



How to  
make every  
contact  
count

Are you looking to enhance the effectiveness of how you work with parents and their children?

We understand that forming a therapeutic relationship with the families you work with can be a challenge. Why not attend this one-day training backed by years of international research that focusses on making every contact count.

Who is this training for and benefits of attending

Anyone who works with families with young children and is looking for new ways to build a trusting and therapeutic relationship with them.

The training will transform the way in which you view parent-child interactions and provide you with powerful tools to enhance your working relationships with families. We provide you with practical and solution-based skills alongside exploring strategies that can be used to help parents manage difficult emotions and connect with their child through building their capacity for reflective functioning and sensitivity.

It will also highlight the importance of self-compassion as a route to self-containment and enhancing compassion for others.

After completing the training, you will be able to:

- ✓ Consider new approaches to relationship building
- ✓ Engage in agenda matching with parents
- ✓ Recognise and respond to complex unresolved trauma
- ✓ Utilise solution focused behavioural therapy

- ✓ Use a mentalising stance to demonstrate to parents that you understand their feelings
- ✓ Assess and develop parents capacity for reflective function and sensitivity
- ✓ Understand and apply self-compassion techniques for yourself and parents

Certificates of attendance are awarded which can be used towards individual CPD points

What people say:

*I have become more reflective in my practice and use myself to build stronger relationships with my families.*

*My observation skills have improved greatly and I am able to focus more on the strengths of the families that I work with to help improve the attachment between parent and child*

*"It has helped me with thinking and working with parents from an attachment perspective.*

*Becoming more aware of how helpful it is not to jump in with answers when people raise questions, but to share in exploring together what might be going on, doing more wondering, and drawing out their experiences and thoughts*

About Us

Mellow Parenting is an internationally recognised training organisation with over 25-year history of providing intensive relationship focused interventions for parents with the most complex needs. Our programmes have proven success in engaging and building therapeutic relationships with families who are the least likely to engage. Our team is made up of professionals with a wide range of backgrounds including; Health Visiting, Nursing, Social Work, Psychology, Disability, Midwifery and research. Mellow Parenting has won a number of awards, most recently the 2018 Maternal Mental Health Alliance (MMHA) award for best perinatal training provider.

Contact us to find out how to book this one day training –  
[enquiries@mellowparenting.org](mailto:enquiries@mellowparenting.org)