

Bryan Post Conference 16th August 2025 – Fear to Love

I attended the Bryan Post conference in Glasgow as part of his Fear to Love world Tour. It was four hours CPD in therapeutic parenting techniques.

My name is Natalie Travis – Team manager for Empower Services in Rotherham. My team works with families and young people who are at risk of placement/family breakdown, who are reunifying back to a birth family member and also children who are stepping down to foster care from a residential provision. I am social work trained but therapeutically focussed. I have DDP level two, full EMDR qualification and Theraplay 1. As part of my role I offer consultations, network meetings but hold a small clinical case load of more complex children and adolescents within Rotherham including care leavers. I also facilitate training in attachment theory and developmental trauma and the “Foundations for attachment” training within my service.

The conference was a four-hour in-depth session looking at therapeutic parenting skills and development. It linked together learning about brain development, regulation skills and the importance of calming the self before dealing with the situation. We explored breathwork and modelling the model for our children and carers. It linked nicely to previous learning I have experienced and how I can explain and show this to families I work with.

It was trauma-informed and responsive in its approach and felt empowering. We explored sitting with the big feelings and the internal working models for children and young people. We linked the shield of shame and why children may behave in certain ways as they are distressed but may come across as scary. Reminding ourselves to always look beneath the behaviour and see the child within.

Also, the importance of regulation before trying coregulation – he linked it well to Dan Siegel and Bruce Perrys work but also Dan Hughes’ DDP model. He deepened our knowledge of repairing of rupture in a non-shaming manner. But also owning your own behaviour and apologising when you get it wrong as a parent and worker.

I absolutely thoroughly enjoyed this training and came away buzzing with excitement about what I could share with the team and also with my families. I have signed some of my new staff up to the free training online workshops that are being run by the organiser of this event. I’ve bought his book and am sharing out his you tube videos to staff, wider staff and families. For future people thinking about attending his training – I would recommend, be mindful he is Christian so there are some bible references but the overall theme is be kind, be present, and breathe.