

# REDUCING PARENTAL CONFLICT



Research has found that children exposed to parental conflict experience a decline in their mental health and poorer long-term outcomes.

The Reducing Parental Conflict Programme has been designed to upskill practitioners in supporting parents to reduce conflict within their relationship, whether they are together or separated. In turn, they can then improve outcomes for their children.

## WHO IS IT FOR?

Practitioners or agencies that have contact with parents either directly, or by working with their children, play an important role in identifying and supporting the reduction of parental conflict.

This programme supports practitioners, supervisors, managers and wider agencies in building awareness and developing the confidence, knowledge and skills to work with parents to reduce conflict and drive more positive outcomes.

## HOW IS IT DELIVERED?

The programme is delivered through four half-day classroom sessions. Dependent on requirements, modules can be combined or delivered individually.

All classroom modules are supported by an e-learning programme. This can also be booked as a standalone product.

Every delegate booked in a classroom session will also be automatically sent e-learning sessions following attendance.

Each e-learning session takes approximately 45 minutes to complete.

## The Reducing Parental Conflict programme consists of four modules:



### **Module 1: Understanding the parental conflict evidence-base**

Providing practitioners with the knowledge to underpin practice, this introductory workshop explores the evidence base and the impact of parental conflict on outcomes for children.



### **Module 2: Identify and discuss parental conflict with parents**

Focusing on the causes of parental conflict, this workshop equips practitioners with the skills to work with parents to identify and explore relationship conflict.



### **Module 3: Working with parents in conflict**

This skills-based workshop introduces a series of tools that can be used to work with parents, encouraging behaviour change and promoting positive communication.



### **Module 4: The role of supervisors and managers in managing people to address parental conflict**

Aimed at supervisors and managers, this workshop focuses on the importance of recognising parental conflict, with an aim to develop the skills to coach and support practitioners.

### **Find out more:**

For more information please contact the Lead for the Reducing Parental Conflict programme in your local area.