“Thank you all for being amazing and going above and beyond! I don’t think D and I would have got this far without the psychotherapist working with S.”

A family after using FACTS
How PACT makes a difference

Who and why?

Recognising the complex trauma often experienced by looked after children, PACT responded by setting up our Family and Children Therapeutic Support (FACTS) service in 2011.

The therapeutic aim of the FACTS service is to work together with the adoptive parent and their child helping to build attachment and empathy and stable, loving families.

Therapeutic model

The FACTS therapeutic model is based on theory, research and practice models within the complex trauma and attachment perspective. We integrate particular models including Theraplay® and Dan Hughes’ Dyadic Development Psychotherapy (DDP).

Children are central to our therapeutic model and we believe working in close partnership with the parents and the school is crucial to achieving successful long term therapeutic outcomes.
Parents

We help parents to come to an understanding and appreciation of their children’s life history and the survival strategies that influence their behaviour. We offer parents training and therapeutic parenting support to help them manage their child’s behaviour and develop loving families.

Parents and child

We facilitate the attachment relationship with direct work between the parents and the child. We work with both the child and their parents to explore the child’s history and the wider history of their family. This enables both to develop their knowledge of each other and begin to understand the behaviours and feelings that can manifest themselves within placement and strengthen the attachment relationship.

Parents, child and school

We work with the school to increase their understanding of the child’s attachment needs, to give them practical tools and strategies with attachment difficulties and to reinforce the importance of working in partnership with parents to empathically manage the behaviour of children who have been looked after.

Who are the therapists?

The FACTS service has an extensive number of therapists offering a wide range of therapeutic specialisms.

The service offers a wide range of support and therapeutic interventions for children that may have been diagnosed with disorders including, but not limited to, attention deficit hyperactivity disorder (ADHD), obsessive compulsive disorder (OCD), autistic spectrum disorders (ASD), foetal alcohol syndrome (FASD) and developmental trauma, learning difficulties and aggression.

The FACTS service provides assessments, therapeutic support and training for parents that are eligible for the Adoption Support Fund. For further information see www.adoptionsupportfund.co.uk.

“FACTS has been second to none. Without this support the placement would have had serious difficulties. This service has enabled us to provide a strong, consistent and continuing support network to the child from our area that we have placed with your adopters.”

Adoption Support Team Practice Manager
Stoke-on-Trent

facts@pactcharity.org
What does the FACTS service offer?

Matching and Linking Consultation
- Tailored one-to-one sessions with a clinical psychologist

Assessments
- Assessment for court
- Sibling assessments
- Family assessments
- Multi-disciplinary assessments
- Sensory attachment integration assessments

Therapeutic parenting and support
- Strengthening Families Team which provides one-to-one support
- Tailored one-to-one sessions with a clinical psychologist
- Tailored one-to-one sessions with a therapist

Therapeutic packages
- Attachment focused family therapy
- Therapeutic life story
- Equine assisted psychotherapy
- Sensory attachment integration therapy
- Crisis interventions

Virtual Support Clinic
- Sessions with a clinical psychologist (telephone or Skype)

Training for Adoptive Parents
- Building and Strengthening Secure Foundations – four week course
- Attachment Focused Parenting Course – 12 week course
- Short courses including “Keeping Adopted Children Safe Online” and “Parenting a Child Exposed to Alcohol” – one day

Adopter Mentors and Champions
- Peer mentoring and support

Awards and recognition
FACTS was named Voluntary Adoption Service of the Year in the BAAF National Adoption Week Awards 2013

PACT’s adoption services were rated Outstanding by Ofsted in January 2014

PACT was awarded Investors in People Bronze Standard, demonstrating its commitment to realising the potential of its staff

Contact us
For more information and a full menu of services please contact the FACTS team on:

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