

Digital approaches to reducing parental conflict

REDUCING PARENTAL CONFLICT
- HOW TAVISTOCK RELATIONSHIPS CAN HELP

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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.

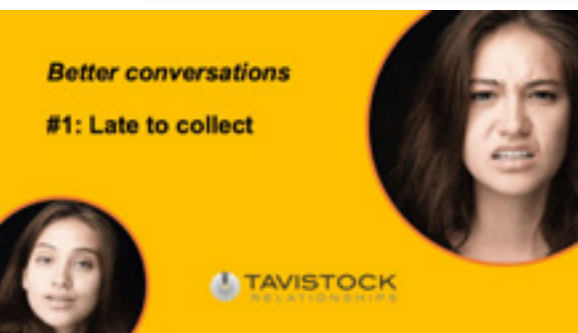
Between Us provides parents with a wide range of exercises, communication tips, easy to understand information on why communication matters and interactive videos. It is designed to help people better understand what's going wrong in their relationship or co-parenting relationships and do something about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