



## Manual Upgrade Guides Parenting When Separated

### Parents Plus Parenting When Separated Programme – Second Edition Notes for Facilitators using the First Edition of the Manual

In November 2016, the Parenting When Separated Programme (PWS) was updated and second editions of the Facilitator Manual and Parent Booklet were published. If you are using the first edition of the PWS Facilitator Manual with the second edition of the Parent Booklet, please note the changes outlined below.

The new version of the PWS Parent Booklet, can be used with older editions of the PWS Manual – see notes below. However, **if you wish to exchange your older edition manual** for the second edition, this can be done by:

- Paying the fee of €80 (post and packaging included) for an already trained PWS facilitator. You can return the original PWS manual to the PP office or you can agree to dispose and recycle the older manual in a secure way.

Please email [admin@parentsplus.ie](mailto:admin@parentsplus.ie) to confirm exchange arrangements and order a new manual.

#### Changes in the Second Edition

1. We have added new chapters to the Facilitator Manual on running group sessions ('Running Group Sessions'), and the specific challenges of delivering the PWS programme (Challenges), which explores topics such as, the emotional impact of the course on facilitators and how to manage the level of disclosure in groups.
2. We have created two posters (included in the Facilitator Manual) to facilitate the presentation of the course in a visual, accessible way.
3. We have reformatted the course content, so that in each session there is a balance between content on supporting parents and content on supporting children.
4. The PWS Parent Booklet is now in colour and we have tried to present the information in a clearer way that is accessible to more parents.
5. We have revised and extended some of the worksheets and group exercises, as well as the 'Seeking Further Help' section at the end of the booklet.
6. The handouts and worksheets are no longer numbered and some of their titles have been shortened.
7. In the Parent Booklet, a 'Plan for the Week' section has been added at the end of sessions 1-5. Based on the content covered in each session, this section encourages parents to try out certain ideas or watch out for certain things during the week. It also has suggestions for parental self-care activities and exercises.

## Using the First Edition Facilitator Manual with a Second Edition Parent Booklet

### Session 1:

- The structure of Session 1 in the second edition is roughly the same as the first edition. However, the 'Seeking Help/Resources' content has been moved to the appendices.

### Session 2:

- Topic 2 in the first edition, 'Communicating with Your Child's Other Parent', has been moved to Session 3 as the Supporting Parents topic. In its place, is a Supporting Children topic, 'Helping Your Child Cope', which was originally Topic 2 in Session 3 in the first edition.

### Session 3:

- The content of Topic 1 in the first edition, 'Communicating with your Children about the Separation', now comes under the Supporting Children topic in Session 3, 'Communicating with My Child'.
- Topic 2 in the first edition, 'Maintaining Good Parenting', has been moved to Session 2 as the Supporting Children topic, 'Helping Your Child Cope'.
- The Supporting Parents topic for Session 3, 'Communicating with Your Child's Other Parent', was originally Topic 2 in Session 2 in the first edition.

### Session 4:

- The structure of Session 4 in the second edition is roughly the same as the first edition though the Parent Booklet content has been extended and improved for clarity and accessibility.

### Session 5:

- The structure of Session 5 in the second edition is roughly the same as the first edition though the Parent Booklet content has been extended and improved for clarity and accessibility.

### Session 6:

- In keeping with the order sessions 1-5, Topics 1 and 2 in the first edition are presented in reverse order in the second edition.
- The Supporting Parents topic in Session 6, 'Coping Post-Separation', was originally Topic 2 in the first edition.
- The Supporting Children topic in Session 6, 'Managing New Relationships', was originally Topic 1 in the first edition.