



PSC Service Price Plan

www.parentingspecialchildren.co.uk

Parenting Special Children (PSC) has been providing specialist services to children with a range of special needs, their families as well as professionals working with them across Berkshire for nearly 13 years. Our team consists of 16 highly experienced practitioners from a variety of professional backgrounds along with being parents/carers of children & young people with special needs.

This document includes services & price plan for spot purchasing and/or commissioning during 2019.

Please note:

- All workshops and courses are delivered by two specialist parenting practitioners.
- We recommend a maximum group size of 24 for workshops and 12 for courses.
- PSC can arrange venue and refreshments at an extra cost if required.
- If practitioners are travelling to a venue provided by the commissioning body, mileage will be added @ 45p/mile.
- Each session in any course is two hour long.
- All courses/sessions include pre and post evaluations.

For details of services, any combination of topics or bespoke sessions, please contact Zobia Kalim at zobia@parentingspecialchildren.co.uk

- Specialist Parenting
- Sleep Service
- Attachment Focused Service for families of children with development trauma (adopters, foster & kinship carers, families on edge of care or affected by domestic violence)
- Workshops for practitioners

Specialist Parenting

Courses:

	COSTS
<p>Time Out Courses - PSC delivers evidence based 'Positive Parenting' courses and workshops from 'Care for the family' – a national charity running events and courses across the UK since 1988. The programme covers a wide range of topics including understanding special needs, managing anxiety and behaviour, the wider family, education and coping with feelings. There are 3 different courses:</p>	

<p>A. Time Out for Special Needs (TOSN) – a seven week programme for families of children with a range of special needs.</p> <p>B. Time Out for Autism – a five week programme for families of children with Autism.</p> <p>C. Time Out for ADHD (Attention Deficit Hyperactivity Disorder) – a five week programme for families of children with a range of special needs.</p>	<p>£1800 + Handbooks - £10 per person</p> <p>£1300 + Handbooks - £10 per person</p> <p>£1300 + Handbooks - £10 per person</p>
<p>‘Who’s in Charge?’ – Child/Adolescent to Parent Violence and Abuse (APVA) - an 8 week course (plus one follow up session after 3 months) providing a therapeutic approach to parenting children who are violent or aggressive. The programme covers causes of controlling and abusive behaviours, behaviour management options, concepts of anger, assertiveness, self-care, and resilience.</p>	<p>£2300 Plus Handbooks - £10 per person</p>
<p>‘Managing the Stress of Caring’ – a three week programme covering</p> <ul style="list-style-type: none"> ● Emotional regulation and Reducing Anxiety ● Understanding our own belief systems to reduce stress ● Strategies for self-care 	<p>£800</p>

Workshops and One to One support:

	COSTS
<p>PSC can deliver two hour workshops on a variety of topics, including:</p> <ul style="list-style-type: none"> ● Understanding Autism ● Autism and anxiety ● Autism and behaviour ● Understanding ADHD (Attention Deficit Hyperactivity Disorder) ● ADHD and anxiety ● ADHD and behaviour ● Dual Diagnosis (Autism and ADHD) ● Introduction to PDA (Pathological Demand Avoidance) ● Sensory Processing ● A range of topics specific to families of Autistic girls 	<p>£250 per workshop</p>
<p>One to One support for a family with complex needs – a set of 6 one hour sessions.</p>	<p>£100/session</p>

Sleep Service

	COSTS
Sleep Course for families of children with special needs - a two week programme including the importance and science of sleep, good sleep hygiene and bedtime routines, different sleep strategies and individual sleep plans. This course can take a max of 6 families. There is usually a follow up call six weeks after.	£550 Plus Handbooks - £10 per person
One to One sleep clinics for families of children and young people with special needs followed up by a telephone call 6 weeks later if needed.	£100/clinic
Sleep workshops for children in mainstream and special schools - each workshop is one hour long delivered by two practitioners for a maximum of 30 children. A workshop can also be offered to parents alongside for an extra cost.	£100 per workshop
Sleep workshop for practitioners - in depth workshop on the importance and science of sleep, good sleep hygiene and bedtime routines, different sleep problems and strategies for help.	Please get in touch for price

Service for families of children with development trauma:

PSC delivers Attachment Focused courses and workshops for adopters, foster carers, kinship carers, families on edge of care or affected by domestic violence.

Courses:

	COSTS
<p>A - Attachment Focused Parenting/Caregiving (for long term placements) – a seven week programme covering the impact of trauma, symptom overlap with Autism/ADHD, building blocks of Attachment, therapeutic parenting/caregiving, understanding & managing behaviour, life story work, effective strategies for working with schools and secondary trauma to carers. It has Attachment Theory underpinning all modules and is aimed at long term placements including</p> <ul style="list-style-type: none"> ● Adopters ● Kinship Carers/Friends & Family Foster Carers ● Long term Foster Carers 	£1800 Plus Handbooks - £10 per person
<p>B - Attachment Focused Caregiving (for short term placements) - a seven week programme based on 'The Secure Base Model', developed by Gillian Schofield and Mary Beek at the Centre for Research on Children and Families, University of East Anglia, Norwich, UK. It is a framework for therapeutic caregiving, based in attachment theory and grouping caregiver/child interactions into five dimensions of caregiving.</p>	£1800 Plus Handbooks - £10 per person

<p>C – Attachment Focused Parenting (for birth parents) - a seven week programme for families of children affected by domestic violence, separation/divorce, bereavement, parental mental health issues and/or on the edge of care. The programme aims to strengthen families and improve parent-child relationships through understanding the impact of trauma and using strategies based on the attachment theory.</p>	<p>£1800 Plus Handbooks - £10 per person</p>
<p>D – Sleep Course for families of children with development trauma – this course involves a 2.5 hour workshop aimed at a maximum of 6 families followed by individual one hour sleep clinics per family. Parents/Carers are required to fill in a sleep diary in between. They are then followed up over the phone after four weeks of the clinic. The course is suitable for foster carers, adopters, kinship carers or birth families of children with development trauma.</p>	<p>£300 for workshop plus £100 per family for one to one clinic and follow up call.</p>

Workshops and One to One support:

<p>PSC can deliver two to four hour workshops on a variety of topics, including:</p> <ul style="list-style-type: none"> ● Understanding the impact of trauma ● Understanding and Managing behaviour in children with development trauma ● Nurturing attachments with children who have experienced trauma of separation or loss ● Caring for children and young people with special needs and/or disabilities ● Understanding & Managing ADHD, Trauma & Attachment ● Understanding and Managing Neurodevelopmental Conditions, Trauma and Attachment ● Life Story Work ● Emotional regulation and reducing anxiety ● Managing the stress of caring ● Effective strategies for settling & learning in school (looked after and previously looked after children) ● Monitoring and Managing stress in children with development trauma ● Sexualised behaviour in children with development trauma ● The protective role of relationships in preventing mental health difficulties 	<p>£250 for two hour workshop</p> <p>£425 for four hour workshop</p>
<p>One to One support for a family – a set of 6 one hour sessions.</p>	<p>£100/session</p>

Workshops for practitioners:

PSC offers a number of topic-based workshops to professionals working with children and young people with special needs. Some topics and prices are below but please contact for a combination of topics or those that may not be listed below:

	COSTS
<p>PSC can deliver two hour workshops on a variety of topics, including:</p> <ul style="list-style-type: none">● Understanding Autism● Autism and anxiety● Autism and behaviour● Understanding ADHD (Attention Deficit Hyperactivity Disorder)● ADHD and anxiety● ADHD and behaviour● Dual Diagnosis (Autism and ADHD)● Introduction to PDA (Pathological Demand Avoidance)● Sensory Processing● A range of topics specific to families of Autistic girls● Sleep for children with special needs● Understanding the impact of Trauma● Nurturing attachments with children who have experienced trauma of separation or loss● Understanding & Managing ADHD, Trauma & Attachment● Understanding and Managing Neurodevelopmental Conditions, Trauma and Attachment● Effective Strategies for Looked After/Adopted (LAAC) children settling & learning at School	<p>Please get in touch for price – it will be based on topic, number of attendees and length of workshop</p>