



ATV Adoption Support Team

Post-Adoption training, groups and events 2026-2027



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Building Attachment Through Play

What are the aims of this workshop?

- A fun, interactive (parents-only) workshop to think about how to build attachment through playing games.
- Using the principles of Theraplay® each workshop will introduce you to some simple, fun games and activities designed to build stronger attachments.
- There will be an introduction to the theory behind the play, and an opportunity for you to practice the games. This is an opportunity for you to have a taste of Theraplay® in a relaxed and fun way, giving you some ideas for quick and easy games to play at home.



Who is this course for?

Families with their adoption order granted

Is the course online or face-to-face?

Online

What is the duration of the course?

2 hours

How often does the course run?

Runs once a year



Managing Letterbox Contact **(for adopters)**

What are the aims of this workshop?

Managing any contact with your child's birth family can be very challenging, leaving you with mixed feelings around the benefits for your child. At first, Adopters may feel some anxiety about their own security when considering engaging with letterbox contact.

We want to look at the significance of letterbox – how it can inform your child's long-term sense of identity and emotional health. Whilst also exploring the challenges in how you share the information in these letters with your children and how you can utilise letterbox to feel more prepared to answer any questions your child may have now or in the future.

Who is this course for?

Families with their adoption order granted who have a plan for letterbox contact

Is the course online or face-to-face?

Online

What is the duration of the course?

2 hours

How often does the course run?

Runs twice a year



Online Safety

What are the aims of this workshop?

This informative workshop for families focusses on keeping your child safe online. Looking at popular social media apps, the risks associated with them and what practical measures are available to ensure your child is accessing these as safely as possible. This workshop will also explore issues around online bullying. There will also be space to thoughtfully consider the nuances of social media for adopted children in respect of direct contact with birth families and how to approach talking about this with your child. This workshop will aim to establish preventative safety measures for online safety, as well as offering practical advice around navigating incidents and concerns for your child's safety.

Who is this course for?

Adoptive families with their adoption order granted

Is the course online or face-to-face?

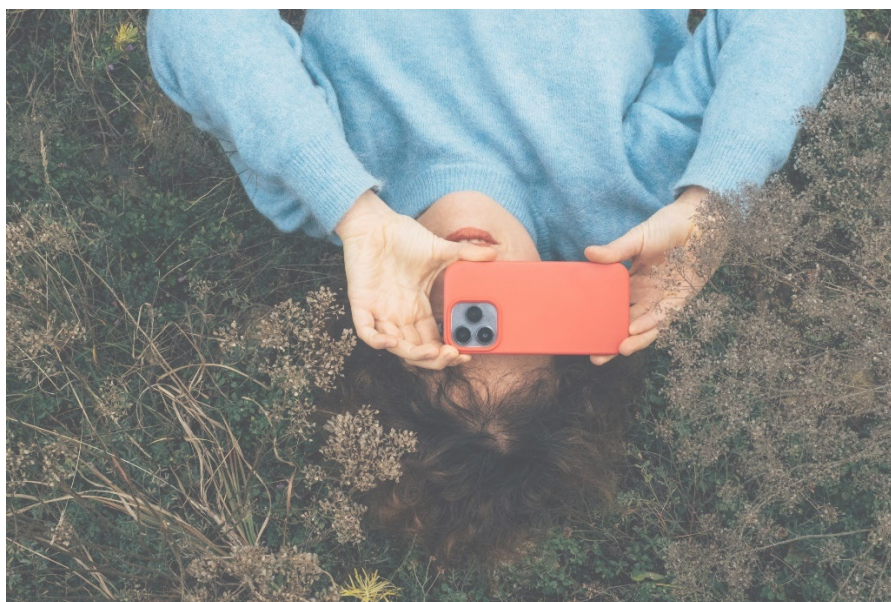
Online

What is the duration of the course?

2 hours

How often does the course run?

Runs twice a year



Changes in Access to Records

What are the aims of this workshop?

This workshop focusses on providing information around legal rights and entitlements in relation to accessing adopted person's files and records. The workshop also aims to support young adults and adoptive parents to understand the legal rights of both their adoptive family, and birth family or connected persons, in relation to accessing information held on adoption records. There will also be information about entitlements around practical support and emotional support throughout this process.

Who is this course for?

Adoptive families with their adoption order granted

Is the course online or face-to-face?

Online

What is the duration of the course?

2 hours

How often does the course run?

Runs twice a year



Counting Sheep: A Sleep Base Workshop

What are the aims of this workshop?

Sleep can be a challenge for parents and their children at different ages and stages. This workshop aims to give practical advice where sleep is a challenge, to provide information around common sleep problems and to look at sleep issues through an attachment and trauma informed lens.

Who is this course for?

Adoptive families with their adoption order granted

Is the course online or face-to-face?

Online

What is the duration of the course?

2 hours

How often does the course run?

Runs twice a year – currently on hold due to facilitator shortage.



Talking to your Child about their Life Story

What are the aims of this workshop?

This Therapeutic Programme will support you and your child to talk openly about their adoption. Adoptive parents often worry about saying the 'wrong thing' at the 'wrong time' or how to answer their child's questions. This training will support you to navigate this as they grow through different stages of childhood, including how to best utilise their life story book and their later life letter. The training will also support you to unpick the difficulties and challenges in talking to your child about their early years and their journey through adoption.

Who is this course for?

Adoptive families with their adoption order granted

Is the course online or face-to-face?

Online

What is the duration of the course?

3 sessions, 2.5 hours per session

How often does the course run?

Runs twice a year



Non - Violent Resistance

What are the aims of this workshop?

The Non Violence Resistance (NVR) programme is based on the theoretical model of NVR, which aims to reduce destructive behaviours by children and young people, including child to parent violence. NVR supports parents to be aware of their own escalation patterns and learn to de-escalate by practising self-control. There are many principles to NVR, but the most important one is that of parental presence – where there are harmful behaviours the presence is lost. In this group, parents will learn to increase parental presence, practise connection before correction, and parent in an authoritative way that is warm and has clear boundaries.

Who is this course for?

Adoptive families with their adoption order granted

Is the course online or face-to-face?

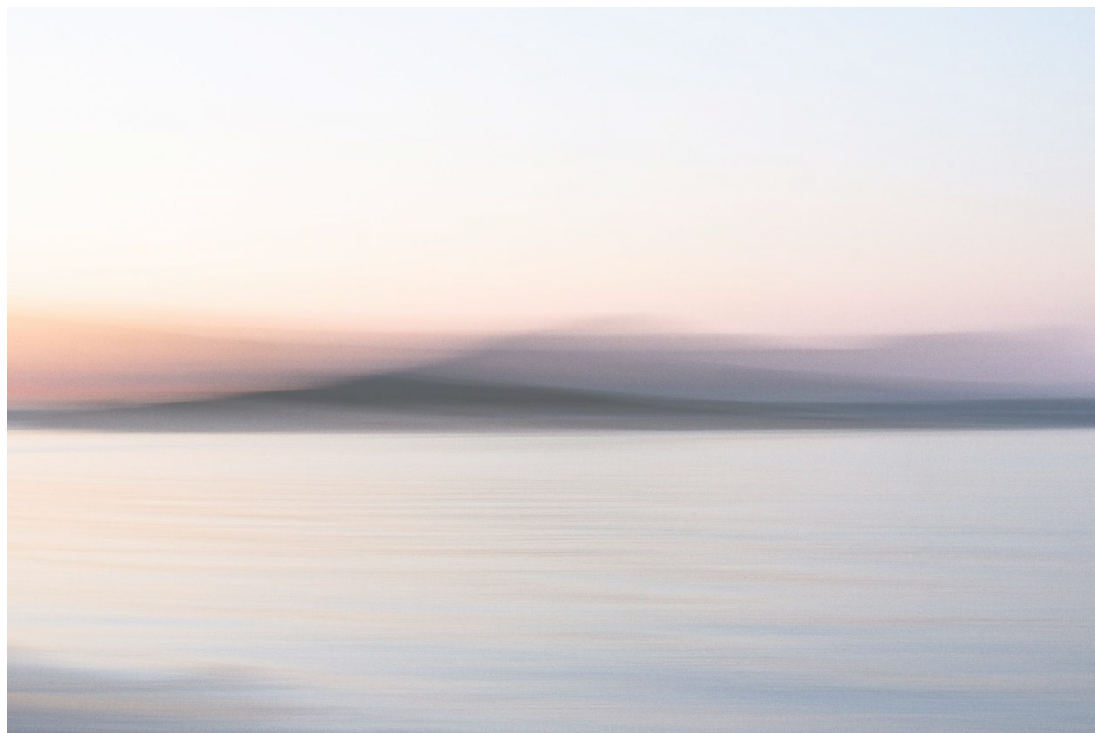
Hybrid- 10 sessions online, 2 face-to-face

What is the duration of the course?

12 sessions, 2 hours per session

How often does the course run?

Runs twice a year



Foundations for Attachment

What are the aims of this workshop?

The programme focuses upon providing a theoretical understanding of attachment theory and the impact of trauma on a child's development and sense of security; and ideas for therapeutically parenting in a way that strengthens attachment, resilience and promotes emotional growth. This work has been designed to provide support and guidance to adoptive parents and/or carers of children who have experienced trauma and attachment difficulties.

The aims are:

- To provide support to caregivers who can feel very isolated caring for children with trauma and attachment difficulties.
- To develop caregivers understanding of their children in relation to their early experiences through an increased understanding of attachment theory, child development and the impact of trauma.
- To explore ways of applying this understanding to the parenting of these children, giving practical suggestions.
- To increase skill and confidence in parenting and supporting children with attachment difficulties.

To promote attachment relationships between caregivers and their children.

Who is this course for?

Adoptive families

Is the course online or face-to-face?

Online

What is the duration of the course?

2.5 hours per session, first and last are 3-hour sessions, 6 sessions in total.

How often does the course run?

Runs twice a year



CFP – Compassion Focused Parenting

What are the aims of this workshop?

A group is for adoptive parents which aims to support them to develop greater self-compassion, alongside a deeper understanding of and compassion towards their children. This is achieved by introducing key ideas from Compassion-Focused Therapy and helping parents understand how both their own brains and their children's brains may respond when they encounter challenging parenting situations. The group then supports parents to recognise these responses and respond to themselves with greater compassion when they find parenting difficult. It's also a reflective space for them to share their parenting challenges and find peer support.

Who is this course for?

Adoptive parents living within Berkshire and Swindon.

Is the course online or face-to-face?

Face-to-face, within the Swindon or Berkshire area depending on the location of the families attending.

What is the duration of the course?

Two half days (3.5 hours per day within school hours), over two weeks.

How often does the course run?

Twice a year



Emotional Regulation

What are the aims of this workshop?

The Emotional Regulation group offers adoptive parents and special guardians the opportunity to gain a deeper understanding of emotional regulation by drawing on neuroscience and attachment theory. Parents and carers will be able to develop skills and understanding of how to support their children with managing their emotions in a way that supports and strengthens attachment security within the relationship with their child (i.e. regulation-based parenting with PACE -playfulness, acceptance, curiosity and empathy).

Who is this course for?

Adoptive families with their adoption order granted and families who have an SGO for a child in their care in Swindon or Berkshire with children aged 6-10

Is the course online or face-to-face?

Hybrid: 2 sessions online, 2 face-to-face with children

What is the duration of the course?

1.5 hours per session, 4 sessions

How often does the course run?

Runs once a year



My Mind, My Life: Working with Our Minds Through Life's Challenges

What are the aims of this workshop?

Using ideas from Compassion Focused Therapy, this group aims to help young people aged 15–17:

- Understand themselves and their struggles
- Build self-confidence
- Reduce self-criticism

It gives young people the chance to learn about how their brains work and explore ways to manage challenges. There will be time to talk and time to have fun.

Who is this course for?

Young people aged 15–17 who are part of adoptive, special guardianship, foster, or kinship families and who do not live with their birth parents, living in Oxfordshire.

Is the course online or face-to-face?

Face-to-face

What is the duration of the course?

4 hours per session over a three-day programme in school holidays

How often does the course run?

Runs once a year



Dealing with Anger and Strong Feelings

What are the aims of this workshop?

This programme aims:

- To reflect on our own and our child's anger and strong feelings
- To explore messages about anger/strong feelings
- To understand what is going on underneath the anger/ strong feelings and the linked behaviour
- To develop a toolbox of attachment focussed strategies to help prevent and safely express anger and strong feelings
- To increase parental confidence
- To offer participants an opportunity to develop support networks

Who is this course for?

Adoptive families with their adoption order granted across the ATV area with children aged 4-10

Is the course online or face-to-face?

Online

What is the duration of the course?

3 hours per session, 5 sessions (additional 30-minute 1:1 offered)

How often does the course run?

3 times per year



Coping with Teens

What are the aims of this workshop?

This programme aims:

- To increase the skills, knowledge and understanding needed for parenting an adopted/looked after teenager
- To develop a set of attachment-focussed parenting tools and strategies appropriate for teenagers
- To explore the likely feelings and needs under the behaviour
- To increase parental confidence
- To offer participants an opportunity to develop support networks
- To reflect on the differences between adoptive/looked after and birth parenting
- To build on the self-reflection and resilience needed to sensitively and positively parent an adopted/looked after teenager.

Who is this course for?

Adoptive families with their adoption order granted across the ATV area with teenagers aged 10-16

Is the course online or face-to-face?

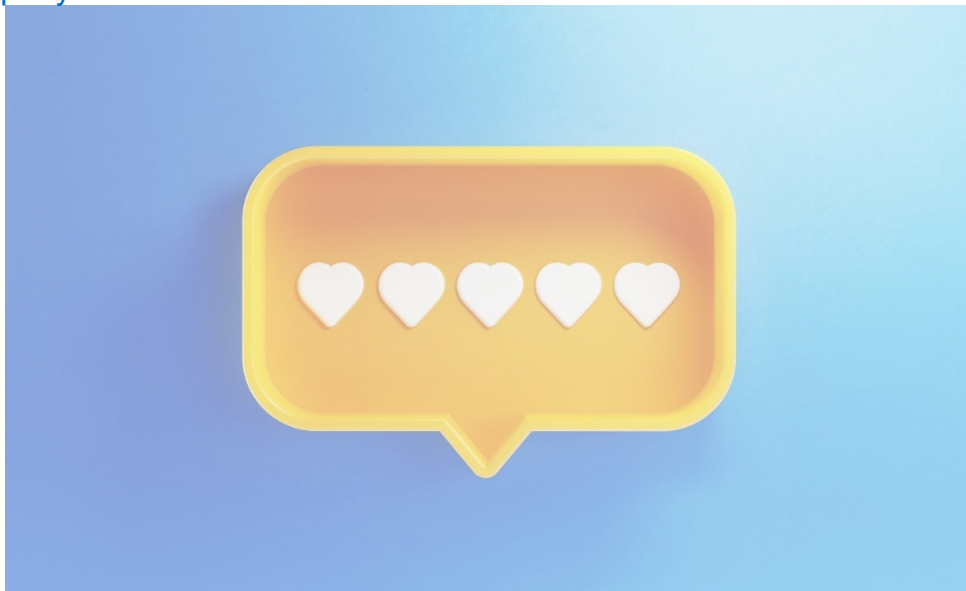
Online

What is the duration of the course?

3 hours per session, 5 sessions (additional 30-minute 1:1 offered)

How often does the course run?

3 times per year



Know Your Worth

What are the aims of this workshop?

Know your worth is an eight week programme that helps teenagers, especially girls, to build self-esteem and make good decisions for themselves. The course covers emotions, relationships and consent, social media, resilience and hopes, and is designed to help teenagers place greater value on themselves, and expect others to do the same.

Who is this course for?

Adopted teenagers across the ATV area

Is the course online or face-to-face?

Face-to-face

What is the duration of the course?

1.5 hours per session, 8 sessions in total

How often does the course run?

2 times per year



Supporting Adopted Children Through School Transitions: Moving Classes or Schools

What are the aims of this workshop?

This practical workshop is for adoptive parents and carers whose children are preparing for the move either between year groups or to another school. The session will explore why this transition can feel particularly significant for adopted children, including how attachment, early experiences and previous changes may affect feelings, behaviour and engagement with school. The workshop will focus on practical, realistic ways that parents and carers can support their child before, during and after the move to secondary school.

The session will include ideas for preparing children for change, talking with children about the move in a sensitive and supportive way, working with schools to encourage flexible and understanding approaches, and supporting emotional regulation, predictability and a sense of safety.

By the end of the workshop, parents and carers will have a range of practical strategies that they can use to support their child's confidence, emotional wellbeing and sense of security during the transition to secondary school.

Who is this course for?

Adoptive families with their adoption order granted, whose child is approaching the transition to secondary school.

Is the course online or face-to-face?

Online

What is the duration of the course?

1 hour

How often does the course run?

Runs once a year



An Introduction to Sensory Integration

What are the aims of this workshop?

This introductory workshop for adoptive families explores how sensory integration can support children's regulation, attention, learning, relationships and everyday participation.

The session will introduce the eight sensory systems and consider how early adversity and developmental trauma can influence a child's sensory and motor development. There will be space to think therapeutically about children's behaviour through a sensory lens, helping families or professionals to consider what a child's body may be communicating and how to respond in practical, compassionate ways.

Who is this course for?

Adoptive families with an adoption order granted / Professionals (run separately)

Is the course online or face-to-face?

Online

What is the duration of the course?

1.5 hours

How often does the course run?

Runs three times a year (families) / Runs twice a year (professionals)



An Introduction to Interoception Awareness

What are the aims of this workshop?

This introductory workshop for adoptive families explores how interoception awareness can support children's emotional regulation, body awareness, sense of safety, relationships and everyday participation.

The session will introduce interoception as our hidden sense that helps us notice and make sense of internal body signals, such as hunger, thirst, temperature, pain, toileting needs and emotions. It will consider how early adversity and developmental trauma can influence a child's ability to recognise, interpret and respond to these body signals. There will be space to think therapeutically about children's behaviour through an interoceptive lens, helping families to consider what a child's body may be communicating and how to support interoception awareness in practical, compassionate ways.

Who is this course for?

Adoptive families with an adoption order granted / Professionals (run separately)

Is the course online or face-to-face?

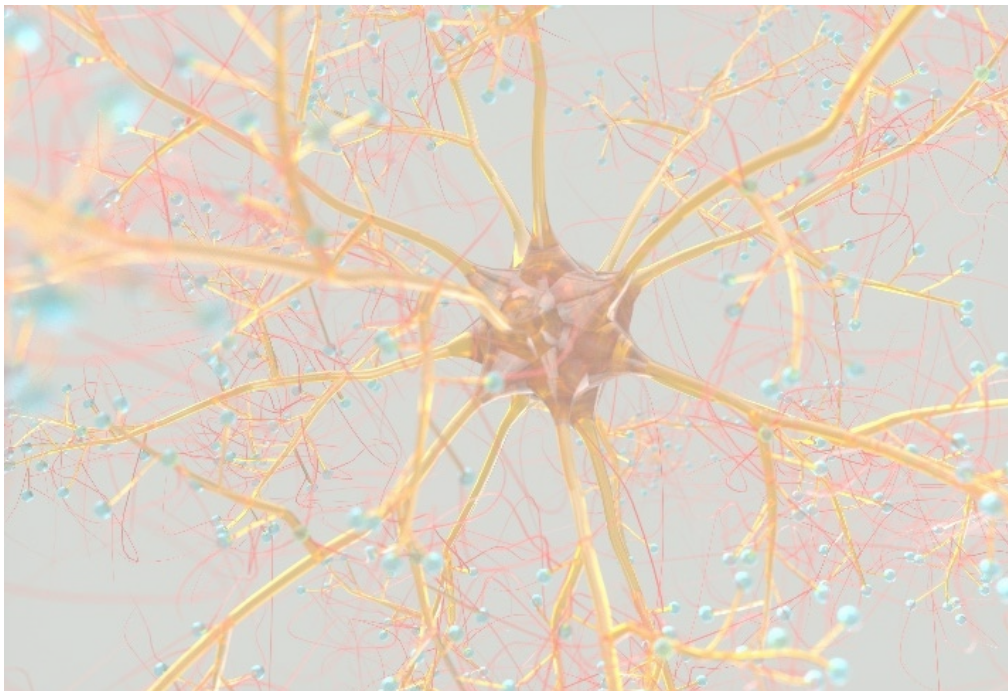
Online

What is the duration of the course?

1.5 hours

How often does the course run?

Runs three times a year (families) / Runs twice a year (professionals)



Building Bonds Through the Senses

What are the aims of this workshop?

Building Bonds Through the Senses is a therapeutic parent group run by the Occupational Therapist from the Anchor Team. The programme supports adoptive parents and carers to understand how sensory integration, interoception and developmental trauma can influence a child's regulation, relationships and everyday participation.

The sessions offer space to think about children's behaviour through a sensory and therapeutic lens, helping caregivers consider what a child's body may be communicating and how sensory-informed parenting approaches can support children to feel safer, more regulated and more connected within family life.

The aims are:

- To help parents and carers understand how their child experiences and responds to sensory information.
- To explore how early experiences can affect a child's body awareness, regulation, movement, relationships and everyday life.
- To think about how children notice, process and respond to sensory information in their everyday lives.
- To think about behaviour through a sensory and relational lens, considering what a child's body may be trying to communicate.
- To share practical, sensory-informed ideas that can be used within everyday family routines.
- To build parents' and carers' confidence in supporting their child to feel safer, calmer and more connected.
- To strengthen relationships between parents, carers and children through compassionate understanding.

Who is this course for?

Adoptive families with an adoption order granted

Is the course online or face-to-face?

Online

What is the duration of the course?

5 sessions, 1.5 hours per session, plus an additional 1-hour initial 1:1 session with each participant

How often does the course run?

Runs three times a year



Graduates Group (Anchor and Attach)

What are the aims of this workshop?

A drop in reflective space for any parents who have worked therapeutically (group or individual) with the Anchor or Attach teams.

The group provides a space to consolidate knowledge and skills, develop and deepen understanding and share experiences of therapeutic parenting.

Who is this course for?

Adoptive families

Is the course online or face-to-face?

Online

What is the duration of the course?

1 hour a month

How often does the course run?

Monthly

How to find out more/express interest/register

To find out more please contact



REGULAR GROUPS

CHILDREN'S GROUP

What are the aims of this group?

Social interaction, confidence building, support network, build self esteem and HAVE FUN! We do games, activities, arts and crafts, baking, making friends and reflection time, with snacks 😊

Who is this group for?

Adopted children living in the Adopt Thames Valley Region – Berkshire, Oxfordshire and Swindon.

Berkshire: Children age range 11 years old to 16 years old

Oxford: Children age range 7 years old to 11 years old

Swindon: Children age range 9 years old to mid teen

Is the group online or face-to-face?

Face to face, with venues in Berkshire, Oxfordshire and Swindon

How often does the group run?

We meet monthly in each area.

Berkshire: Generally held third Thursday of the month, 6.15 to 8.45

Oxford: 2nd Tuesday of the month, 4.30 to 6.

Swindon: Generally second Monday of the month.

How to find out more/express interest/register

Please speak to your ATV social worker, or email kim.satchell@oxfordshire.gov.uk to find out more.



Adopters Support Group – Guided Peer Support Sessions

What are the aims of this group?

A guided peer support session, a safe space, to explore common questions/themes/struggles and successes

Two ATV staff will be present, they can help direct or sign post you, if needed, or just listen.

Why offer this?

You've told us you find having peer support really important.

Hearing from other adopters at different stages of their adoption journeys is really helpful.

It's a safe space, without judgement to voice your experiences and support each other.

Who is this group for?

- Open to all Adopters in the ATV region
- You do not need to be referred or sign up, please feel free to join us

Is the group online or face-to-face?

Sessions are currently online, with in person sessions launching later this year.

How often does the group run?

The first Monday of each month (aside from Bank Holidays) 8pm – 9:15pm.

How to find out more/express interest/register

Please contact us with any questions onlineadoptersupportATV@oxfordshire.gov.uk





Annual Family Fun Days

We hold annual family fun days in each of our regions – Oxfordshire, Berkshire and Swindon

What are the aims of this event?

A fun, family orientated event for adoptive families living within the ATV area. A relaxed, fun filled opportunity to meet and connect with other adoptive families in an informal way. Think face paint, pizza ovens, craft activities, inflatables and more!

Who is this event for?

Adoptive families living withing the ATV area.

Is the event online or face-to-face?

Face to face, we hold one in each of our areas – Berkshire, Oxford and Swindon.

How to find out more/express interest/register

Contact ATVevents@oxfordshire.gov.uk, or look out for details via our mailing list



