00pm – 5.00pm

Venue: PAC, 5 Torriano Mews, Torriano Avenue, London NW5

Facilitator: Monica Bradley

Fees

PAC Subscribing Local Authorities **£53 + £7.95 (vat) = £60.95**

PAC Non-Subscribing Local Authorities **£57 + £8.55 (vat) = £65.55**

Reunion and Beyond (*back by popular demand*)

This group is for adopted people and for birth parents (not related to each other) who have had some form of contact or reunion.

The group will meet five times for participants to talk over the rewards and difficulties involved in relationships after contact or reunion. There will be an opportunity for group members to get to know each other and share their stories whilst discussing common themes. New ways of looking at these stories may open up, and opportunities arise for dealing with the effects of the contact or reunion.

As places are limited, priority may be given to people who have had at least one counselling session at PAC.

Dates: Tuesdays 19th May; 2nd, 16th & 30th June and 14th July 2009
(*Closing dates for applications: 1st May. Confirmation of place: 8th May*)

Time: 6.00pm – 8.00pm

Venue: PAC, 5 Torriano Mews, Torriano Avenue, NW5 2RZ

Facilitators: Monica Bradley and Franca Brenninkmeyer

Fees

PAC Subscribing Local Authorities **£53 + £7.95 (vat) = £60.95**

PAC Non-Subscribing Local Authorities **£57 + £8.55 (vat) = £65.55**

Birth Mothers Becoming Grandmothers

Are you a birth mother? Is the child you lost to adoption now grown up? Has this grown up daughter or son made you a grandmother? Do you have contact with your grandchild/ren, or wish you could have contact? Are you wondering if you may become a grandmother soon, or may be one already? Do you worry that you might not be told, and might never meet your grandchildren? Are you finding it difficult knowing your grandchildren, but not being allowed to tell them who you are?

If the answer to some of these questions is “yes” and you would like to come on this workshop, please ring Monica Bradley on 020 7284 0555.

Who should attend: Birth mothers of now adult sons and daughters who have started a family of their own, or who may soon do so.

Date: Thursday 18th June 2009 **Venue:** London Irish Centre,
(*Closing date for applications: 18th May 2009*) 50 - 52 Camden Square,
London NW1 9XB

Time: 10.00am – 4.30pm

Facilitator: Monica Bradley

Fees

PAC Subscribing Local Authorities **£77 + £11.55 (vat) = £88.55**

PAC Non-Subscribing Local Authorities **£83 + £12.45 (vat) = £95.45**

Adopted Adults

Relationships, anger and intimacy

Do you have difficulty forming and maintaining relationships? Struggle with intimacy? Feel your anger gets out of control and you end up pushing away the people you care about? Abuse substances to cope with your feelings? Often feel isolated and depressed, overwhelmed and inadequate?

Following on from difficult, traumatic childhoods, adults can find themselves burdened by hidden negative emotions and beliefs which have become part of their life “scripts”. If you feel you are acting out old, negative patterns stemming from difficult beginnings which are preventing you from being in happy, fulfilling relationships, this workshop is for you.

Date: Saturday 4th July 2009

Time: 10.00am – 4.00pm

Venue: PAC, 5 Torriano Mews, Torriano Avenue, NW5 2RZ

Facilitator: Maggie Rogers

Fees

PAC Subscribing Local Authorities **£77 + £11.55 (vat) = £88.55**

PAC Non-Subscribing Local Authorities **£83 + £12.45 (vat) = £95.45**

For statistical and funding purposes, it would be very helpful to us if you were able to provide the details requested below. **We do not release any personal information – we only provide statistics.**

Ethnic Origin (please mark as appropriate)

White

- White British
- White Irish
- Any other white background

Mixed

- White & Black Caribbean
- White & Black African
- Any other mixed Background

Asian or Asian British

- Indian
- Pakistani
- Other Asian background

Black or Black British

- Caribbean
- African
- Any other Black background

Other ethnic groups

- Chinese
- Any other ethnic group

How did you hear about PAC? _____

Have you contacted PAC before? yes no

Do you give permission for us to hold your details on our database, in accordance with the Data Protection Act? All information is highly confidential.

yes no

Would you like to receive information on future events? yes no

(if yes, we need permission to database your details)

SUBSCRIBING AUTHORITIES

Barnet, Brent, Brighton & Hove, Buckinghamshire, Camden, Croydon, Ealing, East Sussex, Enfield, Essex (excluding Thurrock/Southend), Hackney, Hammersmith & Fulham, Haringey, Harrow, Havering, Hillingdon, Hounslow, Islington, Kensington & Chelsea, Kent, Lambeth, Lewisham, Medway, Milton Keynes, Newham, Redbridge, Surrey, Tower Hamlets, Waltham Forest, Wandsworth, West Sussex and Wokingham.