



## NURTURING ATTACHMENT GROUPS

Nurturing Attachment Groups (NAGs) from Families Empowered are revelatory programmes designed to support, guide and develop insight for parents and carers of children who experience attachment difficulties following trauma and abuse.

Based on attachment-led research, and underpinned by Dyadic Developmental Psychotherapy (DDP) and PACE (Dan Hughes), we breathe real-life into theory through practical discussion, videos and meaningful activities all facilitated by experienced professionals and DDP practitioners.

Nurturing Attachment Groups were developed by Kim Golding and form an evidence-based approach that has been evaluated in a number of areas of the UK, including Oxford, Worcester and the North-East.



ASF-compliant, NAGs can accommodate parents, carers or guardians from up to 12 families in each group.

The groups can also be oriented to support SGOs, adoptive parents or foster carers for a responsive, pragmatic approach that represents excellent value.

### Over three modules, we:

- help parents and carers understand the impact of trauma on a child's development and security
- explore the principles of PACE - Playfulness, Acceptance, Curiosity and Empathy (Dan Hughes); and the House Model of Parenting (Kim Golding)
- encourage parenting skills that adapt to a child's emotional and behavioural needs
- examine how to manage behaviour within the context of building trust and relationship security – the 're-parenting' model.

### Our group programmes:

- address the isolation many parents and carers feel
- provide a non-judgemental and supportive space for them to increase their skills and improve their confidence.



- encourage ongoing reflection and self-analysis through personal diaries
- allow partners to get involved through weekend overview sessions for each module aimed at widening understanding and support
- establish community via closed Facebook groups, facilitated by the group leaders
- offer continuing development with our Therapeutic Development Days.

Once enrolled, each family benefits from a full year of support, guidance and consultation from our experienced team, with 18-week intensive support during the weeks when NAG modules are running.

## NAGS IN MORE DETAIL

Nurturing Attachment Group sessions are divided into 3 modules with 6 sessions per module. They are held during school term times over a 12-month period.

We provide the venue, refreshments and all course materials.

We invoice based on an April year-end to facilitate funding requests via the Adoption Support Fund.



### Group structure

Each Nurturing Attachment Group is a closed group of up to 12 members. It is important that members attend every session to benefit fully. Each session is 3 hours long with a 20-minute comfort break.

### Pre-NAGs contact

Once enrollment has been confirmed, we make contact with each member of the group, by telephone or home visit, to introduce ourselves, learn more about them and discuss any concerns ahead of the first session.

### Module 1 (6 sessions)

Provides an understanding of attachment theory, patterns of attachment and an introduction to therapeutic parenting. With particular emphasis on the development of mind-mindedness and attunement, the parents can become more reflective and learn to notice their own internal experience – in preparation for reflecting on their child's internal experience in later modules.

### Module 2 (6 sessions)

Introduces the House Model of Parenting and PACE, providing guidance on how to help the children experience the family as a secure base. Parents are also encouraged to take care of themselves as an important part of building security for the children. This includes an introduction to mindfulness.

### Module 3 (6 sessions)

Deepens the exploration of the House Model of Parenting and PACE with specific consideration to how parents can both build a relationship with the children and manage their behaviour – emphasis is on connection before correction. This approach enables trust to build and the child's confidence and security increases.

### Additional support

Each group member receives a module handbook which complements the work covered during each session. Alongside the group sessions, we encourage members to keep a diary to support their ongoing reflection and self-analysis.

Individuals can share excerpts from their diary during a NAGs session, if they feel comfortable, or with their social worker.

### Partner sessions

We recognise that it's not always possible for our group members to bring their partners with them, so we offer module overview sessions held at weekends to facilitate wider family understanding and support whenever this would be helpful.



### A sense of community

We provide a closed Facebook forum for each group during the modules, including access to private messaging for specific advice and support from our team. Once they have completed all 3 modules, members are then directed to a wider NAGs Graduates Facebook Group for ongoing support and information.

### Graduate Therapeutic Development Days

Our NAGs Graduate events enable all past group members to join us for a day of workshops and discussion on themes or issues members feel are important, eg relevance of Life Story Work. These days not only deepen understanding, they help foster the friendships between members that are crucial for feeling confident and supported.

