



Stories for Attachment Group

The group runs for 6 sessions and is open to foster carers, adoptive parents and kinship carers who would like to engage in therapeutic story writing/telling skills. The group aims to support parents and carers to use story to teach children new behaviours, maintain and deepen a sense of belonging, address gaps in a child's history and explore and address past experiences of trauma.

The Stories for Attachment Group is based on the work of Dr Natalie Briant, Clinical Psychologist.

The aims of the group are:

- To provide **support** to carers and parents who can feel very isolated caring for children with attachment difficulties
- Introduce participants to Narrative Attachment Therapy and **increase their awareness** of how to use stories in a therapeutic way
- Increase the participants **confidence** in creating stories to meet the specific needs of their child
- To **promote attachment relationships** between carers / parents and their children

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