

## **Neuro-Physiological Psychotherapy – Level 2 (2<sup>nd</sup> – 6<sup>th</sup> February 2015). Family Futures**

I would like to sincerely thank the FPSA for granting me funding which enabled me to complete Level 2 training in Neuro-Physiological Psychotherapy (NPP). Both Level 1 & 2 NPP are run as 5 day courses at Family Futures in London. NPP describes a Neuro-Sequential Approach to therapeutic work with children and young people who have experienced Developmental Trauma.

The course structure for Level 2 builds on the theoretical underpinning given at Level 1, and again includes teaching from a number of Family Futures staff (including Therapists, Social Workers, Somatic Experience Practitioner, Occupational Therapist, Education Consultant), each leading on specific areas of the course. Their wide ranging knowledge of theory, and use of personal and professional practice examples really enriched the course content for me. In addition to this, the Level 2 course allowed for more experiential learning and work around application of the approach into therapeutic practice with children and families.

Day 1 gave further detail of the Somatic Approach to Therapy with Traumatised Children, focusing on how trauma is stored and experienced in the body, and therapeutic tools for supporting children with this. The day also covered the importance of self-care when working in a therapeutic role.

Day 2 offered great experiential learning around Sensory Integration and strategies, as well as Attachment based strategies including further explanation of the Theraplay approach, and its use within the NPP model.

Day 3 allowed for an in depth exploration of Life Story Work, using a variety of creative therapeutic techniques for helping children resolve trauma, and work through a coherent record of their story.

Day 4's learning focused on Home and School strategies for helping children with Cognitive Processing Difficulties, exploring this area with the use of detailed case studies, group discussion and thinking around creating interventions and support planning.

Day 5 moved on to think about the Systemic approach and application of the NPP framework, and allowed chance to bring in case studies from the groups own experience, thinking together about applying the approach, and planning for completion of the Level 3 Programme.

The work of the Family Futures team, and, in particular, their NPP approach, builds on a foundation of work from renowned experts in the field Trauma including Dan Hughes, Bruce Perry, Pat Ogden, Peter Levine and Bessel Van der Kolk.

The Family Futures staff team are extremely experienced, and it is clear that the service has a genuine passion for making a real difference in the lives of the families they encounter. As with the Level 1 Programme, each day of the Level 2 course flowed well into the next, with a real sense of integration of theory and practice. Learning was enhanced by the many opportunities to build on prior learning, and truly *feel* – as well as understand – the

importance of a Neuro-Sequential Approach to therapeutic support for children and families. Throughout the week, questions and discussion were encouraged, and alongside the teaching and presentation from Family Futures staff and trainers, there was also a great deal of opportunity for group work, experiential learning and use of film clips of Family Futures practice to enhance learning.

Whilst Family Futures' main role is around support for children in adoptive placements, I feel that this approach is easily transferable to all children and families in need of emotional and therapeutic support around attachment, whether they be adopted, fostered, or living with birth families.

I would highly recommend this course to anyone working therapeutically with children and young people, particularly those working with children who may have been traumatised by their early experiences and attachments.

Without the funding from the FPSA I would not have been able to attend this course, and I am incredibly grateful for this opportunity. I have shared the positive work that the FPSA do with my colleagues, as well as sharing my personal experience of your support, and my gratitude.

Best Wishes and Many Thanks,

Rebecca Tivey

Tier 2 CAMHS Practitioner

Nottingham City