



Nurturing Families

therapy, training and support

Ruth Barker and Steph Dixon

Profiles

Ruth Barker and Steph Dixon are both social workers qualified to masters level. They are HCPC registered and DBS checked. Between them they have over 22 years experience of working therapeutically with children and young people who have experienced abuse and neglect. They are passionate about nurturing families - supporting the formation of strong, healthy family relationships. They do this by working therapeutically with children and young people to address their complex needs as a result of early trauma.



Ruth Barker

For the past 14 years Ruth has worked in a therapeutic team, providing therapeutic support to children and young people who have experienced abuse and neglect. In the past 6 years Ruth has specialised in working with children and young people who have experienced sexual abuse and children who display harmful sexual behaviour.

Ruth's particular area of interest is working with looked after or adopted children and their foster carers or adoptive parents. Ruth has worked therapeutically with children and young people to address their complex needs as a result of early trauma; she has provided support to adoptive parents around therapeutic parenting; run groups for foster carers with a focus on attachment and therapeutic parenting; and delivered training to professionals from multi-agency settings on attachment, trauma and the impact of sexual abuse. Ruth is also vice-chair of North Tyneside Fostering and Adoption Panel.

Ruth has undertaken extensive additional training in attachment; the impact of trauma on brain development; dissociation; emotional regulation and therapeutic parenting for adopted children. Ruth has been trained by Dan Hughes in his approach, Dyadic Developmental Psychotherapy (DDP) to Level 2 and she draws on this heavily in her work. She has also been trained in Developmental Attachment Therapy.

helping children heal from developmental trauma

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Steph Dixon

Being an adoptive parent herself, Steph has a special interest in supporting parents who have come to parenting via adoption, foster care or residential care. For the past 8 years she has been working therapeutically with children and young people who have experienced trauma and abuse and supported their parents and carers to provide therapeutic caregiving. Steph has experience of working therapeutically in local authority, CAMHS and voluntary settings.

Steph has facilitated workshops and training for professionals from multi-disciplinary backgrounds on the subjects of attachment, trauma, communicating with children and therapeutic skills. She has provided consultations, facilitated parenting groups and alongside a qualified family therapist was instrumental in establishing a multi-agency family therapy clinic.

Steph has been trained by Dan Hughes in his approach, Dyadic Developmental Psychotherapy (DDP) to Level 2 and she draws on this heavily in her work. Having undertaken further training she is also influenced by approaches such as Developmental Attachment Therapy; Eye Movement Desensitisation and Reprocessing (EMDR); Cognitive Behavioural Therapy (CBT) and family and systemic therapy. Steph has also been trained in the attachment based parenting programme Mellow Parenting.

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