



Cambian

# Specialist Residential Complex Trauma Services

Children aged 6-12

Every child is different.  
We make sure their care is too.



We have over 20 years experience working with children who have suffered significant complex trauma. With homely and welcoming environments every interaction we have with our children is

therapeutic in nature. Our approach is underpinned using **DDP** (dyadic developmental psychotherapy) and **PACE** Model (Playfulness, Acceptance, Curiosity and Empathy) which includes therapeutic parenting.

If you would like more information on  
our services call us 0800 644 6170

We aim to address the immediate and long term consequences of children's exposure to maltreatment and other multifaceted traumatic experiences. Exposure that results in a loss of core capacities for self-regulation and interpersonal relatedness.



**Children in our services have typically suffered more than seven of the following "Adverse Childhood Experiences"**

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Intimate partner violence
- Mother treated violently
- Substance misuse within household
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

**The Impact of Complex Trauma:**

- Disrupts the integration of Mind – Body – Emotions – A child's social skills
- Projects their trauma onto everything – everything is a threat
- Defence mechanisms are taken over by their trauma
- Disrupts their attachment style, play and exploration, sociability, sexuality

**We support the recovery of children through our integrated team:**

**CARE**

The care team is made up of over 150 staff across our 11 Specialist Residential Care Homes, who are all trained in therapeutic approaches and complex trauma.

**CLINICAL**

Our holistic therapeutic package is informed and supported by a dedicated clinical team, comprising of Clinical Psychology, Psychotherapy, Art and Drama Therapy, Occupational Therapy and Life Story Work.

**EDUCATION**

Our education team offer access to Cambian SEMH school's within each locality.

All the work carried out in our service is based on our therapeutic approach known as the **STEP** Framework.

**S**

Sensory  
Supportive

**T**

Totally  
inclusive

**E**

Enabling

**P**

Progressive

There are  
3 stages of **STEP**

### 1. Stabilisation

### 2. Strengthening

### 3. Transition

Typically up to three month timing, no 'direct' therapy, the child familiarises themselves with their new home

Focus on the child learning new skills and addressing their individual needs

When the child is prepared to move on to their next placement

## The Cambian Assessment of Progress

The Cambian Assessment of Progress (CAP) is a rating scale which is marked out of 100 and used to determine and track the progress of each child in our care.

**We assess how the individual functions within 4 key domains**

How they  
function  
psychologically

How they  
manage their  
social and  
emotional skills

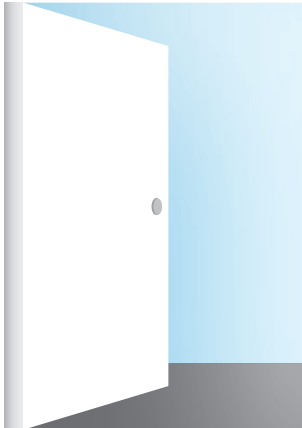
How they  
manage their  
learning needs

How they  
manage their  
general health  
and wellbeing

## Why residential care instead of fostering?

Children that have suffered significant trauma can find it difficult to form positive and trusting relationships with adults.

Our homes create a caring family life environment, which is underpinned by a clear therapeutic framework, supported by highly skilled education, care and clinical teams, enabling our children to learn to form appropriate and positive adult attachments.



## Outcome

Our aim is to see every child progress such that they can safely and positively transition either back to their family or a foster care placement when the time is right for them.

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