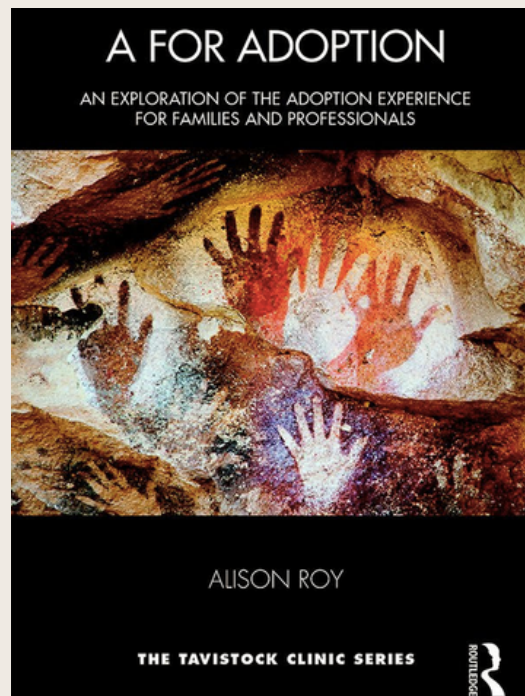


# A FOR ADOPTION

ONLINE TRAINING WITH:

ALISON ROY

Consultant Child & Adolescent Psychotherapist,  
Psychotherapist, Counsellor, Trainer, Specialist Consultant  
& Author.



"Having an understanding of the child within and the importance of our earliest relationships provides me with insights for my work across the age range and with organisations. There are so many perspectives that present themselves when we dare to work on ourselves. Having an understanding of our journey or story is vitally important for our relationships and if we are to achieve our own version of success."



# A FOR ADOPTION

## ONLINE TRAINING

### PART 1 -17TH JANUARY,

**Understanding the significance of stories** - past and present in work with adoptive individuals and families and those who have experienced care.

### PART 2: 24TH JANUARY,

**Writing trauma stories** - Writing trauma stories - building a narrative in a digestible form, using the story as a medium for processing significant trauma. This process can be very helpful for professionals, where the history of the individual, sibling or family group "just feels too overwhelming" as one social worker put it.

### PART 3: 7TH FEBRUARY.

**Live supervision\*** - An opportunity to bring examples of narratives/stories whilst respecting confidentiality, to share in a live supervision environment.

***\*only those who attend the first two sessions can attend the live supervision session.***

FOR PROFESSIONALS

£70 PER SESSION OR £200 FOR SERIES



INFO@PSYCH-COMMS.COM

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# WHO IS THIS FOR & AIMS

Professionals working with looked after and/or adopted individuals, adoptive families or those who have experienced significant losses and upheavals in childhood such as Refugees and asylum seekers. The ability to be self-aware and psychologically minded is key with access to supervision or peer support.

## **Aims of this training:**

- To have an opportunity to explore and reflect on the challenges and complexity of working with adoptees and adoptive families and the complex dynamic and parallel processes at work.
- To clarify personal and professional objectives and areas of good practice around writing a chronology, gathering a history and appropriately representing the individual's experience when they have experienced significant early losses such as through adoption or being in care.
- Setting realistic and achievable goals for ourselves as professionals in complex and sensitive work that includes managing distress and understanding the impact of significant loss and trauma.
- How to keep the history in mind when working with the professional network
- To consider the obstacles and challenges to thinking and feeling when “gathering up” and presenting of a story which can be difficult to bear.

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# BROADER THEMES WE WILL COVER

- Gathering the information – working in partnership – understanding who holds what in terms of the history – known and “unknown” and how to draw this together relating to either the adoption process and experience or for individuals who have experienced care.
- Different kinds of remembering - helping professionals and parents assess what is important to an individual about their story, the main headings and how they want to tell it.
- Why do things get lost? Missing details in histories can still be part of a story. Understanding the gaps and the obstacles to getting information and the significance of the losses and how to weave these into a story where the hope can feel authentic.
- "Never enough" Using live supervision to share feelings of helplessness along-side hope in the work, sharing areas good practice whilst being able to think about the challenges and dilemmas.



# WHAT CAN I HOPE TO GAIN FROM THE TRAINING

- Using stories to gain a deeper understanding of the underlying difficulties that prevent people and information being shared and thought about together, in order to process and allow for healing and healthier development.
- Learning from others and their practice and experience, in an environment where challenges and difficulties are appreciated and encouraged.



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# ABOUT ALISON



Alison Roy is a consultant child psychotherapist, psychotherapist, author and trainer. She worked in the NHS for over 25 years and now works primarily in independent practice but with close links to public sector organisations.

She was the co-founder and Clinical Lead for AdCAMHS, a specialist adoption service and has written a book *A For Adoption* (2020), a chapter in *Education through the Arts....*(2021) and contributes regularly to main-stream media.

Previously she was the director of communications for the Association of Child Psychotherapists (ACP) and before that she founded a community arts project and magazine for young people on the fringes of society. She lives in Sussex with her husband and two children.

Her specialist areas of interest are adoption, working with trauma and traumatised systems. Writing trauma stories and building narratives that can help individuals, families and networks process trauma that would otherwise prevent growth and development. She has experienced how seeing complex dynamics and difficulties through a trauma lens can give professionals the tools and resources to shift things that feel stuck and facilitate meaningful change.



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# HOW TO BOOK

BOOK VIA THE TRAINING PAGE ON OUR  
WEBSITE.

[WWW.PSYCH-COMMUNICATIONS.COM](http://WWW.PSYCH-COMMUNICATIONS.COM)

YOU WILL RECEIVE A WELCOME EMAIL WITH  
THE DETAILS.



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