

Certificate in Leading Relational Parenting Groups

...Because good relationships change everything



Build your confidence and skills to lead relational parenting groups in schools or other settings that truly make a difference. Rooted in evidence-based and TISCUK's trauma informed practice, the training highlights the power of relationships in raising emotionally well children and teenagers as well as strengthening families.

Aims of the parenting sessions

- To empower the parent to engage in stress-reducing interactions.
- To enhance the mental health of both parent and teenager.
- To enhance parental satisfaction.
- To enhance the parent's ability to reflect on their teenager's thoughts and feelings.
- To enable the parent to engage in trauma reflective functioning, proven to prevent intergenerational transfer of trauma.
- To enable the parent to use PACE and WINE effectively for better connections with their child/teenager.
- To empower the parent to relate in ways that activates the teenager's PLAY, CARE and SEEKING systems and not their RAGE, FEAR and PANIC/GRIEF systems.
- To boost the parent's confidence and to celebrate their positive interactions with their child/teenager.

We give you all the materials (PowerPoints, films, guidance notes) you need to run your groups. These are packed full of delightful and moving ways that parents can be with children and teens, repair relationship ruptures and ride those times of emotional dysregulation, distress and messing up. All the relational interventions

covered in your five parenting sessions, not only make family life easier and far more rewarding, but they bring positive changes to the child/ teen, emotionally, socially and cognitively.

Finally the training also shows you how to create safe, supportive spaces where parents can connect, reflect and enhance their personal and social development too!

Course structure

- 1 x full day training
- 1 x webinar – Understand group dynamics for group facilitators (view in own time)
- 1 x full day including supervision & group facilitation
- 1 x assessment day (20 minute PP presentation of your experience of running the parenting group)
- Work based implementation (the parenting course is 5 sessions of 90 minutes each. They can be run fortnightly, monthly. It's up to you)

Who it is for

The training is open to Practitioners who have received the TISCUK Diploma qualification (not just attendance) or wellbeing training equivalent, counselling or psychotherapy qualification, senior counselling/psychotherapy trainee status (at least second year and started supervised clinical work). You will need to be working in a school or setting in a role that supports parents.

Time commitment

3.5 days training + work-based learning

Fees

£549 per person. £195 annual fee to maintain accredited facilitator status and access to materials.

To book:

www.trauma-informed.uk