

Innovative Programmes

We work with local and national government, the health sector, education and other voluntary organisations who commission us to develop and deliver training as well as relationship support programmes.

This work, often featuring the implementation of innovative practices and training, offers opportunities for existing staff and other members of our wider network of therapists to work in rewarding settings and support couple relationships throughout the life course, including when they are most challenged.

Parents as Partners

Parents as Partners, is an innovative groupwork programme which helps couples with both parenting and relationship issues. Delivered by Tavistock Relationships through funding from the Department for Work and Pensions (DWP), the work takes a unique, evidence-based approach, and couples share their experiences in an open forum. The programme has been proven not only to help couples improve the quality of their relationship and reduce conflict between them, but also to improve their children's behaviour and emotional health. The programme is one of two commended in the highest possible way by the Early Intervention Foundation for robust outcomes, backed up with an evidence base.



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Adopting Together

Tavistock Relationships has received further funding from the Department for Education to deliver a therapeutic programme aimed specifically at supporting the couple relationship of adoptive parents. The Adopting Together Service is Ofsted registered and is designed to help couples take care of their relationship, manage the stresses of parenting and enhance the lives of their children.



In addition, the bid also includes a range of training for the adoption workforce. The purpose of this training is to help adoption practitioners and managers understand the importance of the couple relationship in the adoption process. There is the opportunity for a number of adoption practitioners to undertake the Parents as Partners groupwork training with a view to introducing these groups into the field of adoption.

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Harrow Council Safeguarding

As part of its Safeguarding Grants programme 2016–2018, Tavistock Relationships and Harrow Council were awarded funding by the Department for Education to deliver a joint project to safeguard Harrow children affected by intimate partner violence.

Building on the experience of a successful pilot study initiated by Harrow Council in partnership with Tavistock Relationships, we have been working with families and delivering a training programme for frontline practitioners to help them use evidence-based approaches in their work with families where there has been intimate partner violence. The scope of the project includes advanced training for Harrow clinicians drawn from Social Care, Child and Adolescent Mental Health, and other Harrow Council teams.



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Couple 50+ MOT

Couple 50+ MOT is a project funded by Calouste Gulbenkian Foundation aimed at developing a brief four-session model for couples as they approach retirement (aged 50+). In order to trial the programme, we are offering this free intervention.

The project aims to help couples by offering them a safe space in which to think about the transition to retirement. It allows couples to address the issues emerging from facing this transition and supports couples to draw on their strengths and resources in working towards their future together.



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Living Together with Dementia

Thanks to innovation grant funding from City and Hackney Clinical Commissioning Group, we have delivered the Living Together with Dementia programme to City and Hackney. Health and social care professionals working in City and Hackney have received free training in this couple-focused psychosocial intervention.

Living Together with Dementia (LTwD) was developed to improve the quality of life and mental health of couples living with dementia, increasing the length of time people can maintain their independence, remain active and preserve an intimate and familiar relationship with their partner – reducing the burden and health impacts on that partner/carer. The focus on the couple relationship uses its established resilience and strengthens its ability to survive and act as a protective resource, able to make optimal adjustment to the dementia, support interdependence and contain care needs. The work programme has involved locally-based charity workers of One Dementia Alliance and the Alzheimer's Society, providing a truly joined-up approach.



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