

Course Information

The course was originally developed by Kim Golding, psychologist with Worcestershire County Council. For further pre-course reading, you may be interested in Kim Golding's book "Nurturing Attachments: Supporting Children who are Fostered or Adopted".

Our course facilitators are Elizabeth Mulhern and Julie Raymen in Reading and Georgina Hibbert and Claire Freeman in London. All are members of our Family and Children Therapeutic Support team and all of whom have extensive experience of working with adoptive children and with children with a range of attachment difficulties and challenging behaviour.

People who have attended the course in the past have found it extremely useful and interesting and have really valued the opportunity to spend time with other parents. Many have commented that they found the support from the trainers and other group members invaluable and that it really helped with broaching the especially challenging aspects of parenting their children.

Course Introduction - by Kim Golding (author of the Attachment Focused Parenting Course Training Manual)

Children living in adoptive families have all had to live through the trauma of leaving their birth families and adjusting to a new family. For many of these children they are also leaving behind an early experience of inadequate parenting including, abuse, neglect and/or exposure to the trauma of living with domestic violence, drug and alcohol abuse. Early experience of separation, loss and inadequate parenting is likely to leave its mark. Looked after and adopted children are at increased risk of attachment difficulties.

An attachment difficulty occurs when a child struggles to trust a carer compromising the affectional bond between them. The child has difficulties in deriving security and comfort from the carer. Attachment difficulties leave the child at increased risk of later developmental and emotional difficulties whilst the experience of a secure attachment acts as a protective factor against later adversity.

Adoptive parents therefore need to provide nurture and support to children who may have a range of difficulties stemming from their early unsatisfactory relationships. They need to find ways of parenting the children to help them experience a secure attachment and develop resilience and emotional health. In order to do this successfully carers will need support and guidance. In particular these parents need to understand and manage complex and difficult behaviour often presented by the children whilst finding ways to meet the emotional needs, however they are presented.

The group work programme has been prepared to help provide such support and guidance. It has the following aims:

1. To provide support to carers and parents who can feel very isolated caring for children with attachment difficulties.
2. To increase understanding of the children and their behavioural and emotional needs through an increased understanding of attachment theory and its application to the parenting of children.
3. To increase the skill and confidence of the carers and parents.

Dr Kim S. Golding
Clinical Psychologist

'Fostering Attachments with Children Who Are Looked after and Adopted' Training Manual

To find out more please contact PACT's FACTS service:

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