



**Beacon
Family
Services**

beaconservices.org.uk

Strengthening relationships. Creating stability. Improving outcomes.

Beacon Family Services supports families facing complex emotional and relational challenges. We work directly with families, organisations, funders, commissioners and professionals to improve and support the emotional and mental health of children and young people.

Without timely family-focused relational support, parent-carers can feel isolated and overwhelmed, increasing the risk of family instability and/or escalation of poor emotional and mental health and wellbeing.

Our accessible, supportive and transformational work empowers parents and carers to build, strengthen and sustain the safe, connected relationships that enable children to thrive.

We provide cost-effective and impactful services to:

£0.79
of every £1 has
been invested in
family support

Fostering, Adoptive & Kinship Families

Many families caring for England's 100,000 cared-for children (80,000 in care and 20,000 accessing ASGSF) face significant challenges when supporting children with increased mental health and early adversity needs. Our highly trained, relational and play-based therapists prioritise **connection, safety and sustainability**.

Children, Young People & Parent-Carers

Through **Play Attention**, Beacon Family Services supports families who are concerned about their children's emotional wellbeing. Our early and preventative work strengthens parent-child relationships, reduces stress and supports wellbeing preventing costly interventions.

Displaced & Refugee Families

Through **Project Salam**, Beacon Family Services support families to rebuild their lives after displacement. Our work strengthens parent-child relationships, reduces stress and supports wellbeing during resettlement. The impact of our work with these families is reflected in improved wellbeing scores and family feedback.

Why Beacon Family Services?

- ◆ Trauma-informed and evidence-based
- ◆ Flexible delivery (in-person and online)
- ◆ Cost-effective, Outcome-focused and Early and Preventative
- ◆ Support for the whole family unit to prevent further escalation
- ◆ Designed to work within ASGSF and local authority funding framework, including Best Start

Our work has
saved the NHS
£4.1m



Find out more

Professionals &
organisations



Funders &
commissioners *



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how we can help



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Beacon Family Services

About our Theraplay® and DDP Sessions

About us

At Beacon Family Services, we use both Theraplay® and Dyadic Developmental Psychotherapy (DDP) to support children and parents to create and build better relationships with each other.

Our approach

At Beacon, we find these approaches helpful for a number of reasons:

1 Our approach means we listen carefully to parents and involve them in our sessions. Parents are part of our sessions with their children. We listen to families to understand how feelings and behaviours are linked. Building a shared understanding ensures that changes move into family lives.

2 We prioritise relationships, not behaviours. A child's emotional bonds inform how they understand, trust and thrive. By focussing on the child's perspective, we work with families to strengthen relationships, leading to changes in behaviour.

3 We help families learn through play. During playful interactions we can help relationships feel safe and supportive. This is central to experiencing joy, comfort and connection and it allows families to respond to the potential of relationships.

About Theraplay®

Developed over 50 years ago, Theraplay® has been recognised by the Association of Play Therapy as one of seven seminal psychotherapies for children. It "builds relationships from the inside out". Theraplay®-based sessions include playful activities to create emotional, loving, rewarding and supportive connections between parent/carer and child.

Parents/carers are central to Theraplay® sessions. They are supported to engage children in activities that create 'in the moment' connection. We focus on four essential qualities found in healthy parent-child relationships — structure, engagement, nurture and challenge. The activities are often familiar to parents but, with the support of a therapist, they are delivered in a way that helps a child to relax and enjoy closeness so they can benefit from their parent's capacity to organise, enjoy, challenge and soothe them.

This is particularly important for children who may have experienced disruptions and trauma in their early years and those who may display difficult and controlling behaviours with their parents.

About Dyadic Developmental Psychotherapy (DDP)

DDP was created by clinical psychologist, Dan Hughes. It helps families make deeper emotional connections with each other and is particularly helpful for adoptive families. DDP helps children who have lost trust in adults to develop and build positive relationships.

Central to DDP is a way of thinking which deepens the emotional connections in our relationship with others referred to as PACE. Playfulness brings enjoyment to the relationship. Acceptance creates psychological safety. Curious exploration within a relationship expresses a desire to know the other more deeply. Empathy communicates our curiosity and acceptance, as we recognise and respond to the other's emotional experience.

DDP sessions with Beacon Family Services give parents an opportunity to make sense of the experience of parenting a child who has a background of trauma and may show challenging behaviours. We work with parents to ensure we understand their experiences and get to know the child through them. Sometimes when parents reflect on the reasons behind behaviour it helps to improve family life. We explore any relevant life experiences for parents and can involve the child in support discussions about their feelings and behaviours. Family life is improved when trust is developed.

Information for children

We have created a guide to explain our services to children. It is available to read and view on our website in the **About Us** section.

Staffing of sessions

All our therapists are trained in Theraplay® and DDP and have clinical supervision so they can offer the best possible support.

lumin&us® Lighthouse Toolkit Resources

Learn more about or purchase our award-winning therapeutic, play-based resources for families and professionals via the QR Code below:

