



Parents ~~not~~ Partners

...a program for separated parents in conflict

Information for Facilitators

Parents Not Partners is a six-session program that engages separated parents in entrenched conflict in a process of reflection and awareness-raising, so that they become more focused on the best interests of their children, rather than maintaining their anger at the child's other parent.

Parents Not Partners is designed to improve emotional and developmental outcomes for children in separated families by:

- raising parents' awareness of the impact on their children of the ongoing conflict in their family, and
- providing parents with knowledge, tips and strategies to be able to focus on their children, rather than on their conflicts with the other parent

By the end of the program parents will:

- have learned ways to better regulate their emotions and to self care
- have learned ways to help their children manage their emotions
- recognise the effects of ongoing, mismanaged conflict on children
- have learned 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 learned skills to communicate effectively with the other parent
- have increased their ability to reflect on their behaviour and make changes where needed

See a sample of the Parents Not Partners program at:

<https://www.interrelate.org.au/resources/training>

For more information on program licencing and facilitator training contact:

Mary Tiller: training@interrelate.org.au | Phone: (02) 4016 0500