

Improving Lives for Generations



Reducing Parental Conflict – how Tavistock Relationships can help

March 2022

Tavistock Relationships works across the UK to provide:
Training • Digital resources • Evidence based interventions
Consultation and evaluation services • Bespoke packages

We collaborate with local authorities to reduce parental conflict
and embed relational practice.

We hope you find what you are looking for in this brochure and
will be happy to talk with you about what else you might need.

The team's contact details are on the last page.

*Introduction to Reducing Parental Conflict – Tavistock Relationships Workforce
Development for Local Authorities and Associated Staff to Reduce Parental Conflict*

Training

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.

Evidence Based Interventions

Specialist Training in Mentalisation-based Therapy, Parents under Pressure (MBT-PP)

Highly effective 10 session intervention for parents with high levels of conflict, whether parents are separated or in an intact partnership. Delivered either individually or to parents together.

Trainees will already hold a qualification in some form of counselling or therapy, have experience of working with couples in conflict or good experience of working with families in trouble.

On successful completion, or work with two couples and the award of the MBT-PP certificate, further training can be offered by Tavistock Relationships to equip some people to become certificated Supervisors in MBT-PP, allowing the model to be held locally.

For outcomes of MBT-PP, see: https://tavistockrelationships.org/images/PDFs/Policy_Briefings/MBT_briefing.pdf

Cost: Based on 20 practitioners undertaking the training, supervision and delivery (we encourage local authorities to come together as consortia to fund this training)

The 5 Day intensive training plus 2 days follow up: £1,500 per person for first year.

Bespoke trainings will be charged at £2,500 per half day.

Ongoing weekly supervision throughout two years delivery at £100 per practitioner, over 42 weeks per year. Supervision delivered in groups of up to 4 practitioners, at present online, £4,200 per person per year.

Costs to agencies of buying the training and delivery support and implementation package including all materials from Tavistock Relationships is: £5,700 for each person for first year and £4,200 per person in the second year.



“Mentalisation Based Therapy intervention had the widest appeal (with the most referrals and starts to the intervention). Providers suggested that this might be because it is closest to what parents might expect from an intervention about parental conflict.”

The Government’s evaluation of the Reducing Parental Conflict programme, 2021

Parents as Partners groupwork programme

Parents as Partners (PasP) is a highly effective groupwork intervention for parental couples/co-parents:

- evidence-based, manualised programme
- delivered either in person or online
- both parents attend together.
- group leaders work in male/female pairs
- focus on the parents' relationship quality
- 4-day training
- Ongoing supervision
- Consultation and support for set up and delivery

Costs: an individual place on our London-based 4-day Groupworker training programme, one year's supervision and accreditation, if successful, costs £2,800 (see appendix for details)

Longitudinal studies in the United States, replicated by the evidence gathered from the first two years of the programme in the UK, have shown:

- significant reductions in symptoms of depression, aggression and hyperactivity for children
- decrease in authoritarian parenting practices and parental stress
- significant improvements in adult mental health
- stability or improvement in couples' / co-parents' satisfaction in their relationship
- significant reduction in violence problem-solving between partners

For outcomes of Parents as Partners, see: <https://tavistockrelationships.org/our-work/research/research-projects/current-projects/parents-partners-summary>

Working with highly conflicted separated parents: 10-week Parents as Partners groupwork programme (PasP-SP) for Separated Parents

Tavistock Relationships has devised this 10-week version of the Parents as Partners programme for use in the UK specifically with parents in high conflict who are separated.

To be able to offer this specialist programme all practitioners must complete the original intensive 4-day training in the model.

After completing the main training, participants can join a one-day training to learn how to run the PasP programme for separated parents. These are groups with only co-parenting couples. During this

training day, groupworkers will develop skills in working with co-parenting couples in a group setting. There will be more emphasis on techniques and skills to intervene and manage conflict in the room.

Costs: £800 per person.

For larger groups from one authority or consortium we can offer 10 – 16 places for £600 per person.

The supervision requirements are the same as for the main Parents as Partners programme.

Digital approaches to reducing parental conflict

Between Us – an app to help parents improve communication and reduce conflict

Between Us is designed to help parents have a better relationship with their partner or ex-partner. We can adapt the content to meet the needs of the families that your practitioners are working to help and can brand content with your local authority logo.

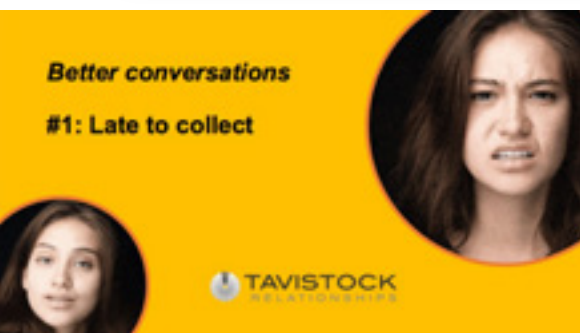
Between Us provides parents with a wide range of exercises, communication tips, easy to understand information on why communication matters and interactive videos. It is designed to help people better understand what's going wrong in their relationship or co-parenting relationships and do something about it.

Access is gained through a dedicated portal, allowing your practitioners access to a bespoke version of the app for your local authority.



Between Us App for LAs

Cost: variable, but typically £12,000 for 1,000 licences for parents



Better Conversations – a web-based, simple to use role-play tool to help parents have better, less conflicted conversations with their partner or ex-partner

Better Conversations is a role-play tool which parents can access on a PC or a mobile phone. Each of the four scenarios allow the parent to role-play a conversation with a current or former partner, making choices about how to reply to statements made by their partner or ex-partner. Each time the parent chooses a response they are given advice and an explanation about why the statement they have chosen is likely to increase or decrease tension between the couple or former couple. Better Conversations therefore allows parents to have a real-time experience of a difficult conversation, and to learn ways in which to make better choices and have less conflicted interactions.

Better Conversations Parental Communication Web Tool for LAs

Cost: £2,500 will provide access to Better Conversations for 500 parents; £4,000 will provide access for 1,000 parents.

Consultation and evaluation services

Tavistock Relationships Award for Excellent Relational Practice

We have developed a set of four evidence-based criteria that local authorities can use to assess their workforce's competence and confidence in relational working:

- Evaluating existing support and training
- Reviewing policies and procedures that impact parental experience of services

The quality of work is assessed, owned and paced by each local authority but helped and supported by Tavistock Relationships staff who will offer an independent view using their expertise and skills to support the change process with clear goals and steps along the way.

The four stages are:

- Diagnostic
- Planning change
- Evidence
- Supportive networks

Once the four standards are met the local authority is awarded the Tavistock Relationships Award for Excellent Relational Practice, valid for three years (unless there is significant staff change or other disruption).

Cost: Year 1 – £5,000 (or £3,500 if the local authority is sponsoring one or more Relationship Champions on the Foundation Course)

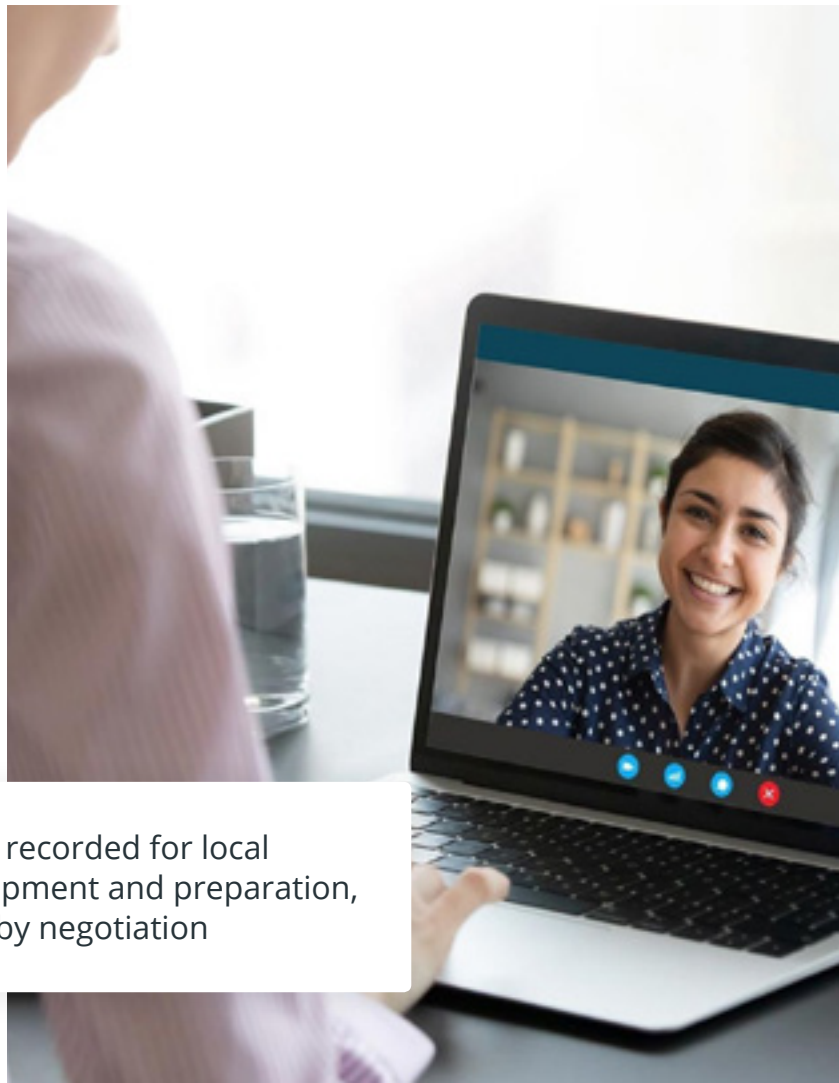
Year 2 – £3,000 leading to the final award

Bespoke projects

Engagement in the research evidence for elected members, local authority leaders and staff at every level: webinar programme, conferences and events contributions

We are delighted to be able to offer a range of nationally recognised speakers who can support you in your local events, drawing on national research but demonstrating how work is developing in your local authority area, to gain commitment and develop understanding of this area of work.

Cost: £1000 per webinar. These can be recorded for local authority use. This cost includes development and preparation, speaking fees and other engagements by negotiation



The Tavistock Relationships team and contact details



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Additional Information

An individual local authority area online training for up to 14 – 16 participants costs £25,000. We welcome places being shared between local authority areas and for these trainings to include a wide range of agencies.

If the need for supervision and certification of group work facilitators for groups running beyond one year after training depends on the length of the groupwork programme remaining, the cost of one session of clinical supervision from Tavistock Relationships for a facilitator pair is £200.

We also offer a Parents as Partners Summer School, a one-day experiential blend of practice, skills and research updating for PasP trained facilitators with additional training on new model developments, including the newly developed versions for parents with children with autism, adopted children, LGBTQI+ and mixed heritage families. Places cost £1,000 per participant.

Local supervision: experienced facilitators can be used as local supervisors to embed the programme. The one-day PasP Supervision training costs £1,000

Improving Lives for Generations

Established in 1948, Tavistock Relationships is an internationally-renowned charity delivering and developing advanced practice, training and research in therapeutic and psycho-educational approaches to supporting couples.

Our training programmes in couple and sex therapy range from introductory up to clinical qualification level and are accredited by bodies including The British Association of Counselling and Psychotherapy and The British Psychoanalytic Council. Our London-based, national and international online clinical services offer affordable counselling and psychotherapy to people facing difficulties in their relationships and parenting. Our evidence-based, innovative projects such as Living Together with Dementia, Parents as Partners, Building Relationships for Stronger Families and Adopting Together have supported and improved the quality of relationships when most challenged.

Tavistock Relationships,
Registered Charity Number: 211058.

Company number: 241618
registered in England and Wales.

The Tavistock Institute of
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Certain photos posed by models for illustrative purposes.

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