**Therapeutic interventions used with adoptive families.**

| **Name of intervention** | **Nature of intervention** | **Delivery** |
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| Theraplay | An attachment-focused play intervention, designed for children aged up to 12 years and their parents.  [www.theraplay.org](http://www.theraplay.org) | Usually, 18-24 weeks |
| Filial Therapy | An integrative family play therapy intervention, designed for children aged 3 to 12 years and their parents | Weekly sessions of small groups, lasting 18-24 weeks |
| Safebase | A play-based, therapeutic parenting intervention, (derived from Theraplay), designed for parents of adopted children aged up to teenage years | Weekly sessions, usually lasting 6 months |
| Dyadic Developmental Psychotherapy | An approach to psychotherapy that includes a framework (based on the principles of PACE to support adopted children, designed for children aged 0 to teenage years (Stock) Families with adopted (or fostered) children aged 2 to 21 years (Selwyn)  <https://ddpnetwork.org/> | Lasting up to 15 months |
| Nurturing Attachments Groupwork Programme | A group-based training programme, designed for adoptive parents (& foster carers), who are parenting children who have experienced trauma and/or have attachment difficulties.  <http://ddpnetwork.org> | Usually six 3-hour sessions of training |
| Non-Violent Resistance (NVR) | A systemic therapy to address child-to-parent violence, with crisis phone-coaching, designed for the whole family.  [https://www.partnershipprojectsuk.com/introduction-to-nvr/](https://www.partnershipprojectsuk.com/non-violent-resistance-nvr/introduction-to-nvr/) | Weekly sessions for 3 to 4 months |
| Multi-systemic Therapy | A holistic family and community intervention designed for young people with antisocial and disruptive behaviours.  <http://www.mstuk.org/multisystemic-therapy-mst> | Usually lasting 4 to 6 months |
| Eye Movement Desensitisation and Reprocessing Therapy (EMDR) | An intervention designed for people with PTSD, which is adapted for children and young people to integrate play therapy and other tools.  <http://www.emdr.com/what-is-emdr/> | Weekly sessions, usually lasting between 5 and 15 weeks.  Usually, 1 50- or 90-minute session per week for 3 to 12 sessions |
| Dialectical Behaviour Therapy (DBT) | A form of cognitive behavioural therapy, designed for people with borderline personality disorder.  [https://psychcentral.com](https://psychcentral.com/lib/an-overview-of-dialectical-behavior-therapy/) | Usually weekly sessions, group work and crisis phone-coaching |
| Psychotherapy | An umbrella term for ‘talking therapies’ including a range of different theories and practices, including psychoanalytic and psychodynamic, cognitive-behavioural (CBT), humanistic, systemic family therapy and integrative |  |
| Equine therapy | An umbrella term for different interventions that use horses and other equines for people with a range of issues, including ADHD, PTSD and attachment difficulties |  |
| Creative Therapies | An umbrella term for therapies that involve the arts or non-verbal forms of communication in therapeutic settings, including art, music, drama, dance and play therapies |  |
| Circle of Security – HV4 | An intervention to help mothers understand and respond to infants’ behaviours and responses, designed for parents of irritable infants, including video feedback.  [www.circleofsecurity.net](http://www.circleofsecurity.net) | Four home visits and group sessions, including one 3-hour assessment followed by 1.5- hour session every 2/3 weeks |
| Trauma-focused Cognitive Behavioural Therapy (TF-CBT) | A child and parent psychotherapeutic intervention for children experiencing significant emotional and behavioural difficulties.  <https://tfcbt.org> | Weekly sessions of 30-45 minutes for the child and parents, and conjoint sessions of the same length towards the end of the treatment. Usually, 12 to 18 sessions |
| Parent-child Interaction Therapy (PCIT) | Coaching sessions for parent/caregiver, designed for parents/caregivers of children aged 2 to 7 years with behaviour and parent/caregiver-child relationship problems.  [www.pcit.org](http://www.pcit.org) | Ten to 20 sessions once or twice a week in an agency- or clinic-playroom setting which allows the therapist to unobtrusively observe the parent/caregiver playing with the child. A ‘bug in the ear’ system is used by the coach to communicate immediate feedback to the parent/caregiver as they play with the child |
| The Incredible Years Parenting Programme, adapted for use with adoptive parents’ website | A parenting programme for adoptive parents who have children aged 3 to 9 years who are high risk and/or have behaviour problems. The programme has been adapted for adopted children. | Weekly groups for 12 weeks, with crèche for children to allow both parents to attend, and assignments for parents to practice new strategies |
| Video-feedback Interventions to promote Positive Parenting (VIPP and VIPP-SD) | Video-feedback interventions to promote positive parenting for adoptive parents with children aged 0 to 12 months (VIPP) and 1 to 4 years (VIPP-SD) | Four to 6 sessions, including the parent and child being videotaped during daily situations at home for 10 to 30 minutes |