

# Pathways to Healing Partnership Project

Pathways to Healing Partnership (PTHP) is a team which works to support the needs of vulnerable pregnant, or newly parenting, women who have a history of adversity/toxic stress, and who are living with the outcomes of developmental trauma.



## Who We Are:

- PTHP is grounded in Dr. Bruce Perry's Neurosequential Model of Therapeutics (NMT) and Dr. Brazelton's Touchpoints
- PTHP educates community partners who are supporting vulnerable families
- PTHP emphasizes relational and reflective practice
- Team members are post-graduate clinical specialists

*PTHP recognizes the impact that early relational adversity has on experiences throughout pregnancy, childbirth, and parenthood. We work to support systems in understanding and responding to the needs of these families, in order to provide the most effective trauma-informed, and family centered care possible.*

## What We Do:

- facilitate system change through the experiences of our clients
- work intensely, sometimes daily, with each dyad, to build a therapeutic web of care
- reduce stress, increase supports to expose caregiver strengths
- maintain and support healthy dyads/families
- provide psychoeducational opportunities to community agencies around the underlying mechanisms of trauma and problematic substance use; as well as the connection between the two
- PTHP goals include: individual regulation, parent stress-reduction, promotion of parent-child attachment, increased parental competency

## PTHP Core Principles:

- Our core principle is that each mother has the right to have the opportunity to attach with their child.
- Parenting is not an all or nothing proposition.
- Attachment is not binary, it is built over time in the context of safe relationships.
- Stress and bonding are counteractive to one another.
- Problematic substance use is rooted in impaired attachment.

*“PTH is able to open the door, broaden the branches...get you in the right direction, make you feel comfortable and not feel so alone in going through it”*

(Participant 107)

*“What makes it different is that it's informed, trauma informed. It's flexible to meet the client's needs. When barriers have come up to meeting client's needs, the process is about figuring out how to overcome that barrier. The focus is on meeting the client where they are at. The client doesn't need to fit into an already maintained structure... That's what's totally different, it's not just plugging the family into something that's already happening... no, it's completely fluid, it's completely different. It's about figuring out what works for the family, not necessarily what works for the clinician”*

(Participant 115)

## Touchpoints Principles and Assumptions Which Guide the Work of PTHP:

- Recognize what you bring to an interaction.
- The parent is the expert on his/her child.
- All parents want to do well by their child.
- All parents have strengths.
- Be willing to discuss matters that go beyond your traditional role.
- Value disorganization and vulnerability as an opportunity.



## Direct Referral to PTHP

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“The capacity to love cannot be built in isolation.”

Dr. Bruce Perry