



**Training & Interventions
to
Reduce Parental Conflict
and
Promote Positive Outcomes for Children**



Training programmes

1. Trauma Informed Complex Co-Parenting- one day programme (With toolkit)

The aim of this workshop is to equip practitioners with the skills and knowledge to work more confidently with parents who are displaying complex and challenging behaviour. Parents may have experienced their own Adverse Childhood Experiences (ACE's) resulting from intergenerational destructive parental conflict and can struggle to acknowledge their behaviour is adversely impacting the children. They can feel judged and blamed and often withdraw from support as many practitioners focus on the presenting symptoms and may be fearful of making things worse.

What participants can expect?

This programme will empower front line practitioners to use their professional curiosity and improve outcomes with families by:

- Understanding how the “Grey Areas” between Parental Conflict and Domestic Abuse are causing harm to the child
- Exploring the parallels highlighted in recent Serious Case Reviews.
- Recognising and responding to the signs of Parental Alienation
- Exploring how unconscious bias can be a barrier to achieving positive outcomes
- Approaching the families through a Trauma Lens
- Engaging more confidently with challenging parents
- Incorporating Social Graces to build rapport with parents and children
- Confidently capturing the child's lived experience by identifying their role within the conflict
- Providing tools and strategies to improve communication between practitioners and families.



2. Reducing Parental Conflict Awareness Training (combining modules 1- 3)

By attending this one-day virtual workshop, you will feel more confident to support parents involved in co-parent/couple conflict to improve the quality of their relationship and reduce the long-term harm to children.

This Trauma Informed session will support you to understand what the evidence base tells us about destructive conflict and develop skills to support parents in recognising the impact this has on their child.

We will explore the significance of intervening early, understand the importance of highlighting the differences between destructive and constructive conflict and the impact this has on the child's behaviour. During this session, we explore why active listening and empathy are as important as how you ask the right questions and you will have access to tools that promote constructive conflict between parents.

Thinking about some of the families you are currently supporting, this is an opportunity for you to share ideas with colleagues on how to capture the child's voice, have a difficult conversation and involve both parents.

By building confidence and competence in this area, you will be in a better position to:

identify where relationship distress exists,

explore with parents the causes of their conflict and

support them to develop ways of communicating that are more constructive, or refer where appropriate to specialist services

3. Responding to “Child to Parent Conflict” -one day programme (With toolkit)

Practitioners are becoming overwhelmed with the significant rise in referrals involving child to parent conflict (*Dr Caroline Miles, University of Manchester and Rachel Condry, Professor of Criminology, Oxford 2020*)

The number of child-on-parent episodes during the pandemic increased by:

- 70% in families
- 69% of practitioners saw an increase in referrals
- 64% of practitioners said the severity of violence had increased

What participants can expect?

By attending this workshop, practitioners can work more confidently with families where there is ongoing poorly resolved conflict between the parent and child by:

- Identifying the different types of conflict
- Encouraging parents to be aware of their own emotions



- Exploring the underlying behaviours resulting in the conflict
- Supporting parents to set clear boundaries
- Gaining the child's perspective of how the conflict is affecting them.
- Supporting parents to identify their child's emotions
- Turning conflict into communication