

So what makes you  
therapeutic?



MODEL

ASSESSMENT

THERAPEUTIC  
PLACEMENT

THERAPY

WELL-BEING

# What do Ofsted think?

Ofsted Research and Analysis

Why do Children go into Children's Homes?

Published 13<sup>th</sup> April 2022

Footnote 18

'Therapeutic environment' is a term commonly used in providers' statements of purpose. Inspectors challenge the use of this term to ensure that providers use clear and factually accurate language.'

# THERAPEUTIC MODEL

- Relationship based
- Attachment focussed
- Trauma aware
- Informed by child development
- Understanding that all behaviour is communication

**Office for Health Improvement and Disparities**  
**Guidance**  
**Working definition of trauma-informed practice.**  
**Published 2<sup>nd</sup> November 2022**

**Working definition of trauma-informed practice**

- Realise that trauma can affect individuals, groups and communities
- Recognise the signs, symptoms and widespread impact of trauma
- Prevent re-traumatisation

**Key principles of trauma-informed practice**

- Safety
- Trustworthiness
- Choice
- Collaboration
- Empowerment
- Cultural consideration

## BE SAFE



Feel physically & emotionally protected & cared about.

## BELONG



Have a strong sense of belonging.

## BOND



Build loving relationships to heal trauma.

## THE 6 BS



## BUILD

Increase our emotional resilience, social & academic skills.



## BELIEVE

Have faith in our ability to grow and thrive.



## BE ALL WE CAN BE

Strive always to achieve our full potential.

# BE SAFE



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# BELONG



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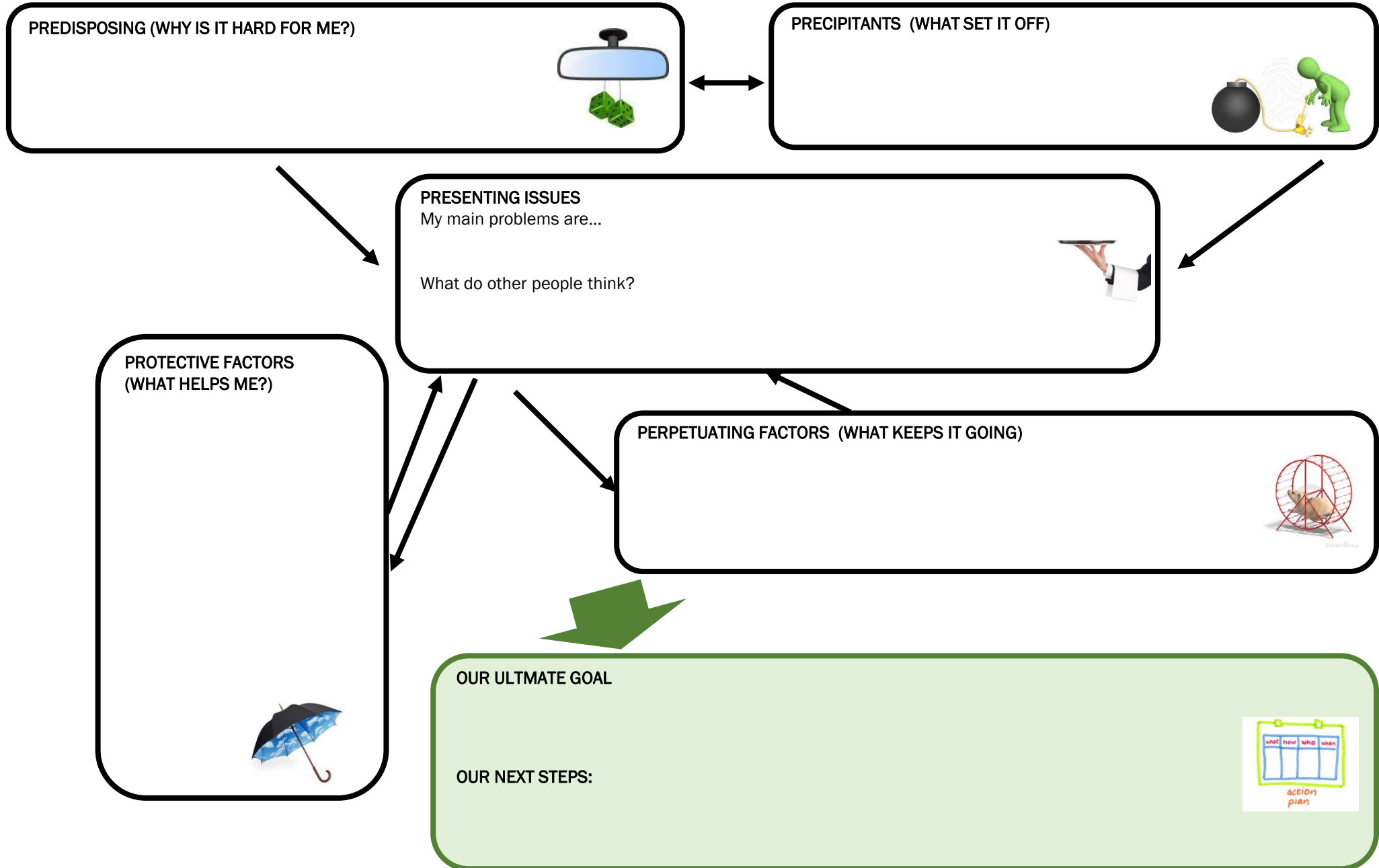


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our full potential.

# ASSESSMENT OF NEED

- Based on model
- Identifies need / stage of development
- Creates plan to meet need
- Monitor progress and review plan

# OUR PLAN FOR PROGRESS



# WHAT IS THERAPEUTIC PARENTING?

- Parenting based on needs of child/young person
- Implementation of a therapeutic plan
- Reflection on effectiveness of the intervention
- Changing plan based on effectiveness

**MY REFLECTIVE JOURNAL OF THERAPEUTIC PRACTICE.**

<p><b>What I saw or heard?</b> (This is a description of something which you see happening which makes you think you need to take action).</p>	<p><b>What I thought?</b> (This is your hypothesis about the <b>reason</b> the child/team member is behaving this way.)</p>	<p><b>What I planned</b> (based on my understanding of the 6 Bs - Be Safe, Belong, Bond, Build, Believe and Be all we can be.</p>	<p><b>What happened when I did it?</b> (describe the effect your actions had - positive or negative - we can learn from both, make a plan)</p>	<p><b>What I have learned for next time?</b> (Was your hypothesis correct? Was your action effective? What have you learnt and can you share this with your team?)</p>



# THERAPY

- Matched to developmental stage
- Direct, weekly, long-term
- Individual or group or both
- Therapist integrated to team around child

# What do Ofsted think?

## Ofsted Research and Analysis

### What Types of Need to children go into children's homes for?

Published 8<sup>th</sup> July 2022

Therapy was most commonly mentioned by homes that stated they could accommodate children with mental health problems (55%) and children who had experienced abuse and neglect (49%). Homes varied considerably in how much detail they provided about the therapy, from stating that therapy was available but giving no further details, to providing a detailed description of the types of therapy they offered.

# WELL-BEING OF ALL

- Confident, reflective, open, supportive community
- Professional supervision
- Clinical consultation and training
- Confidential counselling

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*Learned from children.*

*Still growing up.*