

CHILD TO PARENT VIOLENCE AND AGGRESSION

Hedwig Verhagen is an author, therapeutic social worker, trainer and consultant.



Her latest book, Parenting Matters: Parenting a child affected by child to parent violence and aggression, provides authoritative, clinical guidance for carers and adopters on why child to parent violence and aggression (CPVA) can occur and what can be done about it. In straightforward language, it explains how violence may manifest, and how sensory processing issues and a need

for control may affect behaviour and contribute to childhood aggression.

The book is primarily aimed at adoptive parents, kinship carers and foster carers, but is also beneficial to many professionals who work with children and young people.

Child to parent violence is a distressing phenomenon for any family, but it may be more common in children who have been separated from their birth family and who experienced abuse, neglect or other trauma in their early years.

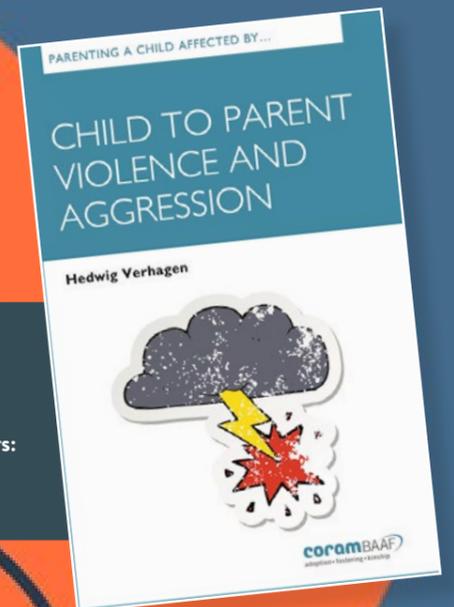
Aggression can become a problem at different ages and stages, and may have its roots in a variety of causes. For parents and carers of these children who are seeking to help them manage or overcome this difficulty, it is imperative that the past informs the present – to relate this early

trauma to the child's difficulties now, and to use this knowledge to inform healing and development for the child.

Hedwig worked in the field of adoption and kinship care support for many years, and child to parent violence and aggression has long been an area of particular interest to her. Many of the children and young people she worked with expressed their distress through verbal aggression, bullying, physical threats and violence. She saw this behaviour as an effect of their early experiences, in the same way that a child who has experienced early trauma may express their distress through hiding under a table or crying.

Over the years, she developed a way of working with CPVA. Her approach includes a consideration of the role that sensory processing issues, (toxic) shame and a need for control may play. Rather than seen as a problem, anger is interpreted as a way to cope with more vulnerable emotions such as shame, anxiety, disappointment, and fear of rejection. This is why "anger management" doesn't tend to work for people who have experienced trauma. Although she recognises the impact of CPVA on the adults (and siblings, and pets) in the family, her approach is unapologetically child-centred.

This book is part of CoramBAAF's **Parenting Matters series** which explores many of the health conditions and other issues commonly diagnosed in looked after children. For further information and to read a copy of the book, look here - **Parenting Matters: Parenting a child affected by child to parent violence and aggression | CoramBAAF**



A member of our social worker team at FosterTalk will be reviewing this book within the next few months so look out for their review on our website fostertalk.org.uk