

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 13th 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 2nd 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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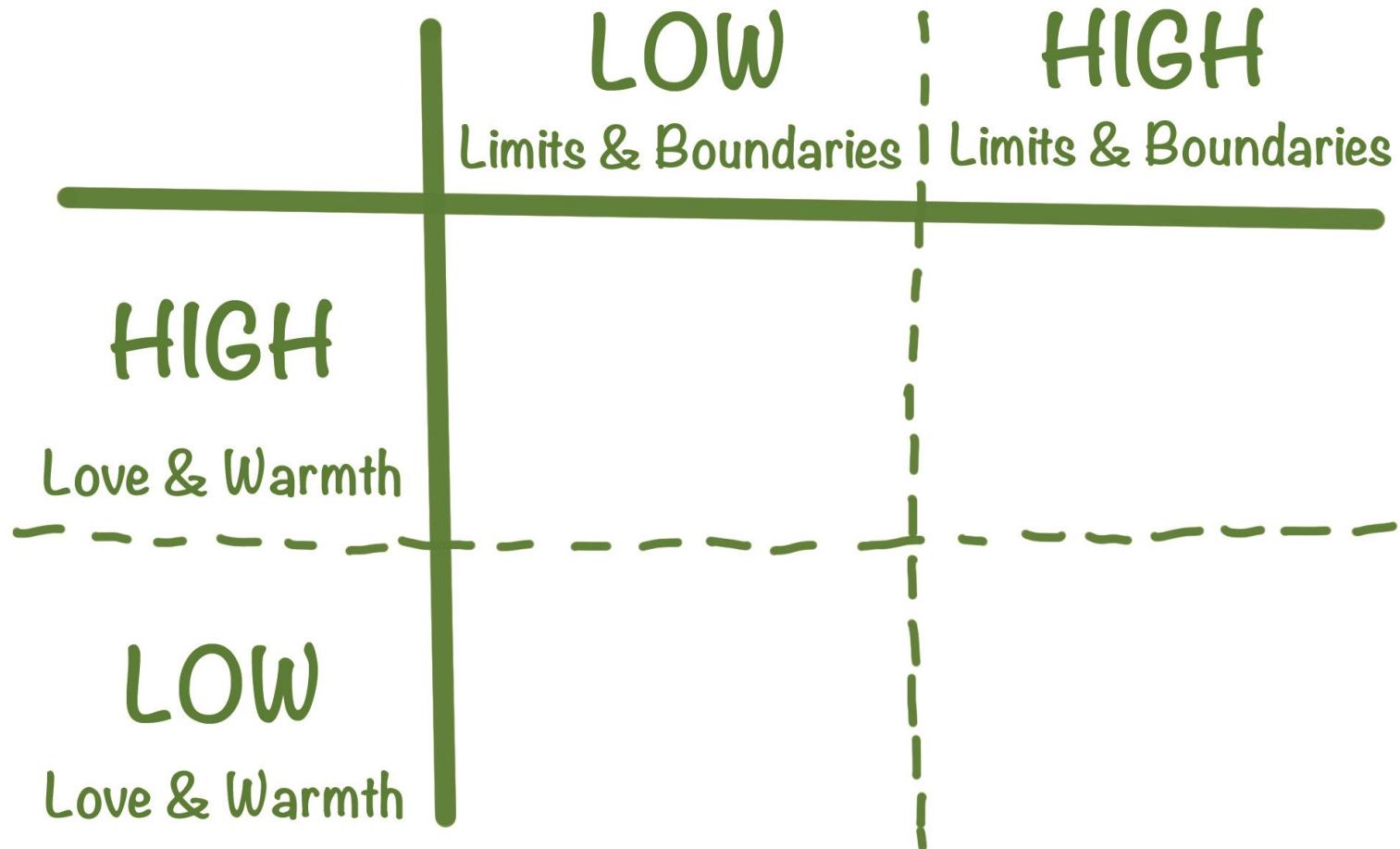
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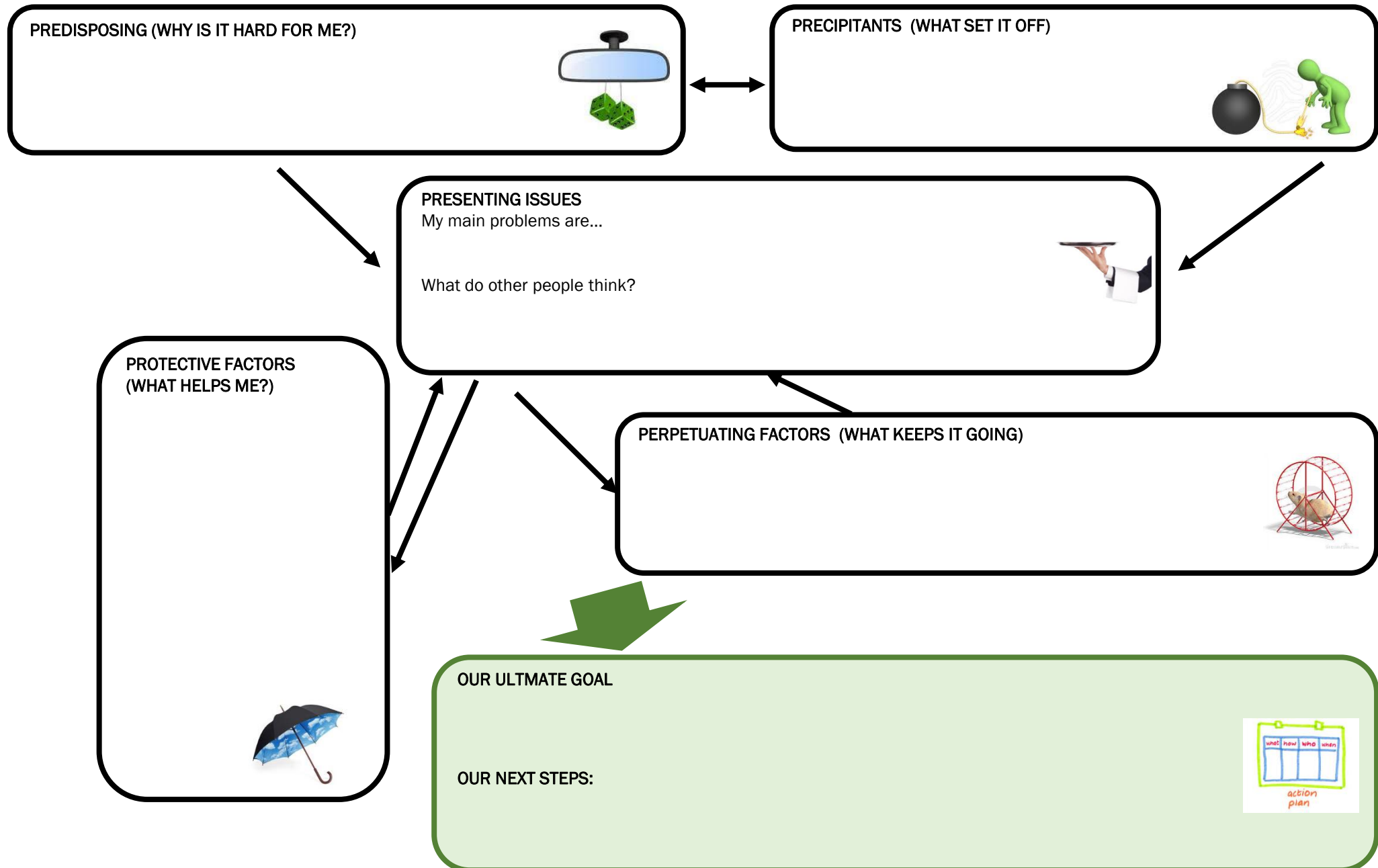
RELATIONSHIP MODEL



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.

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

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 8th 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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