

Welcome to the **Parents Under Pressure Programme**

FREE support programme available for parents in conflict



Do you have a child, or children aged between 0-18? Do you find it hard to get along with your partner or ex-partner?

Do you frequently argue or shout at each other? Or have you stopped talking to each other because it is too difficult?

If so, then the **Parents Under Pressure** programme could help.

Whether you are in a relationship with your partner or are separated, we are supporting parents' who,

- Have a parenting role for a **child aged 0-18**, which includes **biological/ family carer/stepparents/foster or adoptive parents**.
- Are **experiencing relationship distress** with a partner or ex-partner.
- Are **willing to try something new** to help reduce the conflict.

Arguing is a normal part of life, but when it is intense and frequent it can be harmful to everyone and have a very negative effect on children's mental health and future relationships. **Together, we can help you show your child a different way of managing disputes.**

What to expect from Parents Under Pressure.

Parents Under Pressure aims to help you to learn new skills to reduce the amount of harmful communication between you and your partner, or your ex.

You will both be guided through a 10-session programme of therapeutic support from a trained practitioner which will help you and your partner/ex to gain a better understanding of the situation.

The practitioner will help you both to explore the issues that cause distress and provide you with some techniques to calm situations down, to enable you both to communicate better. This type of help is called **Mentalization-Based Therapy** and has been developed by family therapists at Tavistock Relationships - an organisation with a long history of helping parents' relationships.

Please see over for further information

How long are the sessions?

Each session will last for one hour.

Is this couple counselling or mediation?

No. The Parents Under Pressure Programme is a therapeutic approach or coaching to improve your communication.

What happens next?

When we receive the referral, your MBT Practitioner will contact you both and arrange to speak to each of you individually. They will work with you to find a regular time and place to meet with you.

If you live together, this can be in your family home.

If you are separated, your practitioner will work with you both to agree on a neutral, confidential space to meet.

Your MBT Practitioner will meet with you both individually for the first sessions and then bring you both together for the remaining sessions.

If you have any worries or concerns, the MBT Practitioner will help you to talk through these in the first meet up. Taking part in the Parents Under Pressure Programme is completely voluntary.

If you have children at home, you can work with your referrer and practitioner to think about who will care for the children while you take part in the programme sessions.

What have other parents in Gloucestershire said about the programme?

- *We understand each other better now and listen to each other and it is easier to talk to each other.*
- *The time we have spent with our MBT practitioner has been so beneficial and communication has improved so much between us both.*
- *We have gained better ways of understanding each other which ultimately has had such a positive impact for our daughter.*

If you are interested in being supported through the programme, please ask the person who provided you with this leaflet to make a referral for you to the **Parents Under Pressure** programme.