



THEiA

Care Excellence Programme Rose Model of Therapeutic Care

There is nothing more important in the looked after provisions for children and young people than their primary care givers. I am excited to announce that THEiA will use its resources to introduce a new programme for carers of children, young people and their families.

This programme is called the Care Excellence Programme (CEP) and uses the established Rose Model of Therapeutic Care as it's heart; this course will be a 5 – day programme for all those who are providing care for a child or adolescent who has been impacted by early life trauma.

This would typically be available for foster carers, kinship, special guardians and connected carers, adopting/adoption parents and residential carers. The days will run from 10am GMT/Summer Time until 2pm and so equate to 20 hours of training – and the timing hopefully will ensure family time can be uninterrupted.

The CEP award will be initially delivered by me, and I will invite guest presenters from different skill sets who will add their journeys and experience to guide the learning as we progress. The exciting thing is the course will be delivered online and at NO COST to the student – it will be available as a complete programme and those that apply will need to commit to each day. This training is not free, but funded by THEiA (TLSWi).

It is my intention to provide 1600 places in the first year, with each presentation repeated 10 times for up to 160 attending each on Zoom. I envisage this training to reach 16000 carers across the country over the next decade, so that they are not only seen as able, and professionally aware, but also become the champions for those they care for.

There will be online handbooks for the programme and reflection workbooks for students to complete during the training days, culminating in a reflective journal that will hopefully provide a useful resource. All work required will be done in the hours of learning as reflection time will be part of the course.

Professor Richard Rose, Director and Founder of TLSWi

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Care Excellence Programme – 5 Day Course

Day 1: Child Development and Attachment

Day 2: Monsters and Ghosts - Trauma and its impact on the brain, body and spirit

Day 3: Recovery through Hearing, Holding and Loving - TLSW

Day 4: Caring for children and young people with complex needs

Day 5: Self Care and the problem with NEWTS

Care Excellence Programme – Learning Objectives for each day

Day 1: Child Development and Attachment

A guide to child development in the neuroscience age. Awareness of attachment theories
Introduction to attachment interventions. Reframing attachment language to engage young people.

Day 2: Monsters and Ghosts - Trauma and its impact on the brain, body and spirit

A modern take on trauma and its unique impact on the child, the carer and those around both.
Understand current theory around trauma. Clarity of the uniqueness of trauma and the traumatised child. Short, medium and long term impact of the invisible hurt.

Day 3: Recovery through Hearing, Holding and Loving – CPR and TLSW

How to hear the stories of children and respond to those stories in a non-judgemental and supportive way – using unconditional positive regard as a start point. How to hold the story for the child and use it in such a way that it reduces the preoccupation untold stories take up in our bodies, mind, emotions and spirit.

Day 4: Caring for children and young people with complex needs

Attendees will be more informed of the language of complex need and a guide to current cognitive and social challenges. An overview of the term neuro divergence and how 25 years of knowledge has shaped our current approach.

Day 5: Self Care and the problem with NEWTS

To consider the reality of Vicarious Trauma and its relationship to the NEWT problem – for those curious, we need to consider the concept that we acclimatise before it is too late and to avoid losing a sense of self and emotional safety.

To understand the importance of self-care, not only for the carer, but for those they live with, that they love and are dependent on.

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Care Excellence Programme – How to Apply

Those wishing to apply for this course will be able to do so via www.theia.ac. Delegates will be required to provide a supporting professional reference and will need to have the reference proforma completed and signed by their referee. Please note that the signature provided must be *an original*, not typed name.

Time: 10 AM – 2:00 PM

Online Course via Zoom

Any questions, please do not hesitate to contact us.