

Therapeutic Support

Therapeutic support is provided as part of each young person's care. The emphasis is on equipping and empowering the staff to work therapeutically and to manage each child's behaviour, in a positive and consistent way.

Our qualified psychotherapist provides a formulation for each young person and then supports the staff team, to use effective behaviour management strategies. Staff members can discuss their concerns or seek further understanding about specific aspects of their practise, both in one to one and group settings. Our psychologist also provides a therapeutic lead in our training programmes around trauma informed care, PACE and positive parenting.

The team is supported to work with complex behaviour and to understand how each young person's adverse childhood experiences have impacted upon their daily presentation and coping mechanisms.

The team is supported to reflect and evaluate the impact of their *own* behaviour on the young people and to understand how their communication styles and interactions may be triggering behaviour in the young people, during altercations or periods of dysregulation. The psychotherapist also provides clinical input when we are seeking to match new children to the home.

Our Philosophy

We recognise that every child is unique and deserves care that reflects their personal experiences and aspirations. Our philosophy is grounded in a child-centred approaches, ensuring that all decisions are made with the young person's best interests at heart.

We are committed to:

- **Providing a trauma-informed approach** – Understanding past experiences and offering therapeutic support to promote emotional well-being.
- **Promoting positive role modelling** – Encouraging young people to develop healthy relationships, self-respect, and accountability.
- **Encouraging aspirations and achievement** – Supporting education, vocational skills, and personal interests to prepare for a fulfilling future.
- **Creating a culture of trust and respect** – Ensuring young people feel heard, valued, and empowered in their own journey.
- **Emphasising inclusivity and diversity** – Celebrating individuality and fostering an environment of equality and understanding

Therapeutic Parenting

We believe that for many young people who have experienced significant trauma in their early years, behaviour often serves as a vital form of communication. In emotionally charged situations, finding the right words can be especially challenging, and behaviour may become the primary way to express feelings and needs.

We work closely with our in-house therapist to develop and use the most effective strategies to support each child in building emotional resilience and beginning their journey of healing. Through positive role modelling, we help young people feel safe enough to express themselves more openly. Our staff are trained to a high standard, enabling them to nurture healthy relationships built on trust and structured boundaries, so every young person is supported to thrive.



Altrincham Children's Care
Therapeutic Parenting