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healingtogether

Facilitator Programme

Nurturing Children Impacted by
Domestic Abuse and Violence



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Welcome

Innovating Minds is a multi-award-winning social enterprise that prioritises investing its surplus income into supporting children impacted by domestic abuse.

Innovating Minds brings you the:

healing together

Facilitator Programme

Since 2016, our team of Clinical Psychologists have developed the Healing Together programme and supported children across Birmingham. We are now investing in training facilitators nationwide to deliver the programmes, so more children can access the help they need.

Dr Asha Patel Founder and CEO of Innovating Minds



Since starting the group, he has had fewer anger outbursts. He has got so much better at opening up & expressing his feelings.

It has given her the language to express how she is feeling and almost permission to discuss things.



Our Journey & Approach

The 'Healing Together' programme was born out of a request from mothers who had started their journey of recovery from domestic abuse and violence. They expressed that they wanted similar help and support for their children but could not find anything suitable. Their children were labelled as 'naughty', they were at risk of exclusion from school and struggling to access any help.

Healing Together defines the approach we have adopted, and is a programme for children who are no longer living with the abusive adult. We believe that children are more likely to have a successful journey of recovery when their primary caregiver has started their own recovery, placing them in a better position to support the child.

The programme uses a combination of psychological models to help children to regulate their emotions, build self-esteem and engage in healthy relationships.



My daughter has gained a lot of confidence and support since coming to this group. The things she has learnt is priceless and will help her to develop good relationships in the future. She has gained confidence and understanding. She is coming to terms with what happened in her past.

The Evidence-based Approach

This programme is unique in its approach as it combines trauma informed principles with:

- ✓ Relational approaches
- ✓ Neuroscience
- ✓ Attachment models

Reliable and valid outcome measures are used pre- and post- intervention to measure the impact of the programme. Innovating Minds is committed to measuring impact and ensuring the programme continues to make a difference to children's lives.

The Healing Together training courses and materials are grounded in research and written by **Dr Asha Patel** (Clinical Psychologist) and **Jane Evans** (Childhood Trauma Expert).

Jane Evans

From over 25 years working with children, young people and adults who have experienced domestic and abuse. I've repeatedly been shown, that feeling safe on the inside and within relationships is the hardest thing to nurture and create afterwards. **Healing Together** provides facilitators with the understanding and approach to offer children and young people impacted by domestic violence and abuse.



Our programmes have been piloted since 2016, feedback is regularly reviewed, and we update our materials in line with research developments.

The Healing Together Programmes

Healing Together facilitators can qualify to deliver the following programmes.

Primary Schools (9-11 years)

**One to One Programme
6 Sessions**
(45 minutes per session)

**Group Programme
6 Sessions**
(45 minutes per session)

Secondary Schools (11-16 years)

**One to One Programme
6 Sessions**
(45 minutes per session)

**Group Programme
6 Sessions**
(45 minutes per session)

The more healthy relationships a child has, the more likely he will be to recover from a trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love.

Bruce D Perry

Programme Outline



Primary & Secondary Session Outline

Session 1

- Introduction;
- Keeping safe;
- Grounding and breathing.

Session 2

- Our brain and our bodies working together.

Session 3

- Physical Sensations;
- Our bodies warning us;
- Sensory safety.

Session 4

- Finding your feelings;
- Feeling your feelings.

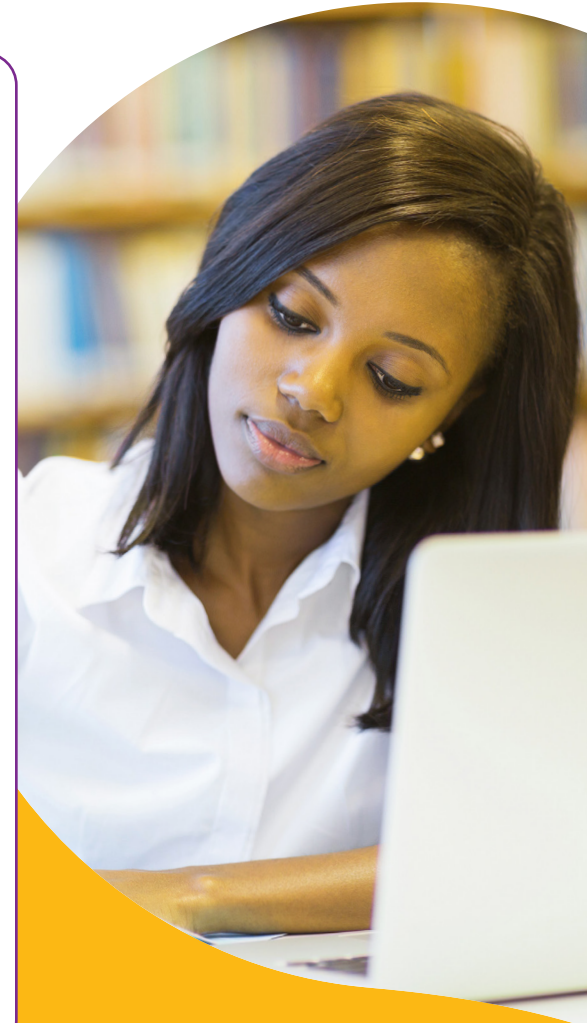
Session 5

- Coping strategies.

Session 6

- Support plan;
- Dear Buddy letters.

I can't thank you all enough! We have a calmer household and a much happier mum and son - with lots of cuddles offered by a very happy boy).



Facilitator's Training Programme

She is normally quite shy and not very open, so this change is a welcome relief.

The Facilitator's Training Programme is wrapped around robust support, training and access to all the resources for you to successfully deliver the Healing Together programme.

We believe it is important to support our community of facilitators, therefore, we will provide access to support and ongoing continued professional development (CPD).



Application Process



Remotely attend the three-day training course



Complete the online training & learn how to facilitate each session



Welcome to the Healing Together Facilitator community



Support children by delivering the programmes



Access support & ongoing CPD

The online portal is easy to use and includes the session plans, worksheets and video content used within each session. The worksheets are printer friendly, and you do not need to purchase any expensive resources to deliver the sessions.



Our offer during this crisis is **£900*** per person.

Our offer during this crisis is **£350*** per programme.

Costs



Our Facilitator Training programme costs £2,200 per person.

This includes:

- Initial 3 Day Training (delivered remotely);
- Access to the Facilitator's Platform (downloadable materials and resources to deliver the programmes);
- Access to support, CPD & the facilitator community.

To qualify to facilitate other programmes, there is an additional fee of £750 per programme.

Enterprise discount packages are available, please contact us to discuss.

As an approved facilitator member, you will need to do the following each year:

- Deliver at least one programme, or as many as possible;
- Attend at least one CPD session;
- Submit data & evaluation forms to Innovating Minds;
- Renew your annual membership at a fee of £85.

*Prices exclude VAT.

I searched for something similar for 3 years, to no avail. So glad we found this programme, for the chance for him to have this safe haven to open up.

Frequently Asked Questions

Q. Who can become a Healing Together facilitator?

We have criteria to ensure all facilitators have the relevant skills and knowledge to support the children, and deliver the programme skilfully. You do not need to be a trained therapist. This programme is designed to be delivered in schools and wider community settings. You can find the criteria on the website.

Q. What is the application process?

You will be asked to complete the application form and seek one reference. Once we confirm your application, we will schedule the training and provide you with the log-in details.

Q. Who can deliver the group sessions?

We recommend that two people facilitate each group session. The lead facilitator (certified facilitator) and a co-facilitator (with relevant experience). We believe that people should have the opportunity to learn from each other. We hope the co-facilitator progresses to a lead facilitator in the future.

Q. How many children can be in a group?

In order to maintain safety and quality, we cap the group numbers at:

Primary group programme: 5 children maximum

Secondary group programme: 6 children maximum

Q. Can siblings attend the same group?

No. Everybody's experience of domestic abuse is unique and therefore siblings need their own safe space to start their journey of recovery. Having a sibling in the same group can impact their ability to engage effectively in the group.



Our communication has definitely improved and her perception of our 'broken' situation is changing very positively.

Q. When might you deliver the one to one programme?

If a child does not feel comfortable in a group setting and/or if they have learning needs. During the facilitator training you learn more about the assessment process.

Q. Do I have to attend the three-day training course?

Yes, despite experience or qualifications everyone that wishes to become a member must attend both training sessions and complete the training in 3 months. The training will cover topics relating to the psychological models, understanding trauma, domestic abuse and violence and how to deliver individual/group sessions.

Q. Membership Fee

You only pay one membership fee no matter how many programmes you are qualified to deliver. If your membership expires you will not be able to deliver the programmes. Your membership will lapse if you do not deliver one programme per year.

Testimonials from Children

I know you may be going through a lot right now, but I was too. This group helped me with lots, and it will help you too. Please consider coming, it is actually very life changing and it is a great opportunity.

Don't be scared you get to learn coping strategies and make new friends.

This group has really helped me, and it can help you too. I hope you enjoy your time at the group.



The Healing Together programme, and the course I went on were really important for us all. It drew a line. It was a neon sign that said, 'This was not OK.' Now he [child] is beginning to realise that there is a better way to live.



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