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Meadows Psychology Service

Empowering the System to Empower the Child: Working with foster carers and residential teams

Dr Nicola Curran & Bev Crosby

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Who are we?

Dr Nicola Curran
Consultant Clinical Psychologist
Managing Director
Meadows Psychology Service

Bev Crosby
Senior Psychological Therapist
Strategic Lead
Meadows Psychology Service

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We provide specialist, innovative, and comprehensive psychological services for organisations supporting children and young people who have experienced developmental trauma.

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Trauma Informed Practice

Residential Childrens Homes	Supported Accommodation Providers	Education Settings	Adoption Support Fund	Local Authority Services

Introducing Jack

We would like to talk about the work we do by talking about Jack.

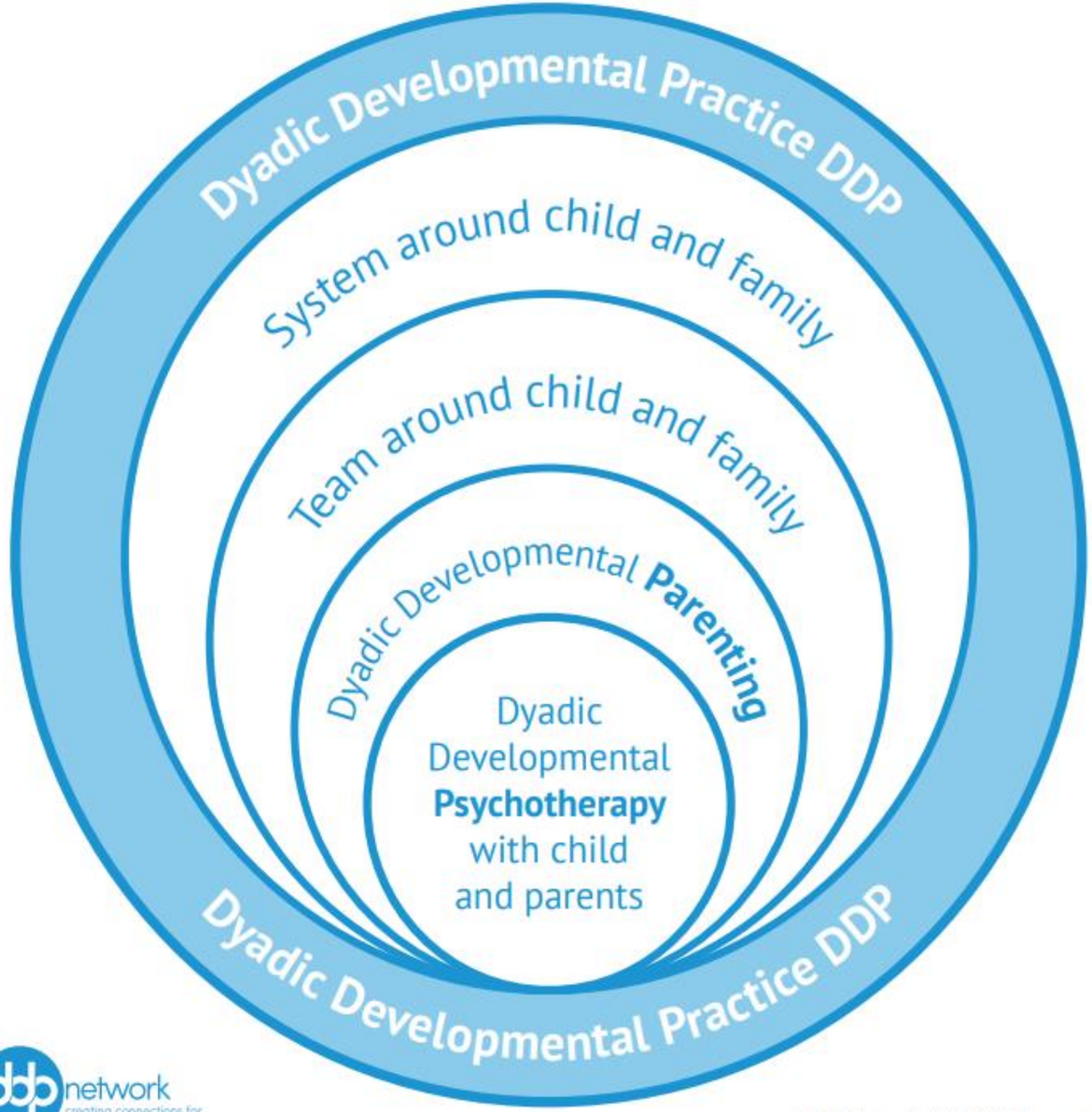
Jack is a 13-year-old boy living in foster care. He had three placement moves in a year when he was referred to our service.

Complex history of social care involvement - three previous referrals to CAMHS.
Jack's carers attended one of our foster carer psychological consultations.
They were struggling caring for Jack –

- Worried that there was something wrong with him.
- Thought they were good enough.
- Used statements like "he needs to be seen by a therapist".

Jack was struggling with:

- Urinating in cups
- Aggression - towards female carer particularly
- Poor school attendance and challenging behaviour in school towards female staff



ddp network
creating connections for developing relationships

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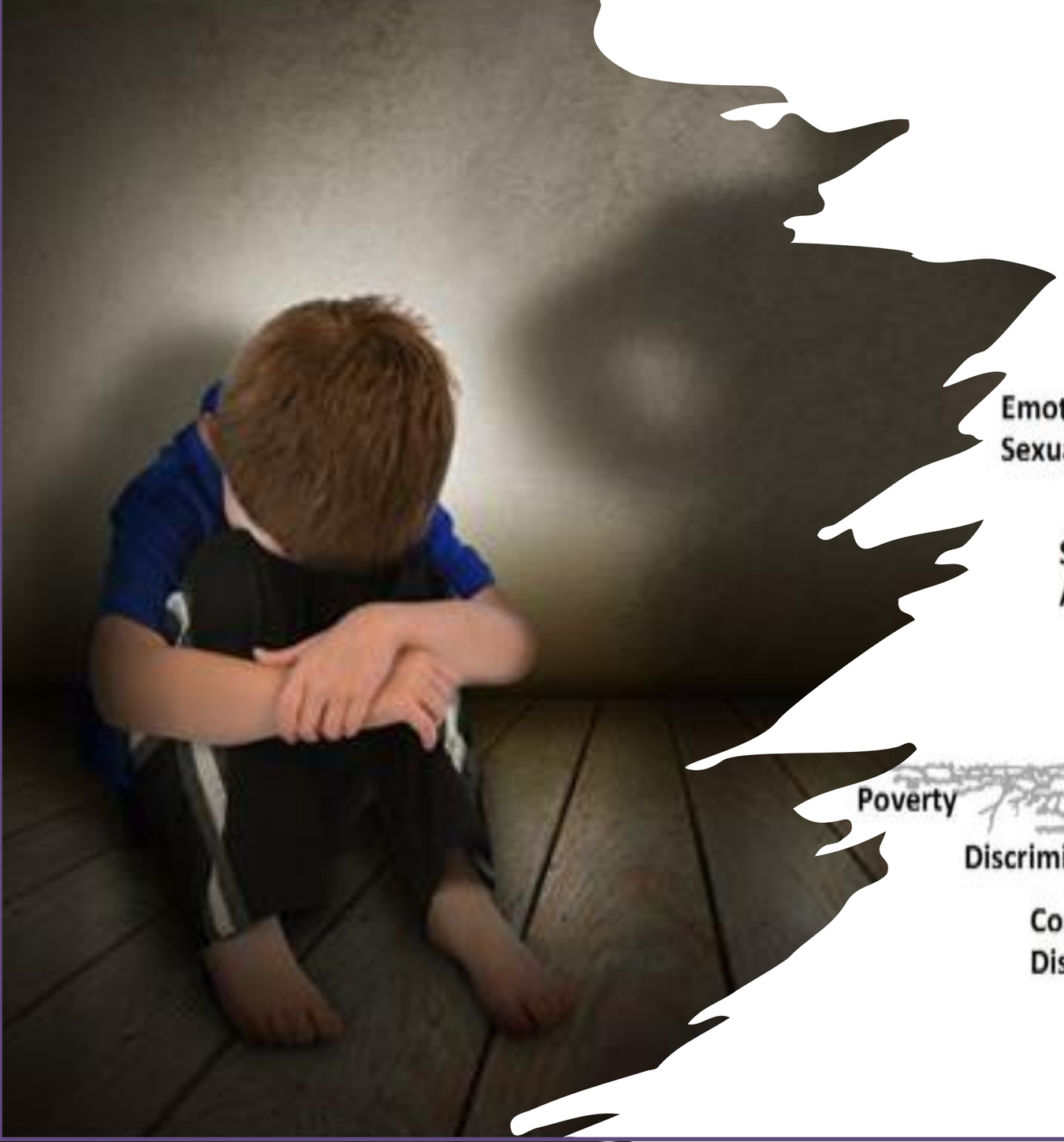

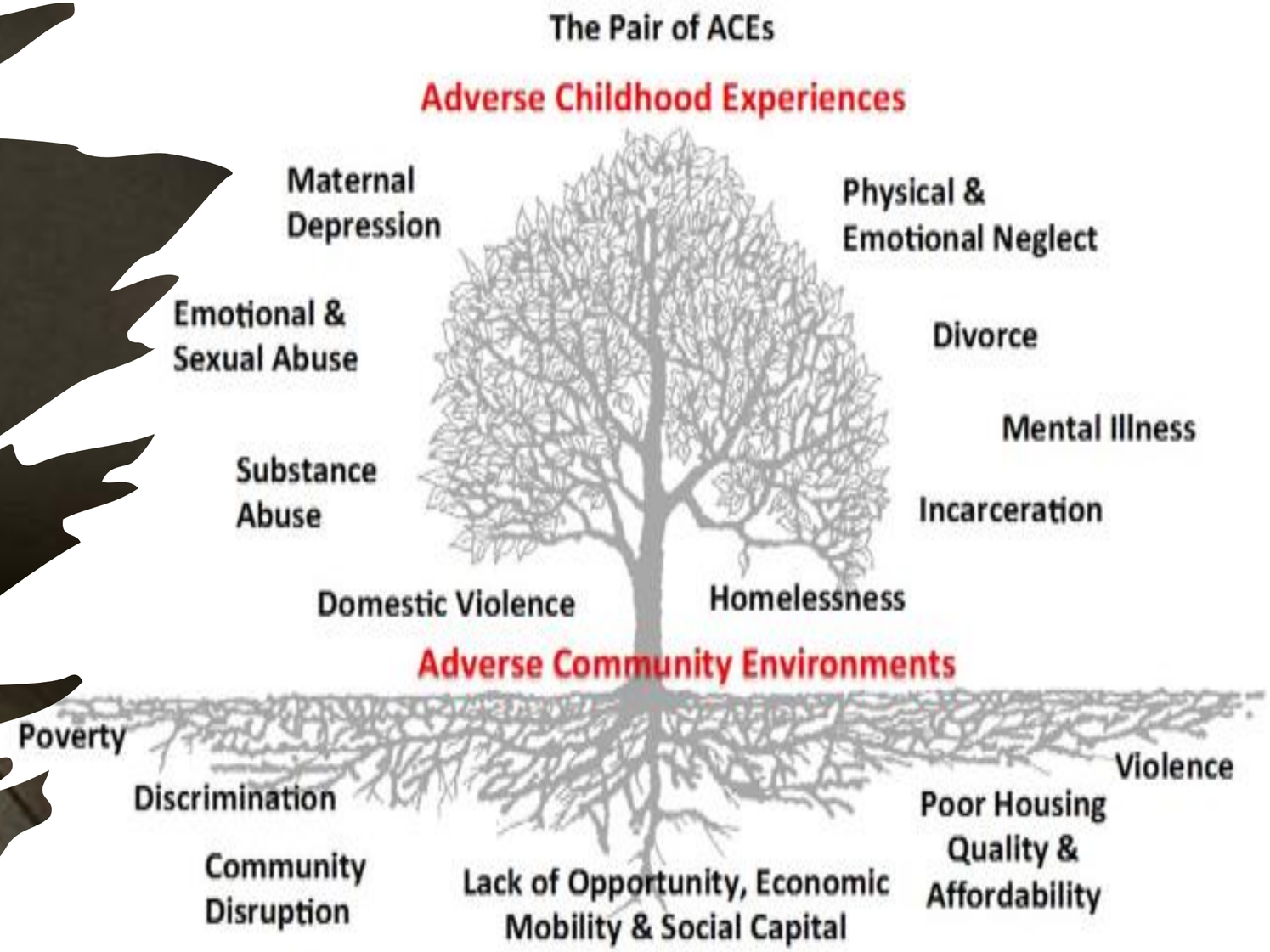

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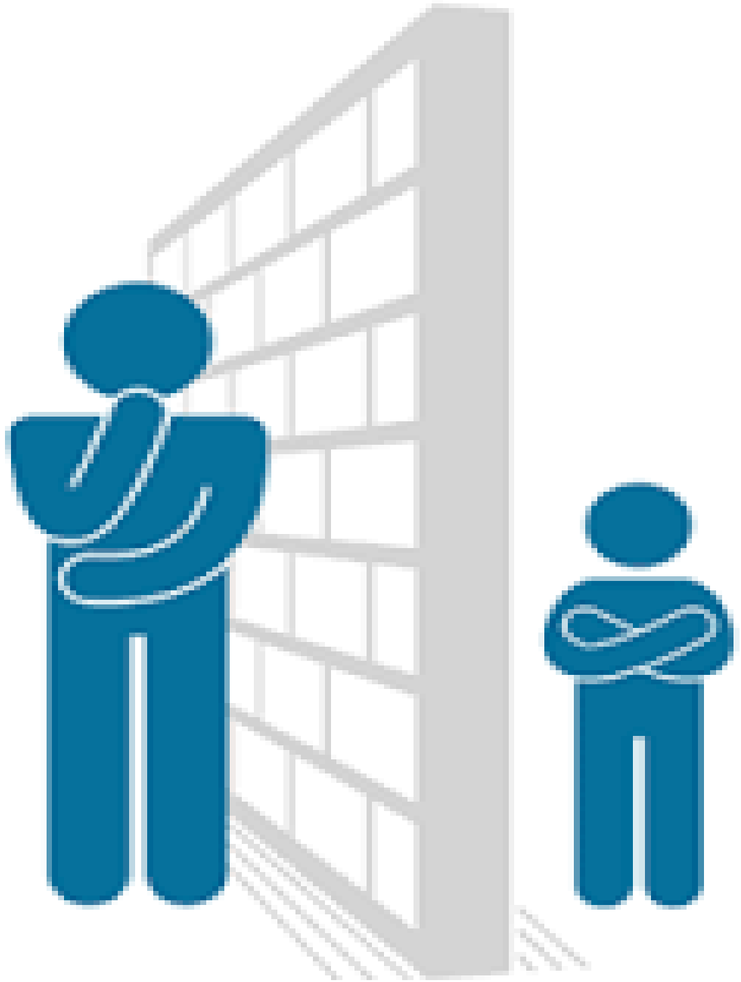
Blocked Trust and Blocked Care



What is seen

Behaviour

What is hidden

Motivations Beliefs Values
Expectations Attachments
View of Self, Others, The World
Experiences Spirituality

RELATIONAL TRAUMA REQUIRES
CONNECTION
LOVE
COMPASSION
RELATIONAL REPAIR
DR. KAREN TREISMAN
SAFE HANDS THINKING MINDS

Support we Offered

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- Psychological Consultation
- Nurturing Attachment Training - Delivered 1:1 with the carers to support the development of therapeutic parenting
- DDP
- Therapeutic Life Story Work

Measures

- Thinking about your child
- Parenting sense of competence
- Assessment Checklist for Adolescents
- Parental self-efficacy scale

Get in touch

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