



HOLDEN KNIGHT THERAPY SERVICE

Our in-house Therapy Service works closely with our teams and throughout the business to develop and embed our therapeutic approach. The Therapy Service are Clinical Psychology led and are specialists in providing therapeutic support to Residential Childcare Services.

KEY AREAS OF SUPPORT INCLUDE:



FOUNDATIONAL KNOWLEDGE

Holden Knight Therapy Service deliver training and support throughout a staff members journey.

Including

- Induction Training
- Bespoke Workshops
- Advanced Therapeutic Practice Training



INDIVIDUALISED CARE

We provide assessment and formulation to support individualised care.

We create Therapeutic Support Plans to help teams recognise and meet young people's needs.

We may where appropriate provide 1:1 therapy and supervise keyworking plans on a needs led basis.



SUPPORT FOR TEAMS

We provide weekly support to teams working with young people.

In addition we complete monthly full team consultations which provide ongoing learning, reflective practice, reviewing plans for young people and emotional support for staff to support resilience and placement stability.



REFLECTIVE PRACTICE

We work closely with Registered Managers to help them reflect on the needs of their homes.

We provide ad hoc phone and email support during times of increased difficulty, to help staff members step outside of situations and identify repeating patterns.



RESOURCES AND OUTCOMES

We develop high quality resources which can be used by teams providing support within the home to achieve their identified goals.

We help to review and measure progress towards the therapeutic aims of the company both for their staff teams and young people.



Our Safe Steps Approach

Drawing on the most up to date evidence base for working with young people who have experienced adversity, our therapeutic approach is sequential, developmentally informed and relationship led.

Centred around the key tasks of therapeutic parenting and trauma recovery, our model prioritises establishing physical and emotional safety at all levels, while sequentially working on building trusting relationships, showing care in ways young people can tolerate and accept, and, when the young person is ready, building the skills and knowledge they need to process their trauma and move forward.

CHILD-FOCUSSED

We use individualised care plans to meet young people where they are



TRAUMA INFORMED

We use a trauma informed lens to understand a young persons underlying needs



DEVELOPMENTALLY SEQUENCED

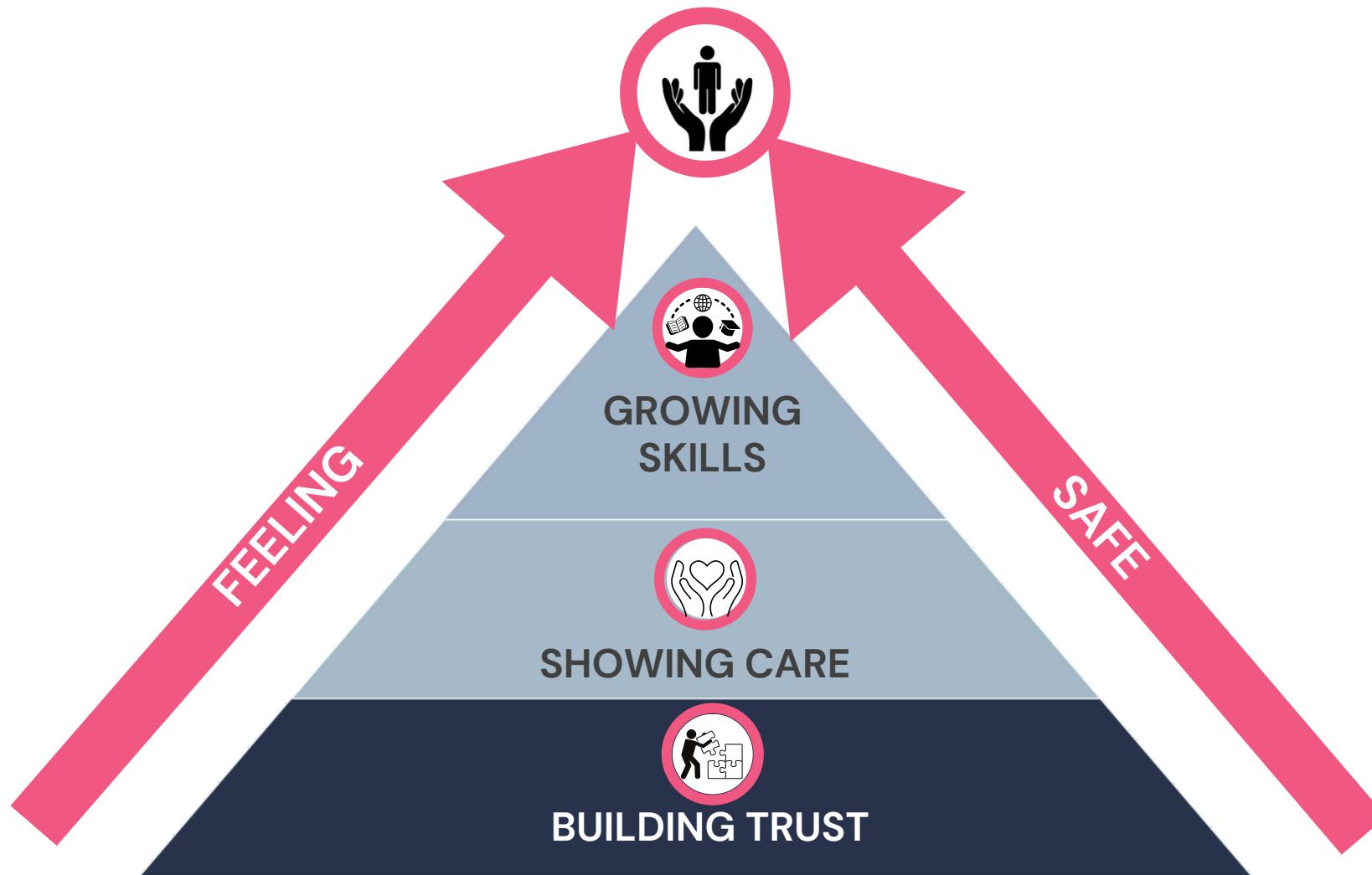
Interventions are designed to be delivered in sequence to support holistic development.



SAFELY EMPOWERING

Physical and emotional safety is prioritised at all levels so that young people can feel empowered to be involved in their care.





HOLDEN KNIGHT'S SAFE STEPS APPROACH

Guided by their individual psychological formulation, all therapeutic work is centred around personalised ways of achieving these tasks for young people. We aim to maintain a hopeful vision for our young people, to build the connections with them, and confidence within them, that will help them to reach their goals.

FEELING SAFE

Establishing and maintaining physical and emotional safety as a foundation and throughout a young person's time with us to regulate their nervous system.

GROWING SKILLS

Building in a developmentally informed sequence the knowledge and skills that young people need to process their trauma, progress to their goals and engage with their future.

BUILDING TRUST

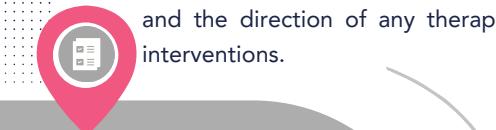
Building bonds based on trust which change young people's perceptions of others and provide a secure base for future connections.

SHOWING CARE

finding ways to show tolerable care that young people can accept and integrate into their sense of themselves as someone loved and valued.



Safe Steps Approach



Referral

The Therapy Team can support with discussions around matching, risk management, goals for placement and the direction of any therapeutic interventions.

Arrival to the Home

A welcome document will be completed highlighting any issues that the team may wish to consider during the first few weeks.



Understanding Needs

A team formulation exercise will be completed for each young person to identify their needs and build a therapeutic support plan focussed on the therapeutic tasks.



Monthly Consultation

Ongoing monthly support with therapeutic plan updated in response to new strategies suggested. Monthly Managers Check In to direct support. Bespoke training and reflective sessions for teams also offered.



YOUNG PEOPLE'S THERAPEUTIC JOURNEY

SAFE STEPS, SUPPORTED GROWTH...

Weekly Support

The Clinician visits the home each week for at least half a day, this is an informal visit where adhoc support can be provided, they can build relationships with the team and embed our support.



Therapeutic Library

Library of resources and Keyworker Intervention Tools (KITs) to support therapeutic service delivery.

Monthly Newsletter
Stepping Up
sharing practice
ideas



Saying Goodbye

Leaving document prepared to support strategies for saying goodbye and having positive endings where possible.



Individual Therapy

Where young people are ready and this is identified as a need, 1:1 therapy can be offered.

Adhoc Crisis Support

Adhoc support for managers during crisis points, including focussed working, increased team support and attendance at meetings when requested.

