

Post Lockdown Therapy Team



 www.touchbase.org.uk
 info@touchbase.org.uk



We have each lived through, and continue to live through an extraordinary and unprecedented time. As a society, we have experienced what may be referred to as a collective trauma, the ripples of which are being felt far and wide.

In our children and young people, many of whom have already experienced Adverse Childhood Experiences (ACEs), we may be witnessing the effects of this in many ways, such as, regressive behaviours, a re-emergence and reliance on past coping strategies, disruptions to their attachment seeking and stress response systems.

Now, more than ever, it is essential that we see behaviour as communication and a window into our children's experiences, thoughts, and feelings, and as such, a key to healing. We must focus on connection and regulation, through attachment informed and trauma responsive interventions, to restore a sense of felt safety and security.

As always, this starts with us as the adults attending to our own regulation - 'putting on our own oxygen masks' first, in order to be a calming and soothing presence for our children and young people.

TouchBase specialist Therapy Team are offering the following therapeutic interventions to support children, young people, and their families at this time and ongoing...

CONSULTATION

One off consults for parents and carers, with a member from our specialist therapy team.

Focusing on trauma and attachment supportive strategies. Utilising the principles of PACE, Theraplay and SAI, to support and strengthen relationship and regulation in the here and now.

DYADIC DEVELOPMENTAL PARENTING

Longer term therapeutic support for parents, focusing on making sense of their child's experience and behaviour through an attachment and trauma informed lens.

Embodying PACE to enhance a sense of safety and security and to help calm stress response systems, that can become increasingly dysregulated at times of increase stress, anxiety and uncertainty.

DYADIC DEVELOPMENTAL PSYCHOTHERAPY

Working with parent/s and child together to make sense of experience and behaviour, develop a coherent trauma narrative and enhance safety, security, stability and regulation in the here and now.

INDIVIDUAL THERAPUETIC SUPPORT

For children and young people (aged 5-25).
Enhancing a sense of felt safety, making sense of experience and processing big feeling states through a range of creative, attachment and trauma responsive interventions.