

2<sup>nd</sup> International Conference on

# Adolescent Medicine and Child Psychology

October 06-07, 2016 London, UK

## Exploring healing following trauma for looked after children

**Sarah Parry**

Manchester Metropolitan University, UK

The presentation will discuss recent findings from our trauma-focussed residential service for looked after children. The service supports a number of children who have experienced multitype trauma, including sexual abuse. The novel Restorative Parenting approach, developed by Dr. Chris Robinson, is a framework for providing specialist and intensive support for children and young adolescents who have experienced multiple losses, transitions and interpersonal traumas. The Restorative Parenting framework and five-index measure (Self-Care, Forming relationships & attachments, Self-perception, Self-management & self-awareness, Emotional Competence) aims to promote wellbeing through a multisystemic practice model. Our initial findings, combined with the recommendations of our team's other recent publications such as an ideographic systematic review of talking therapies for adult survivors of child sexual abuse and an exploratory study of survivors' experiences of inpatient services, will be discussed in the context of our current practices. An early audit of the childrens' progress has shown extremely promising results and new indications for how the practice model can be developed further. Recent findings in relation to the existing knowledge base will be discussed.

### Biography

Sarah Parry is a Clinical Psychologist working with looked after children in the UK and Programme Lead for the Psychological Wellbeing Training Pathway at Manchester Metropolitan University. Her current research interests include exploring how young people heal following trauma, talking therapies for survivors of childhood sexual abuse and the narratives people develop around dissociative experiences. She received her DClinPsy from the University of Lancaster in 2015. Prior to clinical psychology training, she ran therapeutic programmes with looked after children in Romania, Bulgaria and India between 2003 and 2011.

S.Parry@mmu.ac.uk

**Notes:**