

# Cambridgeshire Adoption Support Service

Therapeutic Parenting Programme (TPP)



In Cambridgeshire we offer a variety of interventions to Adoptive families who are experiencing difficulty in their family relationships. Sometimes adoptive families become stuck and see no way forward. This is where TPP comes in.

**Our Therapeutic Parenting Programme (TPP) is based on the emerging research coming from the field of brain-based parenting and how this relates to attachment.**

The programme lasts 12 sessions as detailed below and incorporates the work of Dan Hughes, Prof. John Baylin and Dr. Daniel Siegel, and is based on the book, 'The Whole Brain Child'. Elements of this book are re-produced on the work sheets that accompany the programme with the kind permission of Dr. Siegel's team.

### **Session 1**

#### **Parenting with the brain in mind**

An introduction to the programme.

### **Session 2**

#### **A. Integrating the left and right brain**

How to help you and your child use their logical and emotional brain together as a team.

#### **B. Integrating the 'upstairs' and 'downstairs' brain**

How to help you and your child gain impulse control.

### **Session 3**

#### **Integrating memory for growth and healing**

Gaining an understanding of how memories influence behaviour.

### **Session 4**

#### **Integrating the many parts of the self**

Learning how to pay attention to your thoughts and feelings.

### **Session 5**

#### **Integrating self and other**

Making the most of your time together, and how to use conflict positively.

### **Session 6**

#### **Conclusion / summary**

### **Sessions 7-12**

These sessions revisit the programme with the child in mind.

The programme will be evaluated at the mid way point and the conclusion.

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