

The STEADY Group

What is it?

The STEADY Group is a trauma-informed, psychoeducation and skills-based group intervention for Children in Care. It supports young people to develop emotional regulation, coping strategies, and a greater sense of emotional safety following trauma and adversity.

The group is non-disclosure based, meaning young people are not required to talk about or share details of traumatic experiences. The focus is on stabilisation and skills-building, rather than trauma processing.

Therapeutic Approach

The STEADY Group is an integrative, psychologically informed intervention. It draws on approaches commonly used in trauma and emotional regulation work, including skills from cognitive-behavioural, attachment-informed, somatic and compassion-focused models.

The emphasis is on regulation, emotional safety, and practical skills, rather than trauma disclosure or therapy.

What the STEADY Group Supports

The group aims to support young people to:

- understand emotions and body responses
- develop emotional regulation skills
- learn practical coping strategies
- increase feelings of safety and stability
- recognise strengths and build confidence

What Does STEADY Stand For?

S – Safety

Supporting emotional and physical safety through grounding, predictability, and co-regulation.

T – Thoughts & Feelings

Understanding links between thoughts, feelings, and body sensations.

E – Emotional Regulation

Learning practical strategies to manage strong emotions.

A – Awareness & Agency

Recognising patterns, triggers, and developing a sense of choice and control.

D – Developing Skills

Practising coping, communication, and problem-solving skills for everyday life.

Y – You

Focusing on strengths, values, progress, and how skills can be used beyond the group.



Who is the Group For?

The STEADY Group is suitable for young people who:

- are in Years 7–9
- present with mild to moderate trauma-related difficulties
- are emotionally stable enough to engage in a small group
- would benefit from skills-based support
- have a supportive carer or network



What the Group Is Not

- STEADY is not trauma processing, direct therapy or disclosure-based therapy
- Young people are not asked to share personal trauma histories
- It is not suitable for young people experiencing acute mental health crisis

Group Structure

- Small group (typically 4–6 young people)
- Weekly sessions
- Predictable structure and routine
- Skills-based activities and discussion
- A carer workshop to support consistency and safety

Other Key Dates

Carer Workshop:

- 20th October | 10:00am – 12:00pm

Optional Young Person Online Meet & Greet with facilitator :

- 28th October | Time that suits the young person

Group Sessions

Group Sessions

All sessions take place 13.00 – 14.45 Tuesdays:

- 3rd November
- 10th November
- 17th November
- 24th November
- 1st December
- 8th December

Location :
Lime Tree Business Park,
Lime Tree Road, , Matlock,
United Kingdom



Important Information About Places

Group places are offered following:

- confirmation that dates and times work
- young person interest and consent
- risk screening and group matching
- minimum group numbers being met

Networks will be contacted once group places are confirmed.

Contact Us

Phone:

01332 505484

Email:

DerbyshireEHWIC@actionforchildren.org.uk

The DECC

Derby and Derbyshire Emotional Health and
Wellbeing Service for Children in Care

