



## Parenting When Apart Course

Parenting When Apart is for parents whom are separated or Divorced experiencing conflict in their relationship which makes it communication challenging. This is a short direct intervention- mediating the space between both parents- with a child focus.

Refocusing both parents to what is important- their children. Co-Parents are guided to making a “Working Together Agreement” as well as moving away from being “ex-partners” to becoming effective co-parents.

### Families suitable for course

Parents who struggle to communicate and or agree on co-parenting issues.

### Outline of parent sessions

*Module 1, Each parent will complete a pre-assessment and individual session to look at ideas for “Working Together” while avoiding “communication traps”.*

*Module 2 Effective Communication in Action;*

*Both parents will meet with the Practitioner together with their ideas- where guided refocusing is used to Co-Structure the “Working Together Agreement” with Implementation Strategies to be reviewed.*

*Module 3 - Parenting When Apart Plan: A plan is co-developed for longer term use and additional support (if required) agreed as part of the Working Together Plan,*

### Family resources

Each co-parent receives a copy of their Working Together and Parenting Apart Plan.

Attend online or in-person with one of our accredited Practitioners at a time flexible to your needs.

### Fees:

Online: £700.00pp

### Instalment Plans Available.