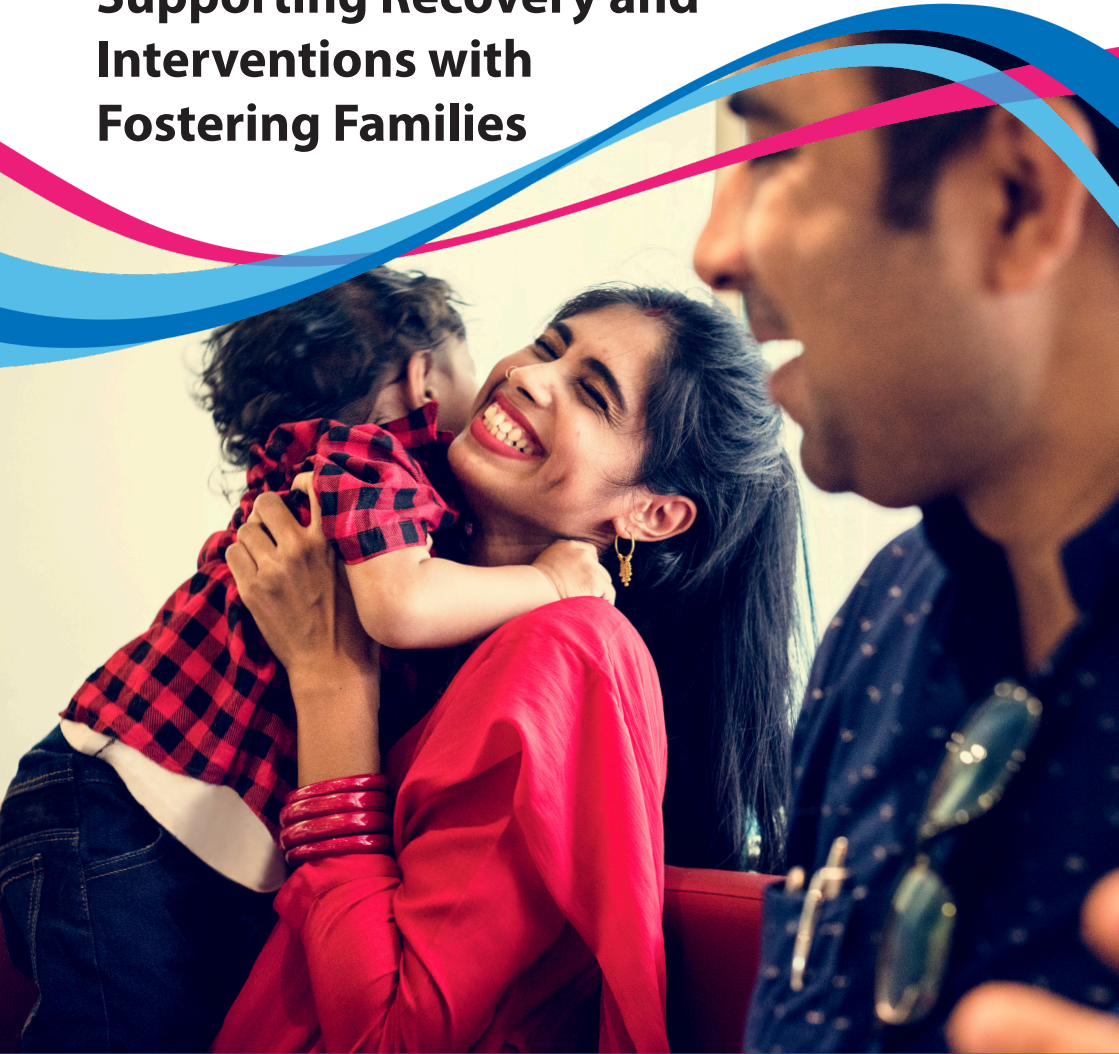


# Supporting Recovery and Interventions with Fostering Families



## What is bMindful Psychology?

bMindful Psychology provide high quality therapeutic services and training for organisations, foster carers, supervising social workers, parents, children and young people. We are a specialist psychology service with particular expertise in working with children and young people who have experienced trauma, various neuro-developmental issues, and/or have been involved with social care services.

- Our priority is to help children and young people to improve their emotional and psychological well-being
- Our work is informed by psychological theory and the available evidence base
- Our vision is to become a leading UK provider of psychological services

Our blended approach to delivery means that we can support the development of environments in which children can thrive, allowing our customers to become truly trauma informed and support their foster carers and supervising teams to provide consistent, therapeutic care through a variety of supportive services.

## Our Specialist Fostering Support

We know that children and young people coming into foster care require a great deal of support from their foster families to meet both their immediate needs and to support their recovery. Often the child's trust in adults has been broken and so providing support from foster carers who have taken time to learn and understand what the children have been through and the impact of that on the child's emotional and mental wellbeing is crucial.

We offer a comprehensive range of psychological services and support that cater to the needs of the child, foster carers and the team around them, including:

- Consultation on either a group or one to one basis with foster carers and their supervising social workers on a wide range of psychological issues, for example, therapeutic parenting, attachment and trauma, psychological distress, mental health difficulties, challenging behaviour, risk management etc.
- Access to a range of psychological assessments
- One to one work with children and young people
- Access to clinical and forensic psychology, psychotherapy and a range of creative therapies such as art, music and movement
- Supporting multidisciplinary team activities
- Post-incident review and intervention
- A range of bespoke training programmes for foster carers and the team around them
- Adhoc support and guidance

We work collaboratively with children, adolescents and young people experiencing a wide range of mental health, social, emotional and behavioural difficulties. We have specialisms in working with young people who may have experienced childhood trauma such as physical and mental abuse, domestic violence, neglect, sexual abuse and/or exploitation, harmful sexual behaviours or have been criminally exploited, as well as neuro-diverse children (including autism, ADHD and sensory integration difficulties) and those who care for them.

## What our clients say

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As a well-established fostering agency, we know the importance of ensuring that our carers have the very best support and guidance to achieve great outcomes for the children and young people they care for. bMindful provide regular and timely support to our foster carers and the team around. They improve the knowledge and understanding of the team in relation to the way in which a trauma-informed therapeutic approach to the care and support they provide can benefit the young person and families. They are on hand to provide guidance and recommendations when carers need help the most and continually deliver practical training to support the ongoing development of our carers and team. ”

*CEO of North West Residential Care and Education Provider  
for Children and Young People aged 11 to 18.*

“

The Fostering Team are receiving many referrals pertaining to working with children and young people who unfortunately have experienced trauma in their lives. Working directly with bMindful is essential in ensuring that our foster carers are in receipt of the highest levels of support, guidance and training. This also relates to our social work staff team who directly manage the foster carer/s and placements. This joined up approach can only be positive as it offers another level of support and guidance for the Fostering team, foster carers and the children and young people placed in their care. ”

*Registered Manager – North West Independent Fostering Agency.*

## Our Team

The bMindful team incorporates highly specialised and qualified Clinical Psychologists, Educational Psychologists, Forensic Psychologists, Psychotherapists, Occupational Therapists, Speech & Language Therapists, Assistant Psychologists along with a range of specialist therapists such as Art, Music etc. All of our team have worked in the child mental health sector and specifically in the looked after children's sector for large parts of their careers.

All our clinicians are registered with the relevant professional bodies for their role, which include the Health Care Professions Council (HCPC) and the British Association for Counselling and Psychology (BACP). bMindful Psychology is also an organisational member of the BACP.

We have a flexible structure to offer bespoke services attuned to the needs of the children, their parents, carers and others providing care and education, supporting your existing team to deliver high quality therapeutic care.

## Training Academy

bMindful offer an innovative and comprehensive selection of training targeted at foster carers and those who support the fostering families. We offer a diverse range of engaging content that equips attendees with the knowledge and skills to address a variety of needs, and an over-arching aim of equipping them to work in a more nurturing and therapeutic manner.

Our professional training courses help attendees to develop core skills in understanding the emotional and psychological development of children and young people, and provides insight into effective approaches to both identify those in need of additional support and to be able to offer the right support for them.

Alongside our catalogue of training topics, our dedicated team of professionals are equipped to develop bespoke and tailor-made training programmes to support you and your teams.

We offer:

- A wide range of courses from introduction to therapeutic care, PACE model and attachment theories, through to specialist programmes focussing on specific areas such as self-injurious behaviour, youth violence & criminal exploitation, child sexual exploitation, harmful sexual behaviours and more
- 1-2-1 expert support, when more focussed topics and discussions are required
- Convenient learning, delivered on a face to face or online basis
- Increased knowledge and skills of your carers and team members which will expand their experience of providing care with a trauma informed therapeutic approach
- Accredited courses, recognised qualifications for team members and seniors in therapeutic practices

Full details of the training programmes we offer are available on our website [www.bmindfulpsychology.co.uk](http://www.bmindfulpsychology.co.uk)

## Trauma Informed Therapeutic Care

Research shows that the provision of a trauma-informed therapeutic environment aids the recovery of children and young people and builds the foundations to provide them with the opportunity to thrive.

It can be difficult for fostering agencies to deliver this from an internal perspective and so bMindful can support your organisation to adopt a trauma informed therapeutic approach, offering a genuinely therapeutic care provision to children, young people and local authorities.

Working with bMindful provides you with ready access to a team from a variety of professional backgrounds with extensive experience of working with a number of fostering agencies. This allows us to tailor what we can deliver to precisely match the requirements of your organisation.

Our cost-effective approach will enable you to provide your teams and carers with the appropriate skills and knowledge to deliver high quality outcomes for children and young people on a day to day basis.

Your foster carers, children and young people will have full access to direct one to one support, when it is needed and without delay, and will have an opportunity to contribute and inform the best therapeutic approach that will work for them.

Our services and teams are structured to readily adapt to the changing needs of children, young people and their carers, securing you a fully adaptive and flexible service.



Get in Touch



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