



Parenting When Separated (PWS) - Parents Plus Programme Facilitator Training

This Facilitator Training for professionals will take place over three morning sessions on Zoom (9.15am-1.30pm) and will equip participants to use the programme with parents and children, both in groups and individually and in online and face to face settings.

The training is interactive with lots of participation and opportunity for group learning. There are regular screen breaks and one longer tea break for 15 mins at 11/11.15am. See the outline below for a breakdown of the structure and content of the training modules, though the exact format of training will be tailored to the needs of the participants. To enhance learning, participants may be invited to complete a short assignment between sessions.

PWS Parent Programme Session by Session Content summary

| Supporting Parents | | Supporting Children |
|---|---------|---|
| The Impact of Separation on Parents | Group 1 | The Impact of Separation on Children |
| Establishing a Co-operative Co-parenting Relationship | Group 2 | Helping Your Child Cope |
| Communicating with my Child's Other Parent | Group 3 | Communicating with my Child |
| Being a Residential or Non-Residential Parent | Group 4 | Managing Successful Contact and Handovers |
| Personal Coping and Stress Management | Group 5 | Dealing With Challenges |
| Parent Self-Care in the Long Term | Group 6 | Managing New Relationships |

Facilitator Training for Professionals - Schedule

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| Module 1 |
| Introduction to the PWS training and training Goals for participants Background to the Parents Plus organisation and programmes Overview and familiarising with the PWS parent programme content and structure Supporting Parents & Supporting Children programme topics <i>Practice</i> - Session Content and Parent Exercises (small group work/breakouts) |
| Module 2 |
| The Strengths Based Model & Core solution-focused group work facilitator skills Planning a group session (small group work/breakouts) <i>Practice</i> - Delivering a group session Dealing with challenges - group dynamics, complex and varying needs, time management and other topics arising |
| Module 3 |
| Review of programme delivery skills <i>Practice</i> - Conducting the 'Review of the Week' section of the programme Engaging parents, getting buy-in and motivation <i>Practice</i> - Introductory Parent Session and Solution Focussed Goal Setting Ensuring/monitoring the running a good quality programme Parents Plus Quality Protocol - gaining parent feedback and review of progress Getting groups started, group design Next Steps and Closing |

A copy of the Parents Plus Parenting When Separated Facilitators Manual and Parent Book is required for the duration of the training. Full attendance at all modules is required for certification and we ask each participant to complete a feedback form at the end of each module. This feedback will help us fine-tune the training modules to ensure you get the most out of the Parents Plus training.

Learning Outcomes - by the end of this training attendees will be able to:

1. Identify and discuss the core components of the PWS including 'Supporting Parents' and 'Supporting Children' elements that make up the programme and start to use the programme with parents, both in groups and individually;
2. Demonstrate key skills in the strengths-based parent engagement model, facilitating solution-focused group work with parents, including engagement, retention and responding constructively to challenges;
3. Recognise and begin to address the factors that may support or hinder the implementation of the PWS parent course in their local context.

*Parents Plus is a registered charity CHY 13664 - admin@parentsplus.ie –
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