

Witherslack Group's Therapeutic Practice Model

Our therapeutic model aims to support children and young people to live healthy and happy lives, establish meaningful relationships and achieve their full potential. We recognise that when a child actually feels safe living and learning with us, they will be able to begin to explore the possibility of developing new connections and relationships. These are the foundations from which they will develop the ability to regulate and understand their emotions, and the capacity to access opportunities for learning and further development.

Stage 1: Safety & Containment

Our first therapeutic focus with all our children and young people is to re-establish or indeed establish a feeling of physical & emotional safety and containment. We do this by:

- Providing specialist therapeutic living and learning environments
- Creating an atmosphere of safety, security and nurture around each child
- Establishing trust, routine and boundaries
- Adapting the physical environment to the individual's needs
- Personalising the curriculum and learning approaches
- Implementing our Internal Team Around the Child (ITAC) meetings
- If appropriate, providing advice and guidance to the child's parent/carer

During this settling period we undertake an initial clinical assessment which will help identify individual needs, areas for further assessment and shape our initial therapeutic goals.

Stage 2: Relationships & Connections

Once Stage 1 is achieved and the child feels a sense of stability, safety and support our therapeutic focus moves to the development of engagement, connections and relationships with others. We do this by:

- Supporting children and young people to communicate their emotions and regulate their behaviour
- Helping them identify and reduce unsafe or unhelpful behaviours
- Delivering clinically supervised key worker sessions
- Implementing clinically developed and monitored support programmes
- Providing targeted small group work and parent engagement, where appropriate
- Delivering child focused and reflective practice meetings

During this time some children may have further assessments, but as relationships, understanding and trust are built, we can now start to accelerate the support and in turn each child's progression and development.

Stage 4: A Platform to Achieve

This unique approach to supporting young people provides them with the platform to achieve uniquely outstanding outcomes, which in turn enables each young person to go on to realise a future filled with aspiration and achievement.

Stage 3: Experiences & Learning

Now that we have built stronger relationships and levels of trust, our children & young people will be able to begin to engage in new therapeutic experiences and learning opportunities. We do this by:

- Identifying and removing any remaining barriers to learning
- Offering bespoke and individualised therapeutic support as they engage further with their education
- Constantly reviewing progress and behaviour and adapting our focus to changing needs
- Providing group therapy and targeted family work, as appropriate
- Supporting through one to one interventions, as required
- Conducting targeted and ongoing clinical assessment to inform future support

Stage 3 will continue to adapt and respond to both the individual's needs and progress.



Witherslack Group's Three Waves Model

This holistic therapeutic support and intervention service provided by our multi-disciplinary teams can be mapped onto the **Witherslack Group's Three Waves Model**.



Wave 1: Clinically Informed & Supported Specialist Living & Learning Environments

- Therapeutic Milieu
- Whole school/home developments and focus
- Curriculum adaptations and class initiatives
- Staff training
- Internal Team Around the Child meetings
- Generic parental advice and guidance



Wave 2: Targeted Clinically Led Therapeutic Intervention

- Clinically supervised keywork sessions
- Clinically developed and monitored targeted programmes
- Targeted small group work
- Targeted parental engagement
- Child/young person specific training sessions
- Child focus and reflective practice meetings



Wave 3: Direct Clinical Engagement

- Individual Therapy
- Group Therapy
- 1 to 1 Direct Interventions
- Targeted family work
- Targeted clinical assessment