

# changingfutures

Nurturing relationships • Strengthening communities



[changingfuturesne.co.uk](http://changingfuturesne.co.uk)  
March 2022 offer

# Reducing Parental Conflict

*Programmes for local authorities funded using the DWP Workforce Development Grant*

- Bespoke packages
- 'Moving On' Couples Intervention
- Tiered level training
- Inclusion & introduction of child's voice
- Embedding good relational practice

# Our experienced team provide a tiered offer across 3 levels:

## Level 3

### Advanced Practice with Couples

**Our reducing parental conflict intervention, Moving On** - this works with couples and introduces the voice of the child through 1:1 and groupwork to help parents understand the child's perspective which acts as a catalyst for change

Page 6

## Level 2

### Building Skills & Embedding

- **A practice framework for practitioners in reducing parental conflict** – skills based and knowledge building training
- **Consultation and collaborative working** – bespoke work and support to help you spread good practice and embed new work with couples in your organisation

Page 4

## Level 1

### Introducing & Awareness Raising

**Awareness raising and learning programmes** - including topics on parental conflict and domestic abuse, working with separated families and thinking about dads, along with bespoke modules based on workforce needs

Page 3

# changing futures

A Charity with 20 years experience working with families in England to help reduce parental conflict to improve children's lives. Any small surplus we make is reinvested to help children and families. We have provided specialist interventions as part of the DWP's "face to face intervention delivery" element of the Reducing Parental Conflict programme. In the past two years we've worked with almost 600 parents to help reduce conflict within highly complex and difficult family relationships. We are experienced in delivering conflict reducing interventions such as:



*Moving On' RPC intervention - Our externally evaluated intervention, developed and delivered based on our decades of parental conflict experience.*



*Parenting Under Pressure*



*Parenting When Separated*



*Mediation - child focused and "all issues" (including property and finance)*



*Family Check Up*

Our experienced team includes family support workers, therapeutic family practitioners and family mediators who come from a range of core professions in Social Work, Children's SEND, Youth Work and Organisational Development.

## Why Organisations Choose to Work with us

The Charity has worked extensively with early help and social care teams, schools and voluntary groups; we have an on the ground understanding of how to help introduce and deepen parental conflict work, including:

- **Work with parents who are together in a relationship or separated**
- **Work with other adults (grandparents, stepparents, carers) in conflict**
- **Work with children affected by parental conflict**
- **Engaging and retaining Dads and male carers in relationship support interventions**
- **Training and support for practitioners identifying and intervening in parental conflict**
- **Systems change leadership and service design required to make evidence-based interventions effective in context**



# Our Offer

*How Changing Futures can help your team reduce parental conflict*



## Level 1

### **Awareness raising and learning programmes for frontline staff**

The charity has a series of awareness raising and learning programmes in the form of short digital (or in person) workshops that enable learning about new topics and encourage thinking about how it can be applied in practice.

#### **Introduction to parental conflict, it's importance and the impact on children**

- Understanding parental conflict
- The impact of parental conflict on children
- Responding to signs of parents conflict in children

#### **Working with separated families, tips and tools from practice.**

- Understanding separation and its impact
- Tips and tools from practice – staying child focused whilst remaining neutral

#### **Thinking about Dads - engaging men in relationship work and interventions**

- Understanding the importance of Dads
- Identifying barriers and how to remove them to support dads' engagement in relationship interventions

**£1,000 for a half day workshop (in person, max 60 people)**

**£800 digitally (max 50 people)**

**£400 for a condensed 90 minute briefing (digital only)**



#### **Identifying and responding to domestic abuse and parental conflict**

- Identifying and understanding the difference between domestic abuse and parental conflict
- Responding to domestic abuse and parental conflict
- Using tools as a way of exploring the relationship and any possible abuse
- Practising safely when working with couples

**1 day workshop, 2 trainers, £2,000 (max 20 people)**

***We can also develop bespoke briefings and workshops to meet your needs***



# Our Offer

How Changing Futures can help your team reduce parental conflict



## Level 2

### **Building Skills & Embedding Changing Futures with Families - Relational Practice Framework**

Our practice model helps equip practitioners with the skills and knowledge to work with parental conflict in everyday practice, including work with low level conflict.

**Direct Training Model**  
2 days initial training  
2 days follow-up  
6 practice supervision groups (every 6-8 weeks)  
**£578 per person for group of 20+ Starting at £11,560**

**Train the Trainer Model**  
4 days initial training  
2 days follow-up  
6 practise supervision groups (every 6-8 weeks)  
**£806 per person for group of 18 Total-£14,508**

We combine training with time-bound model consultation sessions supporting the development of practice and confidence of practitioners working relationally.

Core areas covered include:

#### Area 1- Systemic Practice:

Paying attention to the important relationships within the family and the wider network. Being able to identify and describe current stressors on the parents' relationship. Understanding the support systems that are helpful and unhelpful. Being able to identify the families' strengths and difficulties within a context that considers the Social Graces.

#### Area 2- Developmental Frame:

Consideration of the impact presenting difficulties may be having on all children's development. Being able to recognise the impact of parental conflict for children across the age range and support parents to address any developmental risks.

#### Area 3- Mentalizing Stance:

Focusing on helping parents to understand mental states in themselves and their partner which contribute to the relational patterns which result in conflict. Helping parents to regulate themselves better when under stress. Supporting parents to understand the impact their conflict may be having on their children and help parents to manage this differently.

#### Area 4- Attachment Informed:

Considering inter-generational attachment histories of both parents and their children and their impact on the current presenting difficulties. Helping parents to think about how their individual relationship patterns are being helpful/unhelpful.

**Extra 12 session blocks of practice supervision can be purchased for £3,000 for a group of 4 (can be used weekly, fortnightly or monthly).**



# Our Offer

*How Changing Futures can help your team reduce parental conflict*



## Level 2

**Consultation & collaborative working**  
**Bespoke support to grow and spread good practice around reducing parental conflict**

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**Bespoke support to grow and spread good practice around reducing parental conflict**

Our extensive practical experience of working with parental conflict means we understand the opportunities and challenges it brings for teams. Embedding RPC in a manner that suits your context is key to enabling effective change that benefits families. Working together we can meet the needs of local families and develop the capacity of your workforce by increasing confidence, experience and also by helping adapt the systems that support RPC practice.

Examples of approaches that could support this:

- Co-delivery between Changing Futures and newly trained practitioners in specialist interventions
- Coaching and mentoring of staff working with parental conflict
- RPC Practice model consultation and practice support groups – supporting thinking with stuck situations and entrenched conflict
- Support for managers in embedding RPC into service design that reflects the perspectives of families and frontline practitioners

**£1,000 per consultant or trainer per day**

*"This was really useful to me. I have learnt different tools that I can now mirror in practice.*

*It was good to reflect and unpick arguing styles and helpful techniques & discuss tools of communication.*

*The knowledgeable trainer was clearly passionate about the subject"*

**Becky\*, social worker.**



# Our Offer

*How Changing Futures can help your team reduce parental conflict*



**Level  
3**

## **Advanced Practice with couples - The Moving On Couples Intervention**

For couples that completed:

- 90% of participants have improved awareness of children's needs
- 71% of participants had a reduction in co-parental conflict
- 76% of participants had an improved co-parental relationship

## **Reducing parental conflict - 9 session programme including direct work with children to *introduce the child's voice***

'Moving On' is a 9 session couples programme that is suitable for parents who are together and those who are separated. It's also suitable for other figures with key parenting roles, for instance grandparents or parent-aunt/uncle pairings.

This effective programme was positively externally evaluated.

- It involves working with parents individually, together, and also separate work with children impacted by parental conflict.
- Children's sessions (which can be delivered to groups of children, or children individually) help children express their feelings and thoughts. If they would like you to feed this back to parents, you will then do so to help motivate change.
- Moving On is highly effective with families who are stuck in conflict; it helps them to develop better and healthier ways of relating and managing conflict.
- Enables collaboration and cooperation between parents through helping them to see others' perspectives and see aspects of their communication through their child's eyes.

**We will help your staff support couples locked in moderate to high intensity conflict and (where appropriate) to feed children's voices into the couples work process to help catalyse change.**

Suitable for:

- Direct entry for practitioners with high level experience of couples work, groupwork, reducing parental conflict work
- Otherwise, suitable for practitioners who've completed our relational practice framework training (direct or train the trainer)

- 4 days training
- Fortnightly practice in the model supervision sessions for 6 months (4 per group)
- Session with managers to help embed practice
- £800 per person for minimum group size of 12 (total £9,600) includes 6 months fortnightly supervisions for groups of 4
- Extra 12 session blocks of practice supervision can be purchased for £3,000 for a group of 4 (can be used weekly, fortnightly or monthly)

# Supporting families and their communities for over 20 years.

**2000-2005**

Youth work and social and informal education



**2005-2008**

Emotional resilience and targeted youth work



**2008-2013**

**Healthy relationships help people cope with other difficulties.**

- Supporting the parent to child Relationship through parenting service and family learning
- Supporting the parent to parent Relationship through Separated Parents partnership
  - Parenting courses



**2014-2015**

## **A Parental Couple Focus**

A good parental relationship means good outcomes for children

- Family Mediation
- Mentalisation therapy for couples
- Communities together for Separated Parents
- Parents As Partners Couples group work programme
  - Mentoring Service
  - Independent Visitor Service



**2015-present**

## **Reducing Parental Conflict**

- Helping others to use relationships to help.
- Continued conflict and parental couple work with specialist therapies and programmes
  - Therapeutic fostering

# Reducing Parental Conflict

*We hope you find what you are looking for in this brochure and we will be happy to talk with you about what else you might need.*

**For more information about Changing Futures and it's RPC offer, please contact:**

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**You can also find out more details about our offer, a training summary and 'Moving On' evaluation data at:**

**[www.changingfuturesne.co.uk/practitioner-support/training-and-support/](http://www.changingfuturesne.co.uk/practitioner-support/training-and-support/)**

