



## Family therapy Service

### Training Title:

#### Seeing the Whole Story

*A Systemic Approach to Supporting Care-Experienced Children, Young People, and Families*

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#### ◆ Tagline

**Using SA<sup>3</sup>F<sup>2</sup>E to Become Part of a Child's Healing — Not Just Managing Behaviour.**

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#### Overview

Today's care teams are navigating complex relational systems: high-risk teenagers, emotional volatility, multi-agency expectations — all under the pressure of limited time and emotional capacity.

**This training offers a different way forward.**

Grounded in the **SA<sup>3</sup>F<sup>2</sup>E Framework**, *Seeing the Whole Story* equips practitioners to move beyond behaviour management and into relational healing — by understanding the full system: the child's story, the family's patterns, the practitioner's identity, and the organisational context.

**The SA<sup>3</sup>F<sup>2</sup>E Framework** is a systemic and relational framework that helps teams understand and respond to behaviour through relational safety — not control.

It brings together Seven pillars — Security, Affection Involvement, Acknowledgement, Allowing, Family Systems and Functioning, and Emotions— to support healing for care-experienced children and the adults who care for them.

More than a strategy, it's a relational stance:

A way of seeing, reflecting, and responding that creates lasting change — in teams, systems, and relationships.

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## Who This Training Is For:

- Residential care staff
  - Foster carers and kinship support teams
  - Therapeutic key workers
  - Youth justice and family support professionals
  - Safeguarding and inclusion leads
  - Social care and mental health practitioners
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## What You'll Learn:

### Day 1 — Seeing the Whole Story

*Widening the lens to see behaviour as relational, not personal.*

Participants explore the child's behaviour in context — including the family's dynamics, the staff's emotional stance, and the organisation's culture.

We introduce **reflexive practice** and support staff to begin seeing themselves as *part of the system*, not outside of it.

- ✓ Understand behaviour systemically — not symptomatically
- ✓ Begin reflexive thinking about relationships, power, and identity
- ✓ Unpack how multiple stories shape one moment

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## Day 2 — Becoming the Healing Relationship

*Turning the practitioner into the intervention.*

This day introduces the **SA<sup>3</sup>F<sup>2</sup>E Framework** as a relational tool — not just to understand the child, but to reflect on how the adult's values, posture, and emotional presence shape the dynamic.

We explore the practitioner's story, bias, regulation, and relational power.

- ✓ Apply the **SA<sup>3</sup>F<sup>2</sup>E Framework** through a systemic, relational lens
- ✓ Recognise how personal presence and power shape every interaction
- ✓ Practise relational repair and emotional congruence

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## Day 3 — Practising Systemically

*Embedding healing into everyday relationships and team culture.*

Teams learn to integrate SA<sup>3</sup>F<sup>2</sup>E into debriefs, key time, and relational planning.

Participants use real-life cases to reflect, map, and co-create action plans that centre healing and systemic awareness — even under pressure.

- ✓ Create relational feedback loops with children, staff, and self
- ✓ Use reflexivity to shift daily practice, not just theory
- ✓ Develop healing-centred action plans through live systemic reflection

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## Delivery Options:

Format	Details	Investment
<b>Team Training</b>	3 x Full Days (Online or In-Person)	£6000 for up to 10 participants (+£400 per additional person; max 16–18)

*Travel & accommodation:*  
Additional if in-person outside  
Greater London/UK base

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## **What's Included:**

- 3 days of live, interactive training
  - Practitioner workbook + SA<sup>3</sup>F<sup>2</sup>E handouts
  - Reflective practice tools for embedding into daily routines
  - Certificate of attendance for CPD tracking
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## **Immediate Outcomes**

- ✓ Understand behaviour systemically — not symptomatically
  - ✓ Gain confidence using SA<sup>3</sup>F<sup>2</sup>E as a relational, reflective and reflexive tool
  - ✓ Strengthen reflexivity and team cohesion through shared practice
  - ✓ Embed daily healing moments into care without extra burden
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## **Long-Term Impact**

- ✓ Greater placement stability through trust-based, relational care
  - ✓ Improved outcomes for care-experienced young people
  - ✓ Less staff burnout — more co-regulation and psychological safety
  - ✓ Increased retention through identity-aware, healing-led practice
  - ✓ Organisational shift from behaviour management to system-wide relational leadership
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## **Investment in Practice**

The cost of turnover, emotional fatigue, and fractured care relationships is high. This training provides the systemic insight and relational tools teams need to lead with clarity — not just compliance.

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## **A Final Thought**

“The most powerful tool in the room isn’t a strategy — it’s the adult’s presence, posture, and self-awareness.

When we see ourselves as part of the system, we can finally start healing it.”

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## **Beyond the Training: Deepen Impact and Sustain the Work**

*If you are Looking to embed this work over time? Additional services available on request.*

- Systemic Reflective Practice Sessions
  - Leadership Circles for Systemic Consultation
  - Follow-up Deep Dive Workshops
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## **To book training or request a consultation:**

Contant **Pei-I Yang**

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