

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.

