

Relational Practice '10 of the best.'



For Local Authorities and Partners

10 of the best

1 – Training for frontline workers and community partners

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, practice development, children's views and how to have conversations about relationship quality.

Cost:

£2,000 per half-day session, with materials, up to 50 participants either online or face to face.

Advanced workshop:

Skills and techniques for use in helping parents communicate better, tools to use and outcomes to achieve for children using an MBT approach.

Cost:

£2,000 per half-day session, with materials, up to 30 participants either online or face to face.



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

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

- distinguish high levels of conflict from abuse
- bear not knowing while safeguarding families at risk
- work with both partners in the parental couple in circumstances where there is situational violence
- help parents disagree and discuss matters without losing control and losing sight of their children's needs.

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

Cost: £4,000 for a 20-place workshop led by Honor Rhodes.



3 – Genograms

Genograms are visual tools to map out a family's structure and relationships across generations. They can help us:

- identify recurring patterns
- think about significant events and potential areas of conflict
- think about family dynamics.

If we learn how to use genograms with families, we may gain a deeper understanding of the parents' issues and we can support them accordingly.

Cost:

£2,000 per half-day session, with materials, up to 50 participants either online or face to face.



4 – Working together

Understanding couple relationships, a quick guide for practitioners and community partners

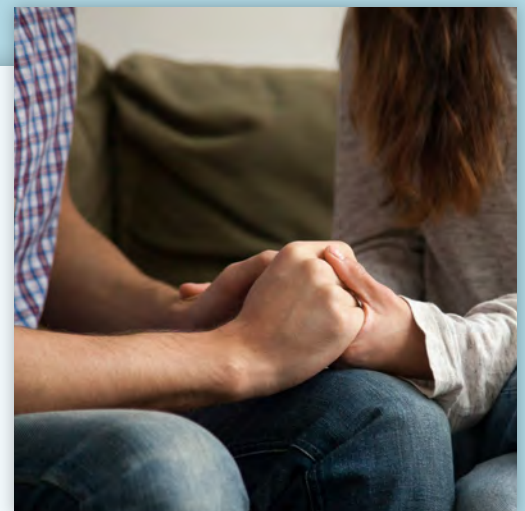
Within this tool, we will cover the following:

- Attachment styles
- Couple dynamics
- Communication styles
- Co-parenting
- Stressors in relationships
- Parental conflict
- Supervision.

The tool comes with a 10-minute webinar explaining how to use it. It will equip your staff and partners to think about relationships in a deeper way. It has some hints on how to have difficult conversations, and introduces ideas on how to think differently about ourselves and our work.

Cost:

£3,000 for tool, webinar and half-day training for up to 70 people online.



5 – 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 group supervisions. The six supervisions will be delivered through the year.



6 – 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 to obtain a bespoke version of the app for your local authority.

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 allows 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.

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



7 – Mentalization-based approach to working with parents

SEND support working with families with an MBT approach

Tavistock Relationships is delighted to offer a new programme for parents who have a child with SEND. Parents can be separated or together.

Having a child with SEND can put you under a huge amount of stress and this can affect your whole life. 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 in working with parents who have children with SEND.

Key themes include:

- helping parents in moments of heightened conflict
- helping parents think and talk about their feelings and challenges parenting a child with SEND
- learning how to help parents to 'slow down'
- supporting parents to resist acting out their anger and frustration
- helping 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 six 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.



8 – Mentalization-based therapy for frontline workers

Tavistock Relationships 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.

During the training you will learn methods to:

- 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 six 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.



9 – Community and Faith group consultancy - working with specific groups to co-produce materials to support marginalised families

TR's team brings insights and expertise from over a decade of working with families from a wide range of diverse communities and backgrounds. We have extensive experience of working with parents and families from different cultural and faith backgrounds; with families where disability and mental health issues are impacting on relationships; with families from LGBT+ communities; with families where SEND and other school relationships are creating pressure. We can work with you to co-design and co-produce learning and resources uniquely tailored to local need and contexts.

Cost:

Prices vary but usually £1,000 per half day of consultation.



10 – Bespoke projects

Engagement in 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:

Prices vary but usually £1,000 per half day.



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A better world through better relationships

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,
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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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