What does the FACTS service offer?

Assessments
- Clinical psychology assessments which may form part of a multi-disciplinary assessment
- Sensory attachment integration assessments can be offered as part of a multi-disciplinary assessment

Therapeutic parenting and support
- Strengthening Families Team which provides one-to-one support
- Tailored one-to-one sessions with a clinical psychologist as part of the FACTS service
- Tailored one-to-one sessions with a therapist as part of the FACTS service

Therapeutic packages can include
- Attachment focused family therapy
- Therapeutic life story work
- Sensory attachment integration therapy
- Play therapy
- Theraplay
- Filial therapy
- Child psychotherapy
- Dyadic Developmental Psychotherapy (DDP)

Training for Adoptive Parents
- Attachment Focused Parenting Course based on Kim Golding’s nurturing attachment model
- Other short courses

Adopter Champions Service
- Peer mentoring and support

The Adopter Hub
- 24/7 online access to adopter peer support through online webchat
- Adopter forum
- Learning opportunities through webinars, eLearning and resources

Awards and recognition

PACT’s adoption services were rated Outstanding by Ofsted in 2014 and 2017

PACT was named Charity of the Year at the Pride of Reading awards 2018

Contact us
For more information and a full menu of services please contact the FACTS team on:
Tel: 0118 402 1756
Email: facts@pactcharity.org
Online: pactcharity.org/facts

Thank you all for being amazing and going above and beyond! I don’t think D and I would have got this far without the psychotherapist working with S."
A family after using FACTS
How PACT makes a difference

Who and why?

Recognising the complex trauma often experienced by looked after children, PACT responded by setting up our Family and Children Therapeutic Support (FACTS) service in 2011.

The therapeutic aim of the FACTS service is to work together with the adoptive parent and their child helping to build attachment and empathy and stable, loving families.

Therapeutic model

The FACTS therapeutic model is based on theory, research and practice models within the complex trauma and attachment perspective. We integrate particular models including Theraplay® and Dan Hughes’ Dyadic Development Psychotherapy (DDP).

Children are central to our therapeutic model and we believe working in close partnership with the parents and the school is crucial to achieving successful long term therapeutic outcomes.

Parents

We help parents to come to an understanding and appreciation of their children’s life history and the survival strategies that influence their behaviour. We offer parents training and therapeutic parenting support to help them manage their child’s behaviour and develop loving families.

Parents and child

We facilitate the attachment relationship with direct work between the parents and the child. We work with both the child and their parents to explore the child’s history and the wider history of their family. This enables both to develop their knowledge of each other and begin to understand the behaviours and feelings that can manifest themselves within placement and strengthen the attachment relationship.

Parents, child and school

Colleagues in PACT’s Strengthening Families and Adopter Champions teams can help parents work with schools to increase their understanding of the child’s attachment needs, to give them practical tools and strategies with attachment difficulties and to reinforce the importance of working in partnership to empathically manage the behaviour of children who have been looked after.

Who are the therapists?

The FACTS service has an extensive number of therapists offering a wide range of therapeutic specialisms.

The service offers a wide range of support and therapeutic interventions for children that may have been diagnosed with disorders including, but not limited to, attention deficit hyperactivity disorder (ADHD), obsessive compulsive disorder (OCD), autistic spectrum disorders (ASD), foetal alcohol syndrome (FASD) and developmental trauma, learning difficulties and aggression.

The FACTS service provides assessments, therapeutic support and training for parents that are eligible for the Adoption Support Fund. For further information see www.adoptionsupportfund.co.uk.

“FACTS has been second to none. Without this support the placement would have had serious difficulties. This service has enabled us to provide a strong, consistent and continuing support network to the child from our area that we have placed with your adopters.”

Adoption Support Team Practice Manager
Stoke-on-Trent

to build and strengthen families