

Friday, December 22, 2017

## Parents Not Partners identified as one of Australia's best-quality relationship programs

Interrelate's flagship program for separating parents who are experiencing high conflict, [Parents Not Partners](#), has been assessed by Child Family Community Australia as meeting the criteria for a 'Promising Program'.

The acknowledgement of this program as meeting the core standards of a quality program is fantastic news for families who find themselves locked in ongoing conflict with their child's other parent. Parents who attend [Parents Not Partners](#) value the opportunity to work through this conflict and investigate strategies to help them focus on their child's needs while managing a good level of self-care.

Specifically, on completion of [Parents Not Partners](#), parents will:

- have learnt ways to better regulate their emotions and to self-care
- have learnt ways to help their children manage their emotions
- recognise the effects of ongoing, mismanaged conflict on children
- have learnt skills to better manage conflict with the other parent
- be able to reorient interactions with their child's other parent to be respectful and cooperative
- be able to recognise and differentiate between their own and their children's individual needs
- have learnt skills to communicate effectively with the other parent
- have increased their ability to reflect on their behaviour and make changes where needed

Parents who want to know more about this program are encouraged to [contact their local Interrelate office](#).

For agencies supporting parents through separation or post-separation, [Parents Not Partners facilitator training](#) is now available. Interrelate offers licensing agreements for agencies that include all materials and training of staff. Additionally, for Communities For Children Facilitating Partners, this means the program can now be included in the funding body's 50 per cent requirement. For more information on being trained to deliver Parents Not Partners, contact Mary Tiller on 02 4016 0500 or [training@interrelate.org.au](mailto:training@interrelate.org.au).



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