



## Changing Places: Fast TRaC Goals

The Changing Places: Fast TRaC Programmes are designed to tackle aggressive behaviour, build resilience, and explore potential trauma by promoting:

- **Pro-social problem solving skills**
- **Positive communication with Parents/ Caregivers**
- **Non-abusive Healthy intimate relationships**
- **Positive/ Supportive Friendships**

Changing Places Fast TRaC is an 8 week group work programme that can be delivered in groups of up to 8 young people, but is flexible to individual need providing adaptations for small groups of 2 or 3 young people or for 1:1 work.

## Contact details

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### Please contact for:

Referrals for the Fast TRaC Pilot programmes.  
Referral advice and support.  
Facilitator support  
Further information about Fast TRaC.

In partnership with

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**Believe in children**  
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**TRAFFORD**  
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**Changing Places:  
Fast TRaC**

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Peer and Parent  
Relationships  
age 12-18



## Who we are

Barnardos Safer Futures have been commissioned by Trafford Youth Offending Service to develop intervention programmes to work with young people who display violence in different aspects of their life.

The primary need was identified by Trafford YOS in relation to young people who use violence in their relationships with their parents/carers.

Working with **Emily Alison**- Clinical Psychologist, The Changing Places: Fast TRaC (Trauma, Resilience and Coping) Programmes have been developed to be used with young people who are using violence and abuse to manage their close relationships or conflict.



## What is Changing Places Fast TRaC?

The Programme is a combination of a skills-building and cognitive-behavioural approach to developing behaviour change. Cognitive Behavioural Therapy (CBT) works by increasing an individual's self-awareness, this allows them to have more control over their decisions, their thoughts, and their behaviour.

The programme includes adaptations of exercises found in several empirically established programmes of work. Elements of these programmes have been brought together and adapted for use specifically with young people.

Therefore, **Changing Places: Fast TRaC** is about offering young people an opportunity to learn about themselves and as a result, change their behaviour in the future. It is not about 'fixing' them or 'forcing' them to change. They will have to choose to use the skills they learn on the programme.

These sessions will show them that there is another way to handle problems and conflict with people close to them, rather than resorting to abusive or violent behaviour.

Young people will be encouraged to consider how their own exposure to abuse or violence is linked to their behaviour and how to overcome this in the future.



## Changing Places: Fast TRaC target population

CP Fast: TRaC programmes are designed for young people who are using violence and abuse to manage their close relationships or conflict. This population may also include young people who have witnessed domestic abuse.

The **target population** are young people who use:

- **Generalised abusive or violent behaviour**
- **Child to Parent Violence**
- **Intimate Partner violence**
- **Peer to Peer Violence**