

Advanced Practitioner Certificate in Parent-Child Therapy

(live streaming on-line)



Admissions

The training is open to practitioners who work directly with parents in schools/organisations or wish to do so. Qualification (not just attendance) required from TISUK or wellbeing training, counselling or psychotherapy training, or senior counselling/psychotherapy trainee status (meaning at least second year and started supervised clinical work).

Vision and aims

This training course aims to empower practitioners with a wealth of evidence-based interventions that support both parent and child mental health. The training is backed by cutting edge research on the neuroscience and psychology of parent-child interactions (over 800 research studies).

When parents haven't been parented themselves with emotion coaching, PACE (play/acceptance/curiosity/empathy) affect attunement, mental state talk, relational repair etc, why should they know how to parent in this way? Yet when these experiences are missing, negative interactions can all too easily become the norm, resulting in parents and children having a miserable time together, often for years. This then impacts negatively on both parent and child mental health.

So, this training is designed to support practitioners in skilling parents with effective relational interventions that bring consistently contactful connections. As part of this, practitioners will learn how to support parents to reflect instead or react, to prevent/ intervene effectively with child-on-parent violence (CPV), to empathise, to reflect instead or react, stay regulated and attuned under stress, all from a position of PACE. The training also includes skills in how to a) run 'tea and talk time' psycho-education groups for parents who want to improve their relationship with their child and learn how to handle tricky situations better b) carry out effective therapeutic sessions with parent-child dyads where relational repair is needed c) support parent-child relationships with interventions such as Parent-Child Game, Filial Therapy, Video-Interaction Guidance.

Benefits from attending

Gain skills in how to support parents to:

- Develop the art of PACE, mental state talk, social joy and relational repair.
- Understand transactional analysis including being able to cross transactions and avoid psychological games.
- Use DDP interventions effectively e.g., speaking about the child/speaking for the child
- Mentalize, attune to and engage with children at different developmental stages: infancy, middle childhood, the teenage years.
- Make the shift from stress-inducing to stress-reducing interactions.
- Engage in conversations on sensitive issues with children and teenagers.
- Have regular enriching interactions rather than family members in separate rooms/on their own devices.
- Stay regulated and contactful in the face of behaviours that challenge.
- Put down boundaries in a way that is respectful and non-shaming.
- Address their own mental health and unprocessed trauma recognise when they've got triggered and what to do about it.

Assessment

Evidence of relational skills with peer and staff throughout the training. Short PowerPoint presentation evidencing effective relational work with a parent or group of parents. Please note: the training can be attended without assessment and the award.

Time commitment: 7 days over 5-6 months

Fees: £895

To apply and for more information

www.traumainformedschools.co.uk

Email: info@traumainformedschools.co.uk