

THE SHIFT PROGRAMME

A CUTTING-EDGE PROGRESSIVE INTERVENTION FOR DOMESTIC ABUSE

2024



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ABOUT US

We are a specialist trauma service that delivers accredited education and trauma-focused programmes that are delivered and designed by Integrated Trauma Solutions LTD (ITS). We work in collaboration and partnership with other stakeholders, accepting referrals from family court solicitors, barristers, children's services and more.

The programmes designed by Rachel Fairhurst are dedicated to providing solution-focused outcomes for children and adults. Delivering highly strategic, evidenced-based services, which span from cutting-edge programmes to treatment interventions. Our services are trauma-focused and achieve solutions which go beyond the realms of current interventions. We believe being “informed” about trauma is simply not enough to practice safely, our operation and service delivery are fully trauma-focused and we achieve outstanding results with teams and individuals.





ABOUT THE PROGRAMME

Our specialised program is uniquely designed to address and resolve PTSD and attachment behaviours that often underlie patterns of domestic abuse and relational trauma. We recognise the diverse needs within this field, particularly the gap in theory-based interventions for bi-directional harm, including male victims of domestic abuse, and female perpetrators. Our inclusive, non-gendered approach allows us to effectively serve a wide range of individuals referred to us.

We have successfully collaborated with children's services and family court professionals, offering a trauma-focused intervention that paves the way for thorough trauma processing and psychological education within relationship harm. A testament to our programme's effectiveness is the consistent recommendations from multiple Local Authorities and other professional organisations.

Our programme not only addresses the immediate challenges but also fosters long-term healing and understanding for individuals and communities affected by domestic abuse.

ASSESSMENT

This particular program has a comprehensive trauma-focused assessment process, clients are consistently evaluated throughout, and they are expected to fully participate in every session, complete their homework and read all materials which are stored in the therapeutic portal. A full, in-depth evaluation report is provided post attendance.

It is an intense regime of education, participation, collaboration and evaluation.



The KPI's from case studies referred into the scheme show dramatic outcomes which include referred families coming off the child protection register with risk evaluation reduced to low.

WHO IS SUITABLE FOR THE SHIFT PROGRAMME?

Couples, and individuals who have a repetitive history of negative relationship patterns and entering into domestic abuse situations.

This programme contains multiple modalities including EMDR (Bottom-up processing) and top-down emotion processing, (pre-frontal cortex) to create self regulation and behaviour change.

This 13-session programme is specifically designed to address the functional impairment that often occurs within individuals who have experienced trauma.

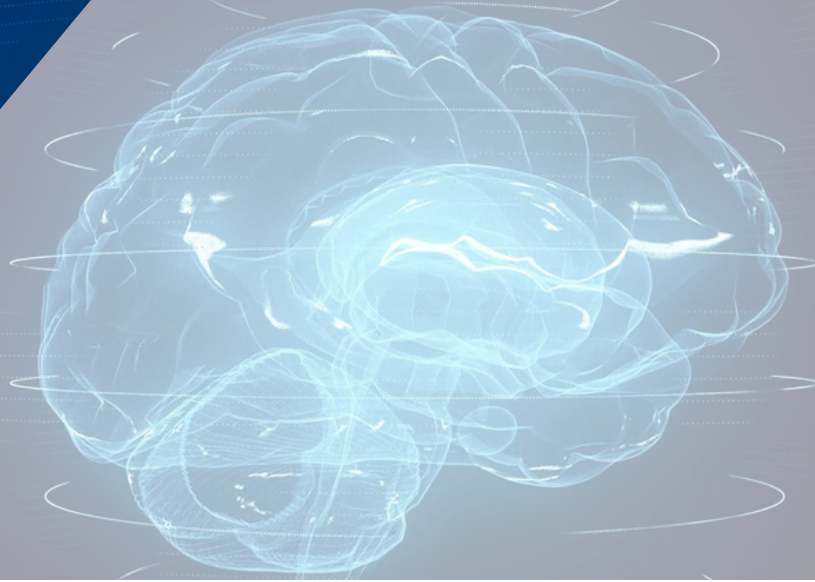


THREE KEY AREAS OF FOCUS:

1) Trauma focused psychological education and specialised psychological, emotional and biological stabilisation.

2) Dealing with emotions and attachment disorders in safe healthy ways. This is achieved through developing emotional and attachment disorder awareness and build skills for negative feelings and managing distress.

3) Dealing with interpersonal relationships effectively is the third focus of this programme, this is achieved by learning how patterns developed in previous relationships continue to guide your current relationships. Time is also spent specifically how to manage attachment behaviours that can interfere with or overshadow healthy behaviour.



CLIENT JOURNEY THROUGH THE SHIFT PROGRAMME

1. Referral:

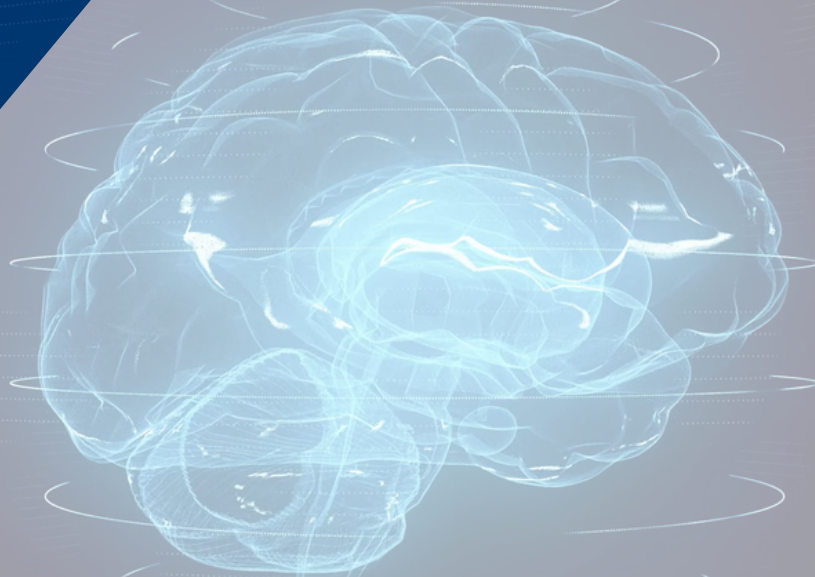
The client's journey begins with a referral to the Shift Programme, typically made by professionals such as social workers, family court solicitors, or other relevant parties.

2. Admission and Program Orientation:

Upon acceptance into the programme, the client will be informed of their admission and introduced to the key components of the Shift Programme. They will receive an orientation that outlines the structure, expectations, and benefits of the program.

3. Trauma Focused Core Assessment:

Clients will undergo a trauma focused assessment that occurs regularly throughout the programme. This assessment helps us understand the client's trauma-related conditions, symptoms, and progress. It provides an initial overview of relevant symptoms and guides the development of a personalised treatment plan.



CLIENT JOURNEY THROUGH THE SHIFT PROGRAMME

4. Trauma-Focused Psychological Education:

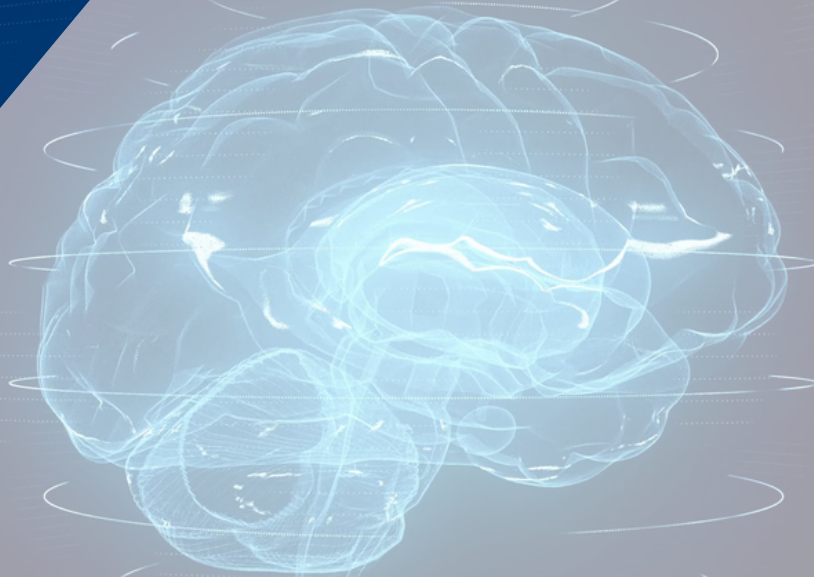
Clients will participate in sessions dedicated to trauma-focused psychological education. These sessions focus on helping clients understand the impact of trauma on their emotional, behavioural, psychological, and physiological systems. They will gain insights into how trauma relates to their current challenges and behaviours.

5. Attachment Theory in Relationships:

The Shift Programme includes sessions that assess the client's attachment style and its role in unhealthy relationship patterns. Clients will work on modifying their attachment behaviours and developing healthier relationship dynamics.

6. Safety and Stabilisation:

Clients will acquire skills to manage distressing emotions and improve interpersonal relationships. This involves recognising and responding to triggers within relationships, reducing triggers, achieving self-mastery, and developing critical awareness.



CLIENT JOURNEY THROUGH THE SHIFT PROGRAMME

7. Emotion Regulation and Processing:

Sessions will focus on emotional awareness, engaged living, emotion regulation, understanding relationship patterns, and taking control of emotional and relationship behaviours. Clients will work towards creating emotionally engaged living free from trauma, with healthy boundaries and consistent emotion regulation.

8. Closing Down Session and Progress Review:

Towards the end of the programme, there will be a closing session. This session involves monitoring the outcomes, reflecting on the client's journey, and presenting an attendance certificate. Clients will also receive a detailed report summarising their progress, which can be shared with referring agencies and courts.

9. End of Programme Professional Report:

A comprehensive report will be prepared for your organisation, providing valuable insights into the client's progress, achievements, and recommendations for further support or interventions. This report is shared with relevant parties, including courts, family courts, social services, CAFCASS, probation services, and other referring bodies.

INITIAL ASSESSMENT

Trauma Focused Assessment

Sessions

Assessing for all
Trauma Related
Conditions

Benefits

Gives us an
initial overview of
all relevant
symptoms

Outcomes

Helps monitor
progress and
influences
psychological
education

An objective and subjective trauma-focused assessment is a fundamental element to establish a baseline for ongoing measurement. With initial clinical data, we can measure the key symptom clusters of trauma and how they respond to the programme.

SESSIONS

Session One

Trauma Focused Psychological Education

Sessions

Strategic education on the identified symptom clusters of Trauma

Benefits

Understand the impact of trauma on emotional, behavioural, psychological & physiological systems of trauma and the relationship to perpetrator behaviour

Outcomes

Sustainable critical awareness

Session Two

Attachment in Theory Relationships

Sessions

Individual assessment of attachment

Benefits

Understanding attachment disorders & how they dictate unhealthy relationship patterns

Outcomes

Behaviour modification and management of attachment type

SESSIONS

Session 3 & 4

Safety and Stabilisation

Sessions

Learning skills for dealing with distressing feelings and improving interpersonal relationships

Benefits

Recognise and respond to internal and external triggers within interpersonal relationships

Outcomes

Trigger reduction
self mastery
and critical awareness

Session 5 to 11

Emotion Regulation and Processing

Sessions

Emotional awareness, engaged living, emotion regulation, the resource of connection, understanding relationship patterns, agency in relationships

Benefits

To create emotionally engaged living free from trauma with healthy boundaries, top down processing of emotional and relationship behaviours

Outcomes

Reduction of re-victimisation, consistent emotion regulation, participating in healthy relationships and breaking the cycle of unhealthy relationships

SESSIONS

Session 12

Closing Down Session

Closing Session

Outcome monitoring,
reflection of learning,
presentation of
attendance certificate,
signing of portfolio, copy
of report for referring
agency and court

Benefits

Reflective process of
journey so far,
recognising self
development and
personal achievement,
recognition on
completing the
programme

Outcomes

Integrate all you have
learned and processed,
have healthy
relationships free from
trauma and attachment
disorders.

ONLINE PORTAL



Duration

Our online portal is a secure and convenient platform that allows therapy clients to access all therapy-related resources in one place. We believe that a client's therapeutic journey should be as seamless as possible, and this portal is designed with that in mind. Rest assured that data is securely stored and accessible only to the client and therapist.

Key Features:

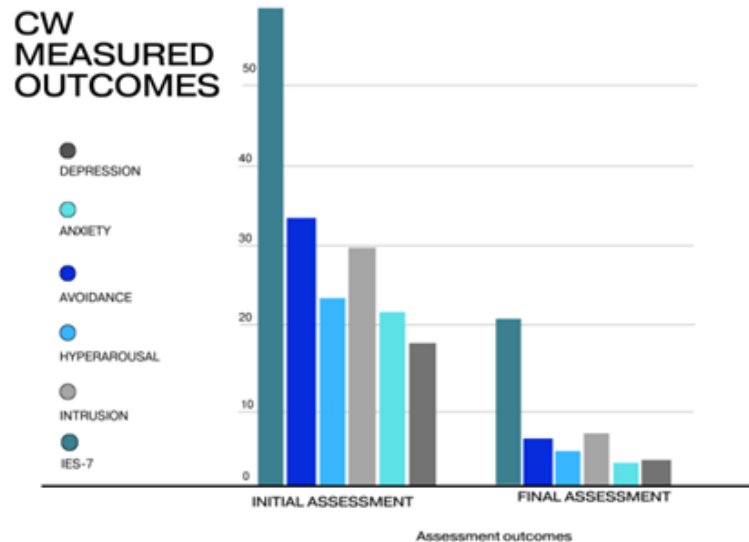
1. **Session Reviews:** Easily revisit your therapy sessions, allowing you to reflect on your progress and insights.
2. **Therapy Journey Tracking:** Gain a comprehensive view of your therapy journey with detailed progress tracking.
3. **Journal Integration:** Share your thoughts, feelings, and experiences with your therapist through our integrated journaling feature.
4. **Resource Library:** Access a wide range of resources and tools tailored to enhance your therapeutic experience.

END OF PROGRAMME PROFESSIONAL REPORT

A comprehensive report will be prepared for your organisation, providing valuable insights into the client's progress, achievements, and recommendations for further support or interventions. This report is shared with relevant parties, including courts, family courts, social services, CAFCASS, probation services, and other referring bodies.



EXAMPLE MEASURED OUTCOME



As part of our ongoing evaluation process, we closely monitor the clinical measurements of our clients every week to assess their engagement and progress within the Program. Recent statistics have shown significant improvements which demonstrates a significant reduction in symptom clusters following the use of our strategies.

This particular client, identified with an Anxious/Preoccupied attachment style, and has gained valuable insights into their behavior patterns, particularly in the context of relationship dynamics and breakdowns. They have expressed appreciation for the psychological education provided, highlighting its effectiveness in enhancing their coping mechanisms in response to external stimuli. Notably, there has been a marked improvement in their reactivity and hyper-arousal symptoms.

This client continued with Cognitive Processing Therapy with ITS. A top-down PTSD processor to eliminate PTSD symptoms and establish a deeper understanding of issues such as power, control, trust, and intimacy in relationships.

This case exemplifies the impact of our Program, not just in symptom reduction, but in empowering clients with the knowledge and tools to navigate their challenges more effectively. We look forward to continuing our work with referring agencies, providing specialised interventions for diverse client needs."

ITS THERAPY TERMS AND CONDITIONS

Counselling is when a contract has been agreed between therapist and client to meet in a therapeutic setting. ITS offer a confidential and safe environment to allow a client to recognise and come to terms with those issues that are restricting and causing distress in their life. This is a journey we take together towards deeper understanding, acceptance, and responsibility for self, in order to facilitate change for a more satisfying, rewarding and fulfilling life. ITS offer trauma focused therapy including treatment plans for those who have been diagnosed with Post Traumatic Stress Disorder or are exhibiting symptoms of traumatic stress.

What is on offer:

- Each session will take place at the same time each week and last for 60 minutes. It is important to maintain consistency and the therapist will always be ready to start on time.
- Confidentiality is strictly of high importance and will always remain unless it is considered that you as a client are at risk to yourself, to others or alternatively from others. This counts if harm has been caused and there is risk of re-occurrence. Any acts of terrorism and money laundering are also areas that break confidentiality.
- If the therapist believes you may be in danger or harm in any way, then they have the right to contact your GP or another service that may be required to provide additional assistance to you. This is only done in an emergency situation and although it may not always be possible to discuss this with you first, we always endeavour to do so as a matter of courtesy.
- ITS holds public liability and professional liability insurance and ensures regular supervisions are held to ensure fitness to practice, code of ethics and the framework for good practice in counselling and psychotherapy.
- ITS provides thorough assessments to obtain a full a picture of the client and what they are looking to achieve through counselling, so that the therapist can create a treatment plan to work with you. Although assessment forms are detailed, notes are kept as brief as possible during sessions and these are kept separately to any identifying details such as your name and address. ITS comply with the Data Protection Act of 1998.

CLIENT THERAPY TERMS AND CONDITIONS

- Attend each contracted session promptly as time cannot be extended due to other appointments. If you arrive late, the session will still need to finish at the allocated time.
- 36 hours notice is required to cancel a session, if this is not given then you are still responsible for the full session cost. If you provide more than 36 hours notice, then you will only be liable for 50% of your usual session cost. These costs are due to the space being held for you and therefore the ability to offer it to anyone else is not possible.
- Due to the above point, payment is requested a little in advance to ensure it has cleared before we meet. ITS usually ask for 72 hours prior to appointment, in order to be in time for the cancellation deadline, however, if you come into difficulty, I am of course happy to discuss alternatives.
- Payment should therefore be by BACs and I recommend setting up a standing order through your online banking to ensure all runs smoothly. I can provide invoices on request if required.
- Threatening or violent behaviour towards the therapist will in no way be tolerated in any circumstance; the session will need to be terminated immediately with any further work being re-contracted.
- The client must engage in the therapeutic work being as honest and genuine as possible and not using the therapy as a way to achieve additional or manipulative gain in interpersonal relationships or otherwise.
- Attendance of sessions under the influence of any substance will result in the session not taking place. This is for your safety, which is of course paramount at all times.
- If you are an organisation and are sending a client, sessions MUST be paid for in advance, in blocks of 10, before any sessions can take place. This payment is non-refundable if the client does not complete the block.



TRAUMA & MENTAL HEALTH EDUCATION

01823 765141

www.integratedtraumasolutions.co.uk

admin@integratedtraumasolutions.co.uk

9 High Street, Wellington, TA21 8QT