



TREASURE KEEPERS

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01/07/2020 Vikki Cohen

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Registered Company number: 07866357

TREASURE KEEPERS® QUICK OVERVIEW

STABILITY, STRENGTH & SPARKLE

INTRODUCTION

Treasure Keepers® is a specialist, innovative, psychological service, supporting children, families and professionals living with or supporting lives affected by developmental trauma.

The service aims to help young people and their families or placements to discover and treasure their stability, strength and sparkle.

The service offers high standards of clinical governance and quality assurance therefore, Service Users and local authority commissioners can be confident that clinical practices undertaken are carefully supported, evaluated and directed with the highest levels of clinical practice and ethics.

The Treasure Keepers® models give a clear and evidenced-based framework on what is likely to assist parenting to ensure adoptive families or fostered families are supported before they start to struggle, as well as when life has become more difficult.

The Treasure Keepers® models are informed by multiple theories to create an integrative approach and strive for best practice.

The Treasure Keepers® models are designed to be multimodal and broad in scope, which has been demonstrated to be successful in reducing the effects of traumatisation (Perry, 2006).

This includes influences from developmental trauma research (Van der Kolk, Perry), child development, neuroscience research, attachment/relationships theories and therapies (Dan Hughes, Daniel Siegel), Body & Trauma theories (Stephen Porges, Babette Rothschild), regulation approaches, Neurosequential therapeutic

approaches (Bruce Perry), psychodynamic theories and other therapeutic approach theories (Cognitive Behavioural Therapy and Systemic Therapy).

This enables strong and stable families to be cultivated. The intention is to help create loving families that can meet developmental and often complex needs of their children.

Treasure Keepers[®] aim to be responsive to need and avoid delays for this population in accessing specialist services.

Treasure Keepers[®] service was specifically designed to offer high quality partnership practices and excellent outcomes have been achieved through joint-working practices with Local Authority Social Care, as well as with schools and with local NHS Child and Adolescent teams.

Currently the service operates across Thurrock, Havering and Essex and is primarily commissioned by Thurrock Local Authority children's services.

Treasure Keepers[®] service has seen rapid growth in 2019.

Detailed complex GEMS © assessments completed within 3-4 weeks allows the service to continue to offer low waiting lists and the immediate commencement of specialist psychological interventions upon confirmation of agreed funding.

MISSION STATEMENT

STABILITY, STRENGTH & SPARKLE

Young People are the Treasure of the future and the Treasures within our homes.

The service aims to help young people who have experienced developmental trauma and their families or placements to discover and treasure their stability, strength and sparkle.

We believe that the experience of Parenting can be Treasured and supported to enable the cultivation of strong, stable families and placements.

Treasure Keepers[®] passionately believe that Parents & Carers are the key to young people's resilience, regrowth and recovery from Developmental Trauma.

We believe that building and strengthening relationships, developing young people's emotional, mental & physical skills, and establishing safety and stability enables families and young people to sparkle and cultivate their potential.

We believe that children who have experienced developmental trauma should have an enjoyable childhood, and benefit from excellent parenting, enjoying a wide range of opportunities to develop their talents and skills and to the cultivation of a successful adult life.

We believe that supporting Parenting and Professionals to enable a strong start to lives can reduce the development of Adverse Life Experiences (and repeating patterns of trauma) and enable the experience of parenting to be treasured.

Treasure Keepers® offer the highest quality of services delivered by accredited & registered Therapists and Psychologists and clinically governed by the Clinical Director (A highly specialist Consultant psychologist with population-specific experience since 2007).

Treasure Keepers® works with individuals of all religious and cultural backgrounds, with a learning, or physical, disability and of different sexual orientations (in accordance with our equal opportunities policy).

AIMS AND OBJECTIVES

Overall Aims & Objectives

The aims and objectives of Treasure Keepers® include the following:

Understanding the Complexities of Developmental Trauma. Treasure Keepers® place great importance on a thorough and holistic complex assessment. This understanding of what it is known that the young person may have been through, now presents with, and has capacity for in the future is essential to be able to design the correct kind of individual and Parent/Carer support for each young person and their family/placement.

Increasing stability, strength and sparkle. Treasure Keepers® believes that the experience of developmental trauma and the subsequent life changes that happen for children (including becoming Looked After and/or adopted) can lead to an opportunity for increased stability, strength & sparkle. The journey of developmental trauma may have been difficult but can lead to opportunities for resilience, recovery and regrowth within safe new family settings. The service believes that through our psychological interventions our population can become more stable within themselves and within their family/placement units, develop their innate strengths and learnings from their journey and rediscover their 'sparkle' (talents, wellbeing and hope).

Supporting Exceptional Parenting. There is a requirement for Parents & Carers that care for children who have experienced developmental trauma (Looked After & Adopted) to be 'exceptional, sparkling' parents. The children they care for may be complex and disturbed emotionally, behaviourally, psychologically and in their health. Their Parents and Carers may find the demands of providing responsive and therapeutic parenting challenging and confusing. High quality support to be able to maintain this task is essential.

Supporting the Workforce. Treasure Keepers® place high value on encouraging the workforce who walk alongside developmental trauma to cultivate their understanding, reflective capacity, empathy and personal/professional wellbeing.

Directives by statute. These include the national minimum standards for Adoption Support Agencies integral to the Care Standards Act of 2002, the Adoption and Children Act 2002 and the supporting legislation, the Adoption Support Agencies (England) and Adoption Agencies (Miscellaneous) Regulations 2005, Statutory Guidance on Adoption July 2014, the Children Acts of 1989 and 2004, and the Children and Adoption Act 2006.

TREASURE KEEPERS® SERVICES

Please find below a list of our Services with service-specific aims & objectives:

Treasure Keepers® Young Person GEMS © Complex Specialist Assessment

Objectives: To provide a thorough, detailed assessment to enable effective understanding and bespoke intervention design.

- Each young person referred receives a full and comprehensive complex psychological assessment (including psychometric testing to monitor outcomes) and intervention planning reports for the child/young person and their Carers/Parents.
- Please see our 'Care Pathway' document (below) for further explanation.
- Treasure Keepers® provide 4 separate reports following the assessment of a young person and their family/placement:
 - i. Treasure Keepers® GEMS © Assessment Report
 - ii. Treasure Keepers® History and Psychoeducation Report
 - iii. Treasure Keepers® Intervention Report
 - iv. Treasure Keepers® Funding proposal Report

Treasure Keepers® Psychological Therapy interventions

Objectives: To enable children to have a coherent self-view, emotional resilience and sense of inner stability. Knowledge and understanding of their background. Young People are encouraged to develop their emotional, intellectual, social, creative and physical strengths. For Young People to find their 'sparkle'.

- The service offers Psychological Therapy to children and young people utilising our bespoke GEMS © model.
- Parents & Carers are often invited to these sessions to maintain their position as the primary co-regulator and to help develop relational quality between parent/carer and child
- These sessions run alongside Parent Consultation which is offered on a Fortnightly/Monthly or Bi-Monthly depending on the recommendations from the assessment and the agreed level of funding
- These sessions can only be offered after a GEMS specialist assessment has been completed.
- Standards of practice are carefully monitored and governed by the Clinical Director to ensure interventions meet the needs of young people experiencing developmental trauma/adverse childhood experiences and that a joined-up approach is taken.

Treasure Keepers® Parenting Consultation Intervention

Objectives: To support Parents & Carers to help develop and stabilize their relationships, explore behavioural and emotional responses and understand the impact of past experiences (both the young person and themselves as Parent/Carers). To enable Parents & Carers to strengthen their understanding of the emotional, social, physical/health and psychological needs of the children they are caring for. To cultivate the 'sparkle' of their young people and build their confidence, assets, talents and resilience.

- The Treasure Keepers® parenting consultation sessions offer Parents/Carers an understanding of parenting through using our TREASURE © model. This is a trauma sensitive model
- The therapeutic parenting strategy interventions follow the Treasure Keepers® specialist model to help assist and develop parenting approaches and so help promote better relationships and well-being within the family/placement.

Treasure Keepers® Professional consultation/ Clinical Supervision

Objectives: To support the workforce in the challenges of working alongside developmental trauma. Value is placed on education and in supporting settings to understand and respond in a helpful way to children with trauma histories.

- Treasure Keepers® respect the complexity and personal impact of working alongside developmental trauma. It is very important to support professionals in this endeavour to enable them to manage the stress of dealing with trauma and adversity.
- Treasure Keepers® places a significant value onto clinical governance.
- All Associate practitioners working directly with young people and families have monthly case supervision within the model delivered by the Clinical & Service Director.
- They are also then expected to gain additional clinical supervision within their own specific discipline.
- All Treasure Keepers® Team members also attend regular team development days and model refresher workshops.
- Treasure Keepers® offer clinical supervision/reflective practice to other professional groups including Social Care Practitioners, School Staff and other support professionals.
- Clinical Supervision & reflective practice support can assist the professional to make sense of their work, how it impacts on their personal life and what could be triggered from within their own past.
- This support then enables the professional to maintain standards of practice, maintain their wellbeing and continue their work.
- Without this there is a risk of poor physical health, absences and poor professional retention in workforces supporting developmental trauma/those experiencing adverse life experiences.
- Such support can help sustain their passion, and continued commitment to their profession. It is well known that the rates of burnout, lack of staff retention and secondary trauma are high in the population of the workforce that support developmental trauma (both health and social care).

Treasure Keepers® Support Group 2 hour Session (delivered quarterly)

Objectives: To provide a safe reflective space for Parents & Carers to explore matters relating to parenting children experiencing developmental trauma. To encourage peer support and peer network development

- Groups require two facilitators. One should be from Treasure Keepers and a professional from the Adoption Consortium would be invited to be the other facilitator.
- Groups will encourage a sharing of presenting matters and will use the Treasure Keepers Intervention Models to explore further.
- Groups will encourage peer advice-exchange and the development of supportive networks.

Treasure Seekers® Therapeutic LifeStory Work.

Objectives: To enable Young People to have a clear understanding of their past experiences and journey to adoption/being looked after. To assist Young People to develop and reflect on their inner resources/treasures throughout their life journey.

- Treasure Keepers® have created the Treasure Seekers © Therapeutic Life Story model
- This approach is a trauma-sensitive and clinically informed model and can look different from other life story approaches.
- The model is delivered by our Treasure Keepers® Trained clinicians who can use their clinical skills and experience to ensure the model is delivered in a safe and effective way for the Young Person
- The model is informed by other Life story work approaches (such as the Richard Rose Therapeutic Life Story Work method) but is also informed by psychological approaches and practices.
- This is a phased approach
- Session costs include:
 - 1 pre-assessment session
 - 18 direct work sessions
 - 5 sessions for information gathering.
- This may be a more suitable approach for Young People who have experienced significant levels of developmental trauma

Treasure Keepers® Workshop & Training Intervention.

Options: Treasure Keepers® Set Topic Full Day or Half Day

Bespoke (Commissioner defined) Topic Full Day or Half Day

Objectives: To offer a training service to professionals/Parents& Carers who walk alongside developmental trauma.

- Treasure Keepers® offer various workshops training programme which can help professionals & parents/carers to develop their skills in understanding developmental trauma, offering therapeutic parenting and managing wellbeing (themselves and their young people)
- The content of these workshops can be adjusted depending on the target group attending (Adopters, Foster Carers, Parents on the 'edge of care'; Birth Families who have experienced Adversity)
- Bespoke Training defined by the commissioning organisation can be constructed upon request
- Treasure Keepers Set Topic Training Offered for 2020 includes:
 - 'A Snapshot of Developmental Trauma'
 - Taking Care of Yourself. Wellbeing Approaches for Parents/Carers and Professionals
 - Understanding & Communicating with Teenagers

Treasure Keepers® Workshop & Training Intervention.

8 Week Programme.

Objectives: To offer a training service to professionals/Parents& Carers who walk alongside developmental trauma.

- Week 1: TeamWork
- Week 2: Regulation
- Week 3: Emotional & Physical Wellbeing
- Week 4: Attributes & Resilience

- Week 5: Safety
- Week 6: Understanding Trauma
- Week 7: Relationships
- Week 8: Empathy & Reflection

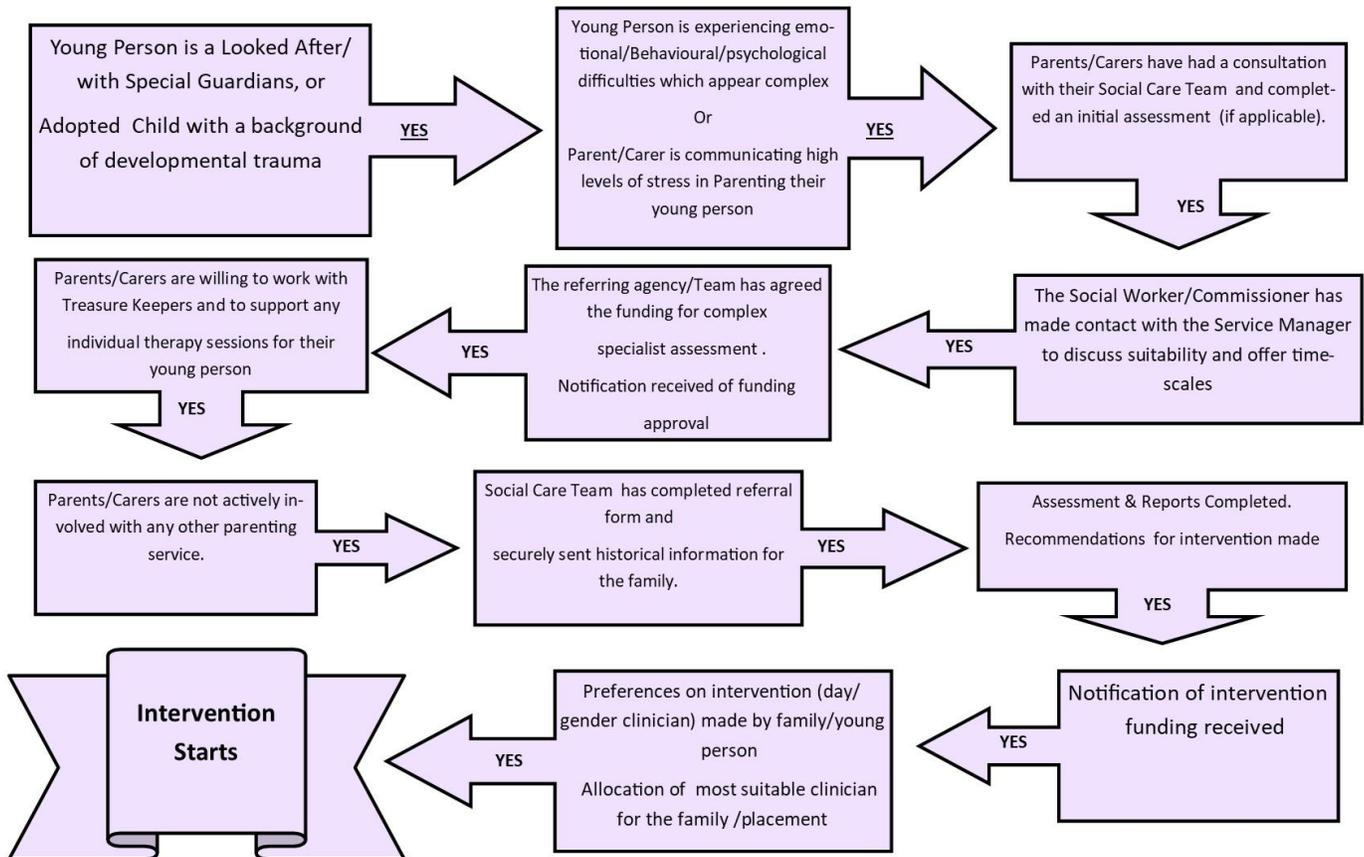
TREASURE KEEPERS® PROCEDURES FOR ACCESSING SERVICES

- The referring agency/professional makes contact with the Manager by telephone or e-mail. (manager@treasurekeepers.co.uk)
- Self-referrals can be made by Service Users independently
- The suitability of the referral and any issues of concern are discussed
- A referral form is completed accordingly

Please see below for details on the referral pathway:

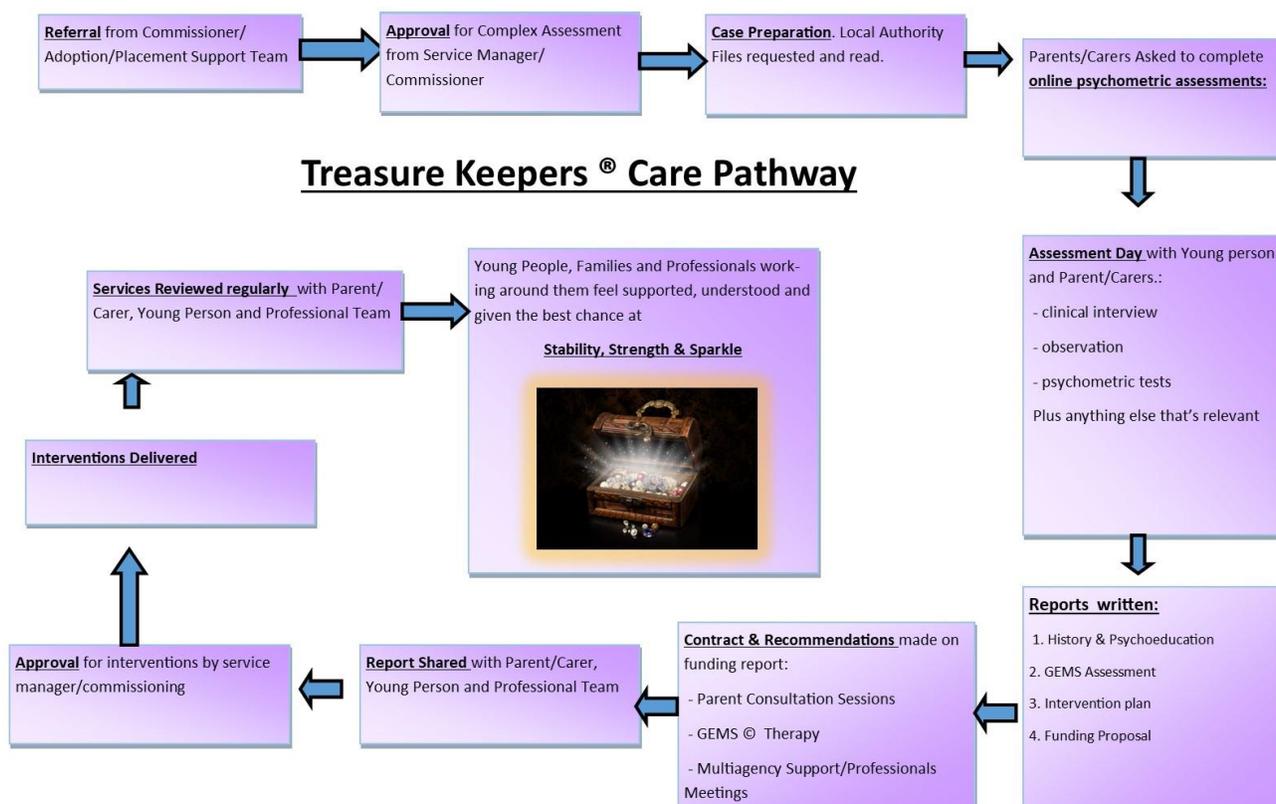
Treasure Keepers® Referral Pathway

If you answer yes then progress through the arrows. This will help you decide whether Treasure Keepers can be of help to you.



APPENDICES

TREASURE KEEPERS® CARE PATHWAY



THE TREASURE KEEPERS® INTERVENTION MODELS

The Treasure Keepers® Parenting model develops eight intervention areas within personal and family life. These intervention areas are not followed in a sequential manner but are tackled according to the presenting issues for each family/placement.

Teamwork
Regulation
Emotional & Physical Wellbeing
Attributes & Resilience
Safety
Understanding Trauma
Relationships
Empathy & Reflection



- **Teamwork**: the recognition that everyone (social care practitioners, parents & carers, young people psychologists, school & therapists) need to work together in a joined up way to create good outcomes and safe practice
- **Regulation**: the importance of being able to calm & soothe (down-regulate) or activate (up regulate) your young person to support their emotional and physical health
- **Emotional & Physical Wellbeing**: Looking after yourself in mind, body and spirit. Required to be able to offer high quality care to others

- **Attributes & resilience:** developing your young person's talents, assets, self-esteem and confidence. Celebrating their resilience. Helping them identify, express & tolerate their needs and feelings
- **Safety:** establishing an enhanced level of safety for your young person. Acknowledging the part that fear plays within their emotions, behaviour and physical health. Giving your young person a sense of safety, routines and CALM parenting approach to discipline.
- **Understanding Trauma:** developing an enhanced understanding in the role of trauma for your young person and for yourself.
- **Relationships:** developing healthy, safe, connected and trusting relationships between yourself and your young person. Supporting healthy friendships. A developed ability to repair when things are difficult.
- **Empathy & Reflection -** developing your ability to understand 'why' your young person may react or behave as they do.

The Treasure Keepers® TREASURE © model facilitates psychological development of the young person through directing strategies with the Foster Carers/Parents, the wider system (such as the school or relevant other support persons) and through direct work with the young person and the family. All interventions suggested are to enable psychological, emotional, behavioural, and social well-being and development of the young person.

TREASURE KEEPERS® GEMS © THERAPIES

Treasure Keepers® Associates are qualified and specialised Practitioners who have been carefully selected to work within the Service.

Treasure Keepers® apply a GEMS © neuro-sequential approach within therapies which is Integrative and 'bottom-up'.

This means that therapies are offered which consider that the lower brain and then mid brain need to be active to be able to reach the higher brain.

This is an integrated and holistic approach which includes working with the body, relationships, experiences and thinking in an individualised way for the young person.

It is also linked to our TREASURE © Parenting Model.

GEMS © INTERVENTION MODEL



<u>GEMS Area</u>	<u>Brain Area</u>	<u>Aims</u>	<u>Parent/Carer: TREASURE Interventions</u>	<u>Young Person Interventions</u>
G enesis 	Beginnings/Brainstem/ Lower/Reptilian	Increasing Safety Reducing fear Increasing awareness of body & emotions Increasing regulation & coregulation Increasing connection with body Understanding trauma responses	Regulation Emotional & Physical Wellbeing (parent insight into own triggers & glimmers) Safety Understanding Trauma Relationships	Breath Work Touchpoint Solutions Yoga Emotion & Body Psychoeducation Individualised Regulation Toolbox
E mootional/Social 	Middle/Limbic/ Midbrain/Mammalian	Increasing Regulating & Co-regulating relationships Increasing window of tolerance Understanding relationship triggers & Glimmers Developing more stable & secure relationships Increasing empathy	Teamwork Regulation Emotional & Physical Wellbeing Safety Understanding Trauma Relationships Empathy	Body connection exercises Mindfulness Theraplay exercises Creative work
M astermind 	Top/Neocortex/ Cerebrum/Executive	Increased Brain Integration (up/down/left/right) Increased reflection Increased self regulation Improved identity & sense of self Improved thinking skills Improved focus	Teamwork Regulation Emotional & Physical Wellbeing Safety Understanding Trauma Relationships Empathy & Reflection	Therapeutic Life Story work Self esteem work
S ynthesis 	Integration/Bringing it all together	Coherence & acceptance of self Improved physical & emotional wellbeing Less emotional & behavioural reactivity More flexibility Healthier relationships	Teamwork Regulation Emotional & Physical Wellbeing Attributes & resilience Safety Understanding Trauma Relationships Empathy	Self care exercises Life balance exercises Personal development exploration

We also have Associates who are specialised in offering Systemic/Family Therapies as well as play-based therapies.

For any further queries or discussion please contact:

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OR

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Treasure Keepers® Treasure Seeking© (Therapeutic Life Story Model) copyright is held by Vikki Cohen, 2020.

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