

Training for frontline workers, managers and supervisors

Tavistock Relationships is offering a range of half-day introductory and advanced workshops, online or face to face.

Introductory workshop: Thinking about co-parents in conflict, overview of evidence, parental conflict and domestic abuse/violence (and distinguishing between the two), practice development, children's views and how to have conversations about relationship quality

*Reducing Parental Conflict
Foundation Course for Local
Authorities from Tavistock Relationships*

Advanced workshop: Skills and techniques for use in helping parents communicate better, tools to use and outcomes to achieve for children

Workshop for supervisors and managers: how supervision and oversight can embed relationship improvement working, tools and techniques to use to help workers become more confident and effective when working with co-parents/parental couples in conflict.

We also offer a variety of topic workshops on:

- Working with angry, troubled families
- How to talk about relationship quality to enable change
- Effectiveness: measuring family strengths, relationship quality and service effectiveness
- Extended in-depth assessments – building relationships over three sessions, enough for some
- Working effectively where children are in need of safeguarding from parental couple conflict
- Early help for troubled relationships, skilling frontline workers to undertake change
- Winning through: overcoming resistance, understanding and managing obstacles
- Professional relationships and agency relationships, how using a relational approach makes sense
- Excellence in supervision: developing relational practitioners

Cost: £1,500 per half day session, with materials, up to 50 participants per online workshop, up to 70 face to face.

*Tavistock Relationships
Quality Award for Local
Authorities - Reducing
Parental Conflict*

Working in the grey zone: worrying inter-parental conflict or domestic violence or abuse?

A one-day workshop for practitioners, looking at evidence, measures and tools in order to be able to:

- distinguish high levels of conflict from abuse
- bear not knowing whilst safeguarding the vulnerable
- work with both partners in the parental couple in circumstances where there is situational domestic violence
- help parents argue without losing control and losing sight of their children's needs.

The workshop style allows us to practice intervening and to consolidate skills.

Cost: £4,000 for a 20 place workshop led by two Tavistock Relationships Tutors

Clinical supervision and complex case support

Group supervision sessions will enable support managers and practitioners who are working with couples, where there are acrimonious relationship issues. The sessions are designed to support the more complex end of parental conflict work and will be in addition to current supervision support and management.

The specialist group supervision sessions will enable managers and practitioners to think about their cases, manage the complexity and reflect on how things are and how things might be. The supervisor will support those in supervision to develop the skills to mentalize.

Cost: £4,800 for six supervisions.



Mentalization-based Approach to Reducing Parental Conflict – for Frontline Workers

Tavistock Relationship is delighted to offer a new programme for frontline practitioners, early help, and anyone working directly with parents, whether separated or together, who are experiencing high levels of inter-parental conflict.

Using some of the most effective techniques and skills from MBT-PP, this shortened and focused course offers frontline workers the opportunity to develop their practice with families where parental conflict is a problem.

- help parents move on in moments of heightened conflict
- learn how to help parents to 'slow down'
- support parents to resist acting out their anger and frustration
- help parents make and sustain positive change.

Cost: £2,500 per person for a three-day training, two days back-to-back and a 'call-back' third day after 6 weeks to consolidate practice and receive the certification for the training. Attend a drop-in workshop every six weeks to continue thinking with clinicians, for the first year.