**Special Guardianship Order Carers - Therapeutic Support Services - Directory**

The following organisations and individuals provide support and therapeutic services directly to local authorities and to individual families. Not all services are specifically for SGO carers, but there is a focus on supporting children and families with permanency arrangements. The purpose of this directory is to signpost services available but inclusion in this directory does not constitute a recommendation.

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| **KENT BASED SERVICES** | | |
| **Organisation Name** | **General Information** | **Contact Details** |
| PACT | **KCC have purchased a membership to the following service.**  The Adopter Hub (provided by PACT) is dedicated to providing online support, learning opportunities and information for families with children who have left local authority care with either a Special Guardianship or an Adoption Order. The annual subscription enables access to various support tools available.  The universal suite of support tools includes:   * One-to-one live webchat – online peer support * Specially developed introduction to Attachment 12 module eLearning course * A programme of webinars * Resources covering a wide range of subjects * The suite of tools also includes a safe and secure online adopter forum.   Additional services are available from this organisation which do not form part of the above membership. This includes a range of therapy services includes counselling, Theraplay, clinical psychology, life story work, creative play therapy, homeopathy and filial therapy. Although primarily for adoptive families some services are available online and for other permanent carers. | To enable families to access the membership service please email: Permila.Clare@kent.gov.uk  For all other services contact details as follows:  <https://www.pactcharity.org/>  Tel: 0300 456 4800 |
| National Association of Therapeutic Parents (NAoTP) | **KCC have purchased a membership to the following service.**  Therapeutic Parenting is a highly nurturing parenting approach, with empathy at its core. One Year’s Household Membership Subscription to the National Association of Therapeutic Parents is available for families with children who have left local authority care with a Special Guardianship Order:  Membership provides:   * Access to all resources including the opportunity to attend a face to face Listening Circle (or virtual group) * Access to the NAoTP helpline * Closed Members’ Facebook Group * Downloadable letters and information * Discounts on training   Members will be offered spaces on workshops before customers from outside of the NAoTP. Membership is for two adults per household inclusive. | To enable families to access the membership service please email: Permila.Clare@kent.gov.uk  For all other services contact details as follows:  <https://www.naotp.com/>  Tel: 01453 519000 |
| Family Action | **KCC have purchased a membership to the following service.**  The Special Guardianship Support Service aims to improve outcomes for children with special guardianship orders by providing an accessible source of trusted support, information and guidance to special guardians including:   * A dedicated website containing comprehensive and up-to-date information and guidance * Downloadable resources * Signposting to other sources of support * A helpline, text, email and online web chat with trained operators available 5 days a week (offering support Mon to Fri 9am to 3pm and 6pm to 9pm; Crisis text service available * at all other times). * Discounted access to up-coming training and consultancy events. | To enable families to access the membership service please email: Permila.Clare@kent.gov.uk  For all other services contact details as follows:  <https://www.family-action.org.uk/>  Head Office Tel: 020 7254 6251 |
| Starjumpz | Starjumpz can help children and young people in the South East and Kent with challenges such as autism, ADHD, dyspraxia, sensory processing issues as well as children who have experienced developmental trauma.  Offering diagnostic paediatric assessments and follow up care, therapies include:     * Paediatric Occupational Therapy * Sensory Integration Therapy * Speech and Language Therapy * Play Therapy * Clinical Psychology * CBT * Neurofeedback Functional Medicine * Nutritional Therapy * Positive Behavioural Therapy | <https://starjumpz.com/>  **Tel: 01892 660085**  [info@starjumpz.com](mailto:info@starjumpz.com) |
| Walk Tall | Walk Tall's counselling service is available to adults, children, young people and couples, making it affordable for those on low incomes or with other financial constraints. The service is available in the Dartford, Gravesend, and Swanscombe areas. Counselling is available face-to-face or remotely via phone or video services. | <https://www.walk-tall.org.uk/>  [counselling@walk-tall.org.uk](mailto:counselling@walk-tall.org.uk) .  Tel: 01474 560834 |
| Fegans | A Christian organisation offering individual counselling and play therapy in schools, community settings, in their own offices and now online. There is also an online Parent Support Service available. | <https://www.fegans.org.uk/>  [info@fegans.org.uk](mailto:info@fegans.org.uk)  Tel: 01892 538288 |
| Shine Therapy Centre | Occupational therapy service in the South East and Kent.  The Centre provides an Occupational Therapy Assessment and Treatment Service to children and their families and is also designed with sensory equipment for a sensory integration approach as necessary. | <http://shinetherapycentre.co.uk/>  Tel: 07432 631 555  [emmamocrei@gmail.com](mailto:emmamocrei@gmail.com) |
| Shortland Psychology | Specialists in trauma, anxiety and attachment difficulties. Therapies include:   * Cognitive Behavioural Therapy (CBT) * Solution Focused therapy * Eye Movement De-sensitisation and Reprocessing (EMDR) | [www.shortlandpsychology.com](http://www.shortlandpsychology.com)  [mail@shortlandpsychology.com](javascript:;)  Tel: 01227 251252 |
| Psicon | The Psicon Group comprises six areas of specialist psychological and healthcare support: Adult Mental Health Services; Children, Young People and Family Services; Community-Based Neurological Rehabilitation Services; Occupational Health Services; Medico-Legal Services; and Neurodevelopmental Lifespan Services. Services also include assessment and diagnostic service for children and young people suspected of being on the autistic spectrum or having ADHD. | <http://www.psicon.co.uk/>  [enquiries@psicon.co.uk](mailto:enquiries@psicon.co.uk)  Tel: [01227 379099](tel:01227%20379099) |
| Relate | Relationship Support / Couples Counselling:This is available to adult couples, individuals and families and takes the form of counselling, structured support, advice and/or guidance. They also provide counselling for children and young people and develop ad-hoc sessions for couples that need to focus on the needs of children and develop their parenting skills. Services include:   * Relationship Counselling * Children and Young People's Counselling * Sex Therapy * Family Counselling   Training & Education | <https://www.relate.org.uk/find-my-nearest-relate/centre/kent-medway-north-kent-relate-centre> |
| Alison Cook | Specialist in delivering art based therapy | [aliarttherapy@outlook.com](mailto:aliarttherapy@outlook.com)  Tel: 07944 211279 |
| Allied Health Practice | Occupational Therapy services delivered in for children, young people including adopted and looked after children with complex trauma and attachment issues.  Experienced in working with the following conditions:-   * Autism Spectrum Disorders (ASD) * Attention Deficit Hyperactivity Disorder (ADHD) * Pathological Demand Avoidance * Oppositional Defiant Disorder * Anxiety Disorders * Eating Disorders * Dyspraxia and DCD * Dyslexia * Sensory Processing Disorders * Executive Function Disorders * Selective Mutism * Misophonia * Complex trauma and sensory attachment concerns * Global Developmental Delay * Gender Dysphoria * Dual and Multiple Exceptionality * Various genetic conditions * Children who are pre-verbal, non-verbal, have emerging or advanced verbal skills * Looked After Children and Adopted Children * Mental Health conditions | [enquiries@alliedhealthpractice.co.uk](mailto:enquiries@alliedhealthpractice.co.uk)  Tel: 01227 742938 |
| Carol Joliffe | Family and Systemic Psychotherapist, Systemic Psychotherapist, Family Therapist, Systemic, Family and Couple Psychotherapist | <https://www.psychotherapy.org.uk/therapist/carol-jolliffe/>  [jollirich@aol.com](mailto:jollirich@aol.com)  Tel: 07958 809681 |
| Clever Kids | Clever Kids is a specialist independent therapy practice providing paediatric Occupational Therapy assessment, advice and treatment, as well as training and consultancy services. They provide paediatric Physiotherapy and Speech & Language Therapy services through affiliated therapists.  They work with children from infancy through to adolescence, and young adults (ages 0-25 years) with diverse needs, including (but not limited to) those with:-   * ASD and Asperger’s * Sensory Integration / sensory processing dysfunction * Complex, severe and profound physical and learning disabilities * Neurological and neuromuscular disorders (e.g. cerebral palsy and muscular dystrophies) * Dyspraxia/ Developmental Coordination Disorder (DCD) * Acquired brain injury * ADHD | <http://www.cleverkidsconsultancy.co.uk/en/>  [info@cleverkidsconsultancy.co.uk](mailto:info@cleverkidsconsultancy.co.uk)  Tel: 01227 452645 |
| Denise Golding | Counsellor and training events available for all parents including Special Guardians.  Training and support available for:-   * Parenting Siblings(explores the trauma bond and provides practical strategies for sibling rivalry, physical/verbal aggression and scapegoating) * Parenting Teenagers(explores the physiology of the teenage brain and strategies for managing teenage issues including sex and sexuality, social media and addictive behaviours) * Therapeutic and Sensory Play Techniques(half-day or full day training and considers sensory integration and sensory and play techniques to help regulate your childand improve the parent-child relationship) * Managing Challenging Behaviour in school * Parenting Autism | <https://www.livelifeandlovehealing.co.uk/1/Welcome.html>  [denisegolding50@gmail.com](mailto:denisegolding50@gmail.com)  Tel: 07539 370135 |
| Drake Art Therapy (Sally Carson) | Art Psychotherapist | [sallycarson25@gmail.com](mailto:sallycarson25@gmail.com)  Tel: 07817 464727 |
| Elaine Rose | A Child and Family Psychotherapist with experience of supporting children and young people who have been adopted or who are being reparented. | <https://www.psychotherapy.org.uk/therapist/elaine-rose/>  [elainerose1966@gmail.com](mailto:elainerose1966@gmail.com)  Tel: 01233 668324 |
| Lesley Hanney | A Systemic Family Therapist. | <https://www.psychotherapy.org.uk/therapist/lesley-hanney/>  [lesleyhanney@icloud.com](mailto:lesleyhanney@icloud.com)  Tel: 07748 246623 |
| Monica Grigg | Child Psychotherapist | <https://childpsychotherapy.org.uk/member_details/4240>  [monicagriggchildpsychotherapy@gmail.com](mailto:monicagriggchildpsychotherapy@gmail.com)  Tel: 07980 143324 |
| Nick Kerry | Psychotherapist and Counsellor utilising a integrative model which is informed by psychodynamic and systemic models.Types of Therapy available include:  * Family Systems * Humanistic * Integrative * Person-Centred * Psychodynamic * Relational | <https://www.psychologytoday.com/gb/counselling/nick-kerry-psychotherapy-services-broadstairs-eng/464690>  [nick.kerry100@gmail.com](mailto:nick.kerry100@gmail.com)  Tel: 07540 292983 |
| Sharon Flower (Flo n Grow) | Play therapist based in Sidcup, providing child, parent and adult therapy services. | <https://sharonflower.co.uk/>  [contact@sharonflower.co.uk](mailto:contact@sharonflower.co.uk)  Tel: 020 8306 5174 |
| Vicki Elliott | Child & Adolescent Psychotherapist | <https://childpsychotherapy.org.uk/member_details/3722>  [velliott.psychotherapy@gmail.com](mailto:velliott.psychotherapy@gmail.com)  Tel: 07910 364150 |

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| **OUTSIDE KENT** | | |
| **Organisation Name** | **General Information** | **Contact Details** |
| Placement Support | Online Therapeutic Parenting:  Online specialist providers of therapeutic parenting support in relation to difficult childhood events and early childhood trauma, especially around adoption and SGO. The team has developed an online methodology that connects therapists with parents within the family home or can include them from different locations. This flexibility allows them to work in a way that closely matches the needs and circumstances of individual families to apply psychodynamic insight and to support care-giving relationships ‘in the moment’. | [https://www.placement](https://www.placementsupport.co.uk/contact-us/) [support.co.uk/contact-](https://www.placementsupport.co.uk/contact-us/) [us/](https://www.placementsupport.co.uk/contact-us/)  Tel: 07986 769378 |
| Association of Child Psychotherapists | ACP Child and Adolescent Psychotherapists are trained and qualified to work with infants, children and adolescents up to age 25, and also with their parents and carers. Their registration is for work in the UK only.  A directory, searchable by area, is available for members of the public to find ACP registered Child and Adolescent Psychotherapists who work in private practice and can be contacted directly about providing psychotherapy for a child or young person. | <https://childpsychotherapy.org.uk/>  Tel: 020 7922 7751 [admin@childpsychotherapy.org.uk](mailto:admin@childpsychotherapy.org.uk) |
| **Adoption Consultancy 360** | **The Adoption Consultancy 360 is a registered Adoption Support Agency based in Exeter, Devon and primarily operates in the South West of England (but online services are available). The consultancy provides psychological services for adoptive families and SGO carers.** They provide independent consultation, support and assessment services, undertaking a range of specialist work, including:   * Support and therapy for parents, children and couples * Sensory and emotional regulation for children with complex development trauma * Trauma Informed Sensory Processing * Family work * Assessments of when there are complex issues * Training * Support programmes for groups and individuals * Supervision and consultation to professionals and carers | <http://www.theadoptionconsultancy360.org.uk/about-us/>  Tel: 01392 362700 |
| Adoptionplus | A multidisciplinary therapy service led by a Consultant Child Clinical Psychologist. Organisation also employs therapeutic social workers, play therapists, teachers, paediatric occupational therapists and mindfulness therapists. Some services are available online but the organisation primarily works in areas such as Milton Keynes, Buckinghamshire, Cambridgeshire, Peterborough, Hertfordshire, London, Bedfordshire, Luton and Northamptonshire.  The Therapy Service at Adoptionplus is a specialist provision accepting referrals where more than one area of life is a struggle for the child and their parent(s), the concerns have not responded sufficiently to help so far and which require a multi-professional approach to assessment and treatment.  This will mean both assessment and treatment will involve at least two clinicians and may involve more than one intervention type such as:   * Assessment of Therapeutic Needs * Neurodevelopmental Assessments * Combined Autism and Attachment Disorder Assessment * Dyadic Developmental Psychotherapy (DDP) * Mindfulness Based Cognitive Therapy (MBCT) * Theraplay | <http://www.adoptionplus.co.uk/home>  Tel: 01908 218251 |
| Adoption UK | Adoption UK Family Memberships  Members benefit from access to a community of adopters and special guardians to share insights, humour and experience; a range of connection and discussion opportunities; and a constantly evolving range of tangible benefits.  Family membership is for:   * Adoptive parents * Prospective adopters * Special guardians * Long-term foster carers   Services available include:  **Support and advice:**   * [Interactive webinars](https://www.adoptionuk.org/virtual-community-groups-and-webinars-for-members) hosted by professionals, experts and those connected to adoption. * [Local community groups](https://www.adoptionuk.org/Pages/FAQs/Category/support-groups) which bring together adoptive/special guardian families in the same area for peer support and events. * [Virtual meet-ups](https://www.adoptionuk.org/virtual-community-groups-and-webinars-for-members) where members can connect with each other and Adoption UK staff. * [Online forum](https://www.adoptionukforum.org/) for members to discuss and share their stories * [Support helpline](https://www.adoptionuk.org/helpline)   **Information and resources:**   * [Adoption Today](https://www.adoptionuk.org/Pages/FAQs/Category/adoption-today?Take=12) bi-monthly magazine full of news, resources and insight. * [Member-only resources](https://www.adoptionuk.org/pages/category/member-resources) including a video library of webinars and a host of useful fact-sheets on topics such as adoption leave, attachment and parenting teens. * [Adoption UK lending library](https://www.adoptionuk.org/Pages/FAQs/Category/library?Take=12) which contains hundreds of books, videos and therapeutic games. * [Blogs](https://www.adoptionuk.org/Blogs/latest-blogs/Category/latest-blogs) and [vlogs](https://www.youtube.com/channel/UCmIWjtJ1uIRmNaA_sWdXNmQ) that delve into a range of relevant and topical issues. | <https://www.adoptionuk.org/>  Tel: **01295 752252** |
| Grandparents Plus | Working across the country this organization offers support specially designed for kinship carers, including tailored family support from independent, local project workers, support groups and workshops.  *Someone Like Me* is a volunteer delivered telephone peer support service. All volunteers are, or have been, kinship carers themselves so know the issues and difficulties families can face. They offer emotional support to kinship carers who need a listening ear from someone who understands what they are going through. Information and advice covers the following areas:  * [Addiction](https://www.grandparentsplus.org.uk/drugs-and-alcohol/) * [Adoption support fund](https://www.grandparentsplus.org.uk/news/special-guardians-check-if-youre-eligible-for-the-adoption-support-fund/) * [Bereavement support](https://www.grandparentsplus.org.uk/bereavement/) * [Benefits](https://www.grandparentsplus.org.uk/benefits-and-tax-credits) * [Childcare](https://www.grandparentsplus.org.uk/childcare/) * [Debt](https://www.grandparentsplus.org.uk/support-with-debt) * [Developmental trauma and attachment disorder](https://www.grandparentsplus.org.uk/for-kinship-carers/advice-and-support/supporting-young-people-with-developmental-trauma/) * [Disability or long-term health problems](https://www.grandparentsplus.org.uk/disability/) * [Education](https://www.grandparentsplus.org.uk/education/) * [Employment rights](https://www.grandparentsplus.org.uk/work/) * [Financial support](https://www.grandparentsplus.org.uk/financial-issues/) * [Housing](https://www.grandparentsplus.org.uk/housing/) * [Legal options](https://www.grandparentsplus.org.uk/legal-options/) * [Local authority allowances](https://www.grandparentsplus.org.uk/local-authority-allowances) * [Lost contact with grandchildren](https://www.grandparentsplus.org.uk/for-kinship-carers/lost-touch-with-grandchildren/) * [Making a complaint about Children’s Services](https://www.grandparentsplus.org.uk/wp-content/uploads/Making-a-complaint-about-Childrens-Services-2020.pdf) * [Mental health and emotional support for kinship carers](https://www.grandparentsplus.org.uk/emotional-support/) | <https://www.grandparentsplus.org.uk/for-kinship-carers/advice-and-support/>  **Advice line:**  0300 123 7015 [advice@grandparentsplus.org.uk](mailto:advice@grandparentsplus.org.uk)  **Main office:**  03300 167 235 [info@grandparentsplus.org.uk](mailto:info@grandparentsplus.org.uk) |
| Louis Sydney | Therapeutic Services: Louis Sydney is an Integrative child, adolescent and adult Psychotherapist trained in arts based and creative therapies. Trained in Theraplay and DDP therapy. As a Somatic Experience Practitioner, he uses a body-based approach to therapy, specialising in working with trauma.  The following services are available:-   * Supports parents with attachment focused parenting strategies * Supports parents to create day to day, week-by-week structures and routines for extended family time together * Provides telephone, email and Zoom online therapeutic sessions * Provides ongoing, daily games and activities for families that promote engagement, attachments and wellbeing   Based in South West London but many services are available online. | [attachmentmatters@gmail.com](mailto:attachmentmatters@gmail.com)  Tel: 07851016730 |
| Child Psychology Service | Offering national psychological assessments and therapeutic interventions via Zoom to parents and children. Mainly offering DDP and NVR but also Theraplay informed work. | [www.thechildpsychologyservice.co.uk](http://www.thechildpsychologyservice.co.uk/)  [enquiries@thechildpsychologyservice.co.uk](mailto:enquiries@thechildpsychologyservice.co.uk)  Tel: 01283 840051 |
| Gateway Psychology | The TR-UST/eTR-UST course is designed to be an informative, interactive and interesting way for parents or carers to learn more about parenting children who have experienced early trauma, abuse or neglect.  All of the sessions incorporate specialist input from highly qualified clinical psychologists/therapists. As well as teaching, participants will also have the opportunity to take part in small group and individual exercises, as well as general group discussions, providing participants with maximum opportunity to understand and practice theories, ideas and skills.  Webinars on therapeutic re-parenting and parenting support  General psychology services available including a focus on behavioral problems as well as providing a range of specialist services, like working with children in the Care system  Based in Stoke on Trent but online services are available. | [training@gateway-psychology.co.uk](mailto:training@gateway-psychology.co.uk)  <https://www.gateway-psychology.co.uk/>  Tel: 01782 919520 |
| PAC-UK | PAC-UK offers a wide range of services to adopters and permanent carers throughout the country  PAC-UK’s [**Child and Family Service**](https://www.pac-uk.org/our-service/childandfamilyservice/) offers intensive family therapy aiming to improve attachment and increase stability of the placement. This service is available to families with children of any age, including those who are over 18  The Advice Line is staffed by qualified and experienced counsellors who can provide advice and information on all aspects of adoption and other forms of permanent care.  Therapeutic Services available include:   * [Theraplay informed Practice](https://www.pac-uk.org/our-services/childandfamilyservice/main-therapeutic-methods/#Theraplay) * [Creative therapies](https://www.pac-uk.org/our-services/childandfamilyservice/main-therapeutic-methods/#Creative) * [Art therapy](https://www.pac-uk.org/our-services/childandfamilyservice/main-therapeutic-methods/#Art) * [Play therapy](https://www.pac-uk.org/our-services/childandfamilyservice/main-therapeutic-methods/#Play) * [Individual Child and Adolescent Psychotherapy](https://www.pac-uk.org/our-services/childandfamilyservice/main-therapeutic-methods/#Individual) * [Therapeutic Life Story Work – TLSW](https://www.pac-uk.org/our-services/childandfamilyservice/main-therapeutic-methods/#Therapeutic) * [Dyadic Developmental Psychotherapy - DDP (and interventions informed by DDP)](https://www.pac-uk.org/our-services/childandfamilyservice/main-therapeutic-methods/#DDP) * [Eye Movement Desensitisation and Reprocessing - EMDR](https://www.pac-uk.org/our-services/childandfamilyservice/main-therapeutic-methods/#EMDR) * [**Cognitive Behaviour Therapy (CBT)**](https://www.pac-uk.org/our-services/childandfamilyservice/main-therapeutic-methods/#CBT) * [Therapeutic parenting strategies](https://www.pac-uk.org/our-services/childandfamilyservice/main-therapeutic-methods/#Strategies) * [Non-Violent Resistance - NVR](https://www.pac-uk.org/our-services/childandfamilyservice/main-therapeutic-methods/#NVR) * [A combination of therapeutic approaches](https://www.pac-uk.org/our-services/childandfamilyservice/main-therapeutic-methods/#Combination) | <https://www.pac-uk.org/>  [advice@pac-uk.org](mailto:advice@pac-uk.org)  **London office Advice Line: Tel 020 7284 5879**  **London office enquiries: Tel 020 7284 0555** |
| OT4Kids | [Online Training for Parents](https://ot4kids.thinkific.com/) on topics including sensory processing, and learning which sensory and motor skills your child needs to improve writing.  **Parent Consultations** and Training available.  Consultations range from being one-offs to more longer term relationships and are available to help all children from ‘typical’ to those with more needs.  Assessments for [babies](http://ot4kids.co.uk/baby-evaluations-never-too-early) and [children](http://ot4kids.co.uk/occupational-therapy-assessment-whats-it-all-about) (virtually or direct)  [Intensive Treatment Blocks](http://ot4kids.co.uk/intensive-treatment-blocks) (virtually or direct) using various approaches including Sensory Integration, Neurodevelopment as well as self-regulation and trauma-informed care.  Occupational Therapy Sessions can be provided online.  [**Virtual Teletherapy**](http://www.ot4kids.co.uk/category/teletherapy) screenings, assessments, and treatments for children locally, further away in the UK, and internationally using Zoom or other platforms.  Clinic is based in South West London but some services available online. | <http://www.ot4kids.co.uk/>  Mobile Tel: 07540 113126  Email: [munira@ot4kids.co.uk](http://ot4kids.co.uk/contact-me) |