

## How to Refer

More information about breaking the cycle and referral process can be found on the Trust intranet or please follow the link below:

[https://  
intra-  
net.birminghamchildrenstrust.co.uk/  
info/20166/practice\\_hub/681/  
breaking\\_the\\_cycle](https://intra-net.birminghamchildrenstrust.co.uk/info/20166/practice_hub/681/breaking_the_cycle)

Alternatively contact a member of the team for information, advice and support.



## Contact Us

For further information please contact a member of the team:

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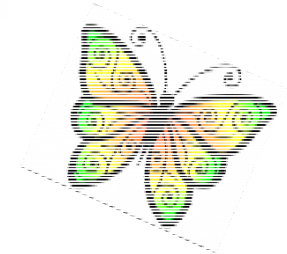


**BIRMINGHAM  
CHILDREN'S TRUST**

## Breaking the Cycle

**Information for Professionals**

*A reflective, therapeutic programme which supports and facilitates birth parents to embark upon a personal journey of self-reflection.*



## Who we are

### About the Programme

Breaking the Cycle is a trauma informed service. It is a non-statutory support offer; therefore all birth parents who engage with BtC do so voluntarily, choosing the programme at a time when they themselves feel ready to engage with a therapeutic reflective programme.

It is usually not the right time for birth parents to engage with BtC when they are in proceedings; this is usually not a conducive time to be engaged in a therapeutic reflective programme. However there may be exceptions to this and these will be considered through direct discussion with the referrer.

### Our Objective

To recruit birth parents who demonstrate clear motivation, commitment and willingness to engage in a programme that focuses on reflection and change.

## What we do

### Outline of the Programme

Following receipt of a referral birth parents will be invited to an initial meeting. The birth parent will consider the programme and staff will consider if the parent is ready to engage with Breaking the Cycle.

### Three module programme:

Individual one to one sessions

6-8 group work sessions

6-8 future parenting sessions (optional)

Upon completion of the programme birth parents have access to a monthly drop-in group

## Who can Refer

### Criteria

Support to birth parents who have lost a child or more to adoption.

Work with birth parents living apart from their children is currently being piloted on a very small scale as we expand the service offer.

### Referrals

Referrals can be received from any professional working with birth parents or directly from the birth parent themselves.

Referrals for birth parents living apart from their children or external to Birmingham Children's Trust will need to be discussed directly with the BtC Team Manager. Where it is deemed suitable for a referral to be made a referral form will be e-mailed accordingly.

