



Supporting couples during the perinatal period

The period before and after the birth of a baby can place enormous stress on the relationship between two parents, causing resentment, distance and conflict.

It is very important that couples can find help during this time, not only for themselves but, crucially, for the health and wellbeing of their baby.

Tavistock Relationships offers a range of trainings, as well as delivery of specific programmes and digital tools, all designed to help couples during this key time of transition.



Training

Half-day training for frontline workers – perinatal mental health and parental conflict

A half-day training for frontline staff to think about perinatal mental health and parental conflict: what does the research tell us and what does it mean for our practice?



This training costs £2,000 per half-day, for up to 50 frontline staff.

Please email Sarah Ingram on singram@tavistockrelationships.org to find out more.

Three-day training for frontline staff

We also offer a three-day training on perinatal mental health, couple relationships and parental conflict, along with monthly supervision for frontline staff (for one year) to embed thinking and practice.



This course costs £2,375 per practitioner and is suitable for all frontline staff working with families. Minimum cohort 10.

Please email Sarah Ingram on singram@tavistockrelationships.org to find out more.





Parents as Partners (perinatal programme)

Parents as Partners is an evidence-based, relationship-focused programme for parents which is designed to improve relationships between parents and to increase children's well-being and success. The relationship between parents, parent-child relationships and family patterns across generations are all explored during the sessions, not only parenting skills.

This perinatal Parents as Partners programme is designed for parents, both of whom attend together. Topics which the programme focuses on include stress, postnatal depression, family patterns of relating, sex and communication.

Tavistock Relationships will train the facilitators and group workers who deliver the 16 weekly sessions. We will provide ongoing supervision and support, in order to embed thinking and practice. In addition, there is an accreditation route to enable supervision to be embedded locally.



A 16-week Parents as Partners course (which can take up to 6 couples) costs £5,200 per participant. Minimum cohort of 8 (i.e. 4 couples).

Please email Sarah Ingram on singram@tavistockrelationships.org to find out more.

Interventions delivered by Tavistock Relationships practitioners

We can deliver the following as specialist interventions across family hubs:



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The perinatal programme is designed for parents, both of whom attend together. Topics which the programme focuses on include stress, postnatal depression, family patterns of relating, sex and communication.

Tavistock Relationships can deliver the 16 weekly sessions to parents referred by family hub and other local authority practitioners (this is an alternative to the model above, where we train local authority staff to deliver the programme themselves).



A 16-week Parents as Partners course (which can take up to 6 couples), delivered by Tavistock Relationships practitioners, costs £16,000.

Please email Sarah Ingram on singram@tavistockrelationships.org to find out more.

Digital support

Better Conversations

Better Conversations is a web-based, simple to use role-play tool created by Tavistock Relationships to help parents and co-parents have better, less conflicted, conversations with their partner or ex-partner.

Better Conversations gives parents a real-time experience of what it is like to navigate difficult conversations, but with help to think about and explore how the statements they make in response to their partner or ex-partner can increase or reduce the conflict between them.

It takes only a few minutes to go through each scenario. Local authority practitioners provide parents with a weblink to the product, which parents can then access in their own time.



**1,000 licences
(i.e. access for 1,000 parents)
costs £4,000.**

Please email Sarah Ingram on singram@tavistockrelationships.org to find out more.

We have created three scenarios which focus on the perinatal period:



We're having a baby!
This scenario looks at how communication between a couple during pregnancy can increase or decrease anxieties about imminent changes to their relationship, and explores how to better navigate and negotiate the anxieties involved in going from a two to a three.



Three's a crowd?
This scenario looks at how one parent can dominate the baby, leaving the other partner left out and struggling to find their role. It looks at postnatal depression and ways in which this can be played out within couples during early parenthood, and how better communication can reduce feelings of isolation and loneliness.



No-one said it would be easy!
This scenario is aimed at helping new parents navigate tensions around sleep deprivation, lack of sex/intimacy, reduction in social life, changes in the nature of the couple relationship and issues relating to echoes of their parents' own parenting.



**A better world through
better relationships**

About Tavistock 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.

We research, develop, pilot and raise awareness of best practice, providing services to couples and families, and disseminating our learning through academic and policy activities.

Our training programmes in couple and sex therapy range from introductory up to clinical qualification level. Our Clinical Qualification and Diploma level courses are accredited by the relevant bodies such as the British Association for Counselling and Psychotherapy, the British Psychoanalytic Council and COSRT.

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.

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