

The Parenting Apart Programme



We help parents put their children first...

The Parenting Apart Programme supports parents who are going through conflict, divorce or separation where relationships have broken down. The unique structure of the programme has been created to centrally focus the minds of parents on the psychological needs of their children. It achieves this through a strengths-based, attachment-focused commitment to the prioritisation of the mental health and emotional well-being of children impacted by parental separation and divorce.

We achieve this through a core structured 4 week programme which enables parents to explore their family challenges, initially individually, (1 session each), and subsequently jointly, (3 sessions), learning how to communicate as parents, to form a respectful parent working relationship, that results in a Parent Working Agreement which both parents agree to abide by. This can be filed alongside any Court order if required.

The Agreement details how the parents will work together to support the child's wishes, emotional and physical wellbeing covering practical issues including transition of care, childcare arrangements, residency, holidays, and schooling. Parents retain responsibility for decision making related to their children's futures, as opposed to Court directed, third party decision making.

In addition to the core programme, our Parenting Apart Programme Practitioners are trained to support parents to practically overcome common challenges that arise after an agreement has been made. For example, they can attend the initial transition of care between children and their parents, role-modelling appropriate behaviour and language, involving children whenever appropriate.

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🌐 www.parentingapartprogramme.co.uk



Referral Process

Families can access the programme immediately at an accessible cost. This saves family time and the cost of a lengthy Court process and facilitates children to continue to have a relationship with both parents. We overcome practical barriers to accessing and completing the programme through, for example, accessible cost and sessions available outside working hours, including at weekends, to facilitate childcare and avoid loss of working hours.

The programme can be accessed before, during and after Court proceedings. Parents who complete the programme can self-certify to courts that they have completed An Alternative Dispute Resolution. Our accredited practitioners can provide reports requested by the Court, for example, parent attendance and work undertaken.

Where parents qualify for referral to the Separated Parents Information Programme, the Parenting Apart Programme can be used as a supportive resource after parents have attended the SPIP in supporting parents to come together and compile their PWA for their children. The Parenting Apart Programme is predominantly designed to save families time and cost within the Court proceeding but most importantly to help and support the parents by bringing them together in order to prioritise the emotional needs of their children and to Safeguard their mental wellbeing.

We currently receive a referral from the Courts, Legal Professionals, Mediators, Health Professionals, Schools, Children Social Services, NYAS, Child Contact Centres and Cafcass. Parents can also self-refer directly to us.

Court Reports

The Parent Working Agreement developed can be filed with the Court. Our Practitioners can provide reports requested by the Court, for example, parent attendance and work undertaken. If they are required to act as an Expert Witness we require a direction from the Court and outline of the schedule of work to be undertaken before any intervention is considered.

Evidence-based Pedagogy

The Parenting Apart Training Programme has been developed by Sarah Morgan BA (Hons), PGDipEd, MCMI, NPQH, M.Psychol, MBPsS

Principal Trustee: Shropshire Academy and Learning Trust (SALT)

The Parenting Apart Programme, offers a unique methodological approach in supporting parents to achieve a positive working relationship after a decision has been made to separate or divorce.

The Parenting Apart Programme pedagogy and practitioner training has been developed with a people, programme and process core, interwoven with an ethically principled and compassionate design. The design is both programme and process based with a clear focus on relationships and systemic family support through positive change.

It recognises that change can occur through the formation of a trusted and healthy working relationship with a highly-skilled, empathetic and child-focused Parenting Apart Practitioner. The evidence base behind the programme includes:

- Neuroscientific Research
- Neuroscientific Approaches including Attachment and Developmental Trauma
- Brain development
- Child development
- Attachment

The Attachment and Relationship-based Practice provides our Practitioner/Consultants with a thorough understanding of key attachment-related concepts including mentalization, unresolved loss and trauma and disconnected parenting, as well as the skills to help and support families effectively. This approach is particularly helpful for teaching parents ways to react that improve children's psychological and brain development and parent-child relationships.