

SESSIONAL PLAN GOING MELLOW

Revised Oct 2017

Day One Morning Session				
Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
Name Game				
To welcome participants, introduce trainers and trainees, and the format of the training.	Practitioners will know the names of trainers and other practitioners, and the format and rationale behind the Name Game.	Introduce the Name Game. Trainer starts and finishes. Share your name, how you got it if known, how you feel about it. Take feedback on the experience from the group; discuss rationale and how it may run in the parents' group. Write names on flip chart to aid memory.	Take part in activity. Actively listen and reflect on rationale. Consider how this exercise may run in a parents' group.	Flip chart and pens.
Who Are We?				
To establish trainees prior knowledge of and experience of working with families with complex needs.	Trainers and practitioners will know each other's professional and personal experiences of work with parents.	Share experience of Mellow groups and training, and other relevant experience. Consider how training is best pitched to meet needs of this group.	Share experiences of working with families with additional health and social needs, including use of other parenting programmes.	
What to Expect From Training				
To introduce trainees to the structure and ethos of the three day training.	Trainees will know what is expected of them over the three days.	Describe the structure and ethos of the training.	Actively listen and question. Reflect on own learning style.	
Hopes and Fears				
To create a safe learning environment and help trainees to feel a sense of belonging and ownership in the training group.	Trainees will have identified and shared their hopes and fears and understood the rationale behind this exercise.	Share own hopes and fears and ask group to share theirs. Answer any questions and refer back to group where appropriate.	Share expectations for the training and identify fears or reservations.	Flip chart and pens.

Day One Morning Session contd				
Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
Group Agreement				
To create a safe learning environment with practitioners, and to know how to do this in a parenting group.	Trainees will contribute to formulating their Group Agreement and understand the rationale behind this exercise. They will consider how to do this in a parenting group with regard to balancing confidentiality and child protection.	To support trainees in identifying what safety measures need to be in place to create a safe learning environment in the training group. Link to fears expressed in previous exercise. Encourage group to reflect on the similarity/difference of doing this exercise in a parenting group.	Trainees to formulate their own agreement for the training group. To explore rationale for this and how they will manage this in a Mellow group.	Flip chart, pens, and blue tack.
Background, Ethos, Materials and Evidence				
To introduce practitioners to the ethos, methods, referral content, and evidence of effectiveness of the Mellow Parenting programmes, to compare and contrast with other programmes.	Practitioners will understand the background to Mellow Parenting, the structure of the day and the 14-week programme. How and why it works in practice and which Mellow programme to use with whom.	Show PowerPoint (optional), describe background, ethos, theoretical framework and daily and weekly programme. Describe the evidence of effectiveness of Mellow groups or use evaluation section of DVD. Encourage and answer questions or refer back to group if appropriate. Encourage group to compare and contrast with other parenting programmes they work with.	Active listening and questioning.	Going Mellow PowerPoint (optional), DVD, laptop, data projector, speakers.
To introduce trainees to the materials used in Mellow Parenting.	Trainees will understand how to use the materials, which programmes to use with which groups.	Go through the resources, encourage questions	Check contents of bag, look through the manuals and the L2O manual. Active listening and questioning.	Mellow Parenting bags for each trainee. Mellow Mums, Dads, Babies, Toddlers and Going Mellow manual. DVD, L2O manual, Evaluation Booklet and Pen.

Day One Morning Session contd				
Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
How does a day look -Personal Group				
To sample a session from the personal group.	Trainees will experience and know the rationale for and how to use the 'Perfect Parent' exercise.	Lead the 'Perfect Parent' exercise and help trainees reflect on their experience of this and how they would use it in a parenting group.	Take part in the 'Perfect Parent' exercise and reflect on the impact of using this exercise in Mellow groups.	Flip chart paper and pens.
How does a day look -Parenting Workshops				
To sample a session from the parenting workshop.	Participants will experience the 'Everyone is Different' workshop and reflect on dimension of Autonomy.	Trainers will lead participants through this exercise and encourage reflection on rationale and use in parenting groups.	Trainees will take part in the exercise and reflect on use in parenting groups.	Flip chart and pens.
Referrals				
To understand referral thresholds, how to approach referrers and the quantity and content of feedback.	Participants will know how to take appropriate referrals for their groups and where to refer on, and be able to be clear with referrers what information will be shared with them.	Show and discuss information for referrers in Going Mellow manual. Discuss safe balance of safeguarding and confidentiality.	Active listening, reading information in Going Mellow, questioning and discussing referral process with regard to confidentiality and safeguarding.	Going Mellow manuals.
Recruiting and Engaging				
To understand the barriers to engagement and introduce practitioners to the methods for recruiting and engaging seldom reached families.	Participants will know how to recruit, engage and maintain attendance of Mellow Parenting group members.	Show and discuss information on recruitment and engagement in Going Mellow. Go through recruitment process and discuss rationale. Review interview and consent forms.	Active listening and questioning, trainees to consider how they will put this into practice in their work setting.	Going Mellow manuals.

Day One Morning Session contd				
Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
Use of Video				
To understand the rationale for using video of parent-child interactions in Mellow Parenting groups. To understand how to make the video and feedback individually and in the group setting.	Trainees will know why and how to use video in a Mellow Parenting group, and how to feedback what they see to individual parents and in the group.	Refer to and discuss information on making and using video in Going Mellow. Use examples from own practice to illustrate importance of video and practical issues in making and feeding back video. Discuss use of language and strengths based approach. Discuss ownership of the video and data protection. Show 'Toast' pre group, post group and one year follow up video clips to generate discussion. Use Martha & James feedback to illustrate use of video feedback.	Active listening, consider how to make and use video in trainees own work setting. Consider impact and use of language in feedback to parents. Reflect on 'Toast' video clip.	Going Mellow manuals, laptop, data projector and speakers. Video clip pre, post and one year follow up. Martha & James Video
Lunch taken together				

Day One Afternoon Session				
Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
Warm Ups				
To sample a warm up exercise.	Trainees will understand why, how and when to use warm ups with their groups.	Trainers will share their own precious object and invite group to share theirs. Ask group to reflect on the rationale for and experience of doing this in the training group and in Mellow Parenting groups.	Trainees to share their precious objects with the group and reflect on this experience in training how it works in Mellow Parenting groups.	Precious objects.
Learning to Observe				
To introduce the Mellow Parenting Learning to Observe system and dimensions of parenting.	Participants will have an overview of L2O and the dimensions of parenting.	Show and discuss L2O materials.	Active listening, questioning and reading information in L2O manual.	Learning to Observe Manual.
To introduce the dimensions of Autonomy and Anticipation.	Participants will be able to identify these dimensions and feedback what they see to parents.	Show video clips of Autonomy and Anticipation. Link to worksheets. Elicit feedback from trainees. Encourage use of positive plain language and reflect with trainees on rationale and impact of this.	Review worksheets linked to Autonomy and Anticipation Observe clip of feedback to parent and ask questions.	Learning to Observe manual, 'Everyone is Different' and 'Spotting Trouble' worksheets. Laptop, data projector, speakers, video clips.

Day One Afternoon Session contd				
Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
Self-Disclosure				
To introduce the concept of self-disclosure with particular reference to the life story session. To know the rationale for the life story session.	Participants will be able to reflect on safe disclosure, boundaries and keeping safe in a group setting, and to consider how to put this into practice in the training group and parenting group settings.	Trainers will open up a discussion on self-disclosure, boundaries and use of self in a Mellow Parenting group setting. Introduce life story session and the rationale for using this in training and in the Mellow groups. Encourage trainees to reflect on any anxieties.	Trainees will consider self-disclosure in training and parenting group sessions, with particular reference to the life story session. Trainees will reflect on keeping themselves safe during this session and in Mellow groups.	
Have a Go				
To have an overview of the personal group sessions and running order, and to understand how to run a session from the parenting workshops.	For participants to familiarise themselves with the materials, and half the training group to prepare a section from the personal group workshops to run tomorrow.	Assist half of the group to identify which section to prepare for tomorrow Go through personal group materials, encourage reflection on order of sessions and use of these materials. Ensure participants understand the task.	Trainees will go through the resources in the personal group. Half to select small section to prepare and present tomorrow, the other half to consider how they will feedback their reflections. Ask questions.	Mellow Mums and Mellow Dads manuals.
To understand how to prepare for the life story session.	Participants will have prepared for the life story session and considered how they would approach this in a parenting group.	Open up discussion on rationale and experiences of the life story session. Address any questions and worries.	Participants will consider how this session will run in the training group and the parenting group, and how they will prepare for this.	
Reflections on Day One				
To consider and consolidate learning from day one of the training.	Participants will have reflected on their learning, given feedback.	Trainers to encourage participants to share their thoughts, feelings and ask any questions arising from the training. Trainers to attend to any unfinished business.	Participants will actively reflect on their experiences of the training and ask any outstanding questions.	
End of day one. Negotiate starting time for day two.				

Day Two Morning Session				
Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
Reconnect				
To reconnect and consolidate learning from day one.	Participants will have reconnected with the group, identified learning from day one, completed warm up and understood the rationale for this.	To welcome back trainees, help them to reconnect (use Blob Tree if you like it) and ask them to reflect on learning from day 1. Direct to Group Agreement and add to if wanted. Stress confidentiality and choice of what to disclose.	Complete Blob Tree exercise; reflect on use in parenting group. Consider and add to group agreement if wanted. Reflect on learning from yesterday.	Blob Tree - warm up, felt tips, Group Agreement, flip chart and pens.
Life Story				
To experience and reflect on the life story exercise	Participants will have an understanding of the experience of taking part in the life story session and how to run the session safely. Participants will know how this exercise will run in a Mellow group, and have identified the issues group members may have in putting together a coherent narrative and sharing it safely. Participants will reflect on the session and consolidate their learning from it.	Trainer leads and models sharing life story in a group setting. Be mindful of impact of order in-group, and be flexible if needed. Consider timings and negotiate breaks. Manage session carefully so each person gets enough time. You can set a 10 minute limit in training but explain that you would not necessarily do that in a group. Trainers to facilitate a reflective debrief of the session, and a `cool down` exercise if appropriate	Participants will take it in turns to share their life stories. Participants will actively listen to others life stories. Participants will debrief after session and reflect on learning, and participate in cool down if used.	Life stories prepared as 'Have a Go'.
Co-Facilitating				
To understand the importance of the co-working relationship.	Participants will know how to negotiate and maintain strong co-working relationships.	Discuss how to negotiate and reflect on the co-working relationship with regard to skill mix, trust, and learning and delivery style.	Participants will actively listen and question.	
Lunch taken together				

Day Two Afternoon Session				
Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
Presentations and Feedback				
To experience presenting a section of the personal group and giving and receiving constructive feedback.	Participants will have practised presenting part of a session and giving and receiving feedback.	Trainers will support trainees with their presentations and facilitate constructive feedback.	Trainees will practise presenting, take part in the session, and give and receive feedback.	Flip chart, pens.
Groupwork				
To give participants an overview of groupwork theory and practice.	Participant will be able to identify what helps people to join and remain in a group, and reflect on their experiences in the training group. Participants will know how to facilitate in a non-expert style.	Trainers will facilitate discussion on groupwork theory and practice; encourage trainees to link this to their experiences in the training group and in running a Mellow Parenting group. Encourage trainees to reflect on how safety is created, group process and content, stages and associated tasks, and the impact of facilitative style.	Trainees will actively listen and reflect on their experiences in the training group. Trainees will reflect on putting theory into practice in the parenting groups.	
Learning to Observe				
To introduce the dimension of Responsiveness.	Participants will be able to recognise positive and negative Responsiveness and to feed this back to parents.	Describe Responsiveness and give examples. Show video clips to illustrate and ask trainees to identify examples from the clips and feedback as they would to a parent in their group.	Trainees will actively watch, listen and question, and practice feedback to parents.	L2O Manual, laptop and data projector, speakers, video clips and video analysis sheets.
To introduce the dimension of Co-operation.	Participants will be able to recognise and feedback positive and negative Co-operation.	Describe Co-operation and give examples. Show clips to illustrate and ask trainees to identify Co-operation and practice feedback.	Trainees will actively watch, listen and question, and practice feedback to parents.	As above.

Day Two Afternoon Session contd				
Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
Safeguarding				
To understand the Mellow Parenting safeguarding guidelines and how these fit in with trainees own agency procedures.	Participants will know safeguarding guidelines and the boundaries of confidentiality in a Mellow group.	Trainers will facilitate discussion of safeguarding issues and the balancing of these with confidentiality with referrers, children's group workers and other agencies.	Participants will reflect on issues in facilitating a Mellow group, and consider how these are balanced with confidentiality.	
The Personal Group				
To have an overview of the personal group workshop sessions and running order, and to understand how to run a session.	Participants will be familiar with the personal group resources and half the group will prepare a section from one of the sessions.	Go through the personal group materials, encourage reflection on order of sessions and how the materials will be used in a parenting group. Assist half the group to select a section to prepare to present tomorrow.	Participants will review the personal group materials and consider running order and how the sessions run in practise. Half the group will prepare a small section of a session to present tomorrow, the others to consider how to give feedback.	Mellow Mums and Mellow Dads manuals.
Have a Go				
To have an overview of the parenting workshops and running order, and to understand how to run a session from the parenting workshops.	For participants to familiarise themselves with the parenting workshop materials, and half the training group to prepare a section from the parenting workshops to run tomorrow.	Assist half of the group to identify which section to prepare for tomorrow Go through parenting workshop materials, encourage reflection on order of sessions and use of these materials. Ensure participants understand the task.	Trainees will go through the resources in the parenting workshop. Half to select small section to prepare and present tomorrow, the other half to consider how they will feedback their reflections. Ask questions.	Mellow Mums and Mellow Dads manuals.
Reflection				
To learn from reflections on day two.	Participants and trainers will review their experiences and identify any working points.	Trainers to facilitate active reflections on today, what the learning has been and address any working points.	Participants will reflect on the day, how they feel and what they will take away. Ask questions and take part in exploring solutions to working points.	
Agree start time for day three.				

Day Three Morning Session				
Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
Reconnect				
To reconnect and experience the 'Bring a Photo' warm up.	Participants will have tried the 'Bring a Photo' warm up and reflected on its use in the parenting group.	Trainers will facilitate discussion and lead the warm up and debrief.	Trainees will participate in the warm up and reflect on use in the parents' group.	
Presentation and Feedback				
To experience presenting part of a parenting workshop and giving and receiving feedback.	Participants will have reviewed the materials, presented, given, and received feedback.	Trainers to facilitate feedback.	Trainees to deliver part of a session and give and receive feedback.	
Learning to Observe				
To introduce the dimension of Control.	Participants will be able to describe and identify Control sequences and feedback what they see.	Trainers to describe and discuss Control and give examples. Show video clips and facilitate feedback and video analysis.	Trainees to observe and question and practice feedback and video analysis.	L20 Manual, video analysis sheets, laptop, data projector, speakers, video clips.
To introduce the dimension of Distress.	Participants will be able to describe and identify Distress and feedback what they see.	Trainers to describe and discuss Distress and give examples. Show clips and facilitate feedback.	Trainees to observe and question, and practice feedback and video analysis.	As above.
Parent and Child Activity				
To equip participants to run the parent/child activity.	Trainees will understand the rationale for the activity and how to run it in a parents group.	Trainers to show video clip of an activity and highlight how this can be used to work with parents on improving attachment through mindful planning of the activity.	Trainees to observe question and consider how to run the activity in own work setting.	Video clip of parent /child activity, AV equipment and Information from manuals.

Day Three Morning Session contd				
Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
Lunchtime in a Mellow Group				
To understand the rationale for lunchtime in the group and set up requirements.	Participants will have reflected on the rationale and experience of lunchtime in the Mellow group, and considered practical requirements.	Trainers to show video clip of lunch in a Mellow Parenting group and facilitate discussion.	Trainees to observe, question and reflect on practical practicalities in own setting.	Video clip of a Mellow Parenting lunch time.
Lunch taken together				

Day Three Afternoon Session				
Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
Revisit 'Hopes and Fears'				
To assess progress towards goals.	Participants will have evaluated progress towards goals and identified any outstanding needs.	Trainers to facilitate review of 'Hopes and Fears' to identify and address any gaps in knowledge.	Trainees will participate in review and help identify achievements and gaps.	
Evaluation				
To introduce participants to the Mellow Parenting evaluation process and resources. To encourage participants to share evaluations with Mellow Parenting.	Participants will know why and how to evaluate their groups and will be familiar with the evaluation tools that can be used.	Trainers to go through the evaluation pack and encourage discussion of rationale and use of different measures.	Trainees to reflect on how and why to evaluate and familiarise themselves with the tools.	Going Mellow evaluation booklet and information in going Mellow manual.
Including Co-parents				
To introduce trainees to the rationale and materials used in working with co-parents.	Participants will understand the importance of including co-parents and be confident in using the materials.	Trainers to go through, discuss session plans for working with co-parents, and consider practical issues.	Participants will discuss why and how to include co-parents.	Sessions for co-parents from Toddlers or Babies manuals.
Children's Group				
To equip trainees with the information they need to set up and work with their children's group.	Participants will understand how to set up and work with their Mellow Parenting children's group.	Trainers to facilitate discussion on the Mellow Parenting children's group, settling children, key worker system, mirroring activities in the parents' group and working as a team with children's group workers.	Trainees will participate in discussion and relate to their own work settings.	Children's group materials from going Mellow manual.
Working towards Endings				
To understand the theory behind and tasks associated with ending a group.	Participants will have considered how they are working towards endings in the training and parenting groups, and what feelings are associated with this.	Trainers to refer to 'Planning your Future' session. Ask participants to reflect on their own relationships with endings and how this will be for parents in a group.	Trainees to reflect on how they will support parents in working towards ending the group.	Refer to information on group work in Going Mellow.
Day Three Afternoon Session contd				

Aims	Outcomes	Trainer Activity	Trainee Activity	Resources
Setting Up Your Group, Reflective Consultation and Accreditation, Training to Train, Website & Practitioners Days				
To review the set up requirements for running a group and support available from Mellow Parenting, and rationale and practicalities of setting up reflective Consultation for accreditation, Practitioners Days, Training to Train and accessing Mellow Parenting website.	Participants will know how to set up their group, how to access Reflective Consultation and requirements for accreditation. Participants will know they can register on the Mellow Parenting website www.mellowparenting.org as a practitioner and access downloadable resources.	Trainers to disseminate information on set up, accreditation and Reflective Consultation and ongoing support for Mellow Parenting. Trainer will advise participants to register as a practitioner on www.mellowparenting.org .	Trainees actively listen and question, and consider set up requirements in their own work setting.	Information from Going Mellow Manual.
Training Evaluation and Follow Up				
To inform trainees of Survey Monkey evaluation of Going Mellow training and follow up sample.	Participants will know how their evaluations of this training will be gathered.	Trainers to explain that trainees will be sent an anonymous Survey Monkey questionnaire in a few days, trainers to encourage all feedback, and explain a sample will be followed up when they are starting their groups.	Active listening and questioning.	
Reflections				
To reflect on experiences of the Going Mellow training and any unfinished business.	Participants will have reflected on their experience of the training, will have highlighted any outstanding questions and received answers or been signposted.	Trainers will facilitate reflection and check if there is unfinished business that can be attended to, or refer on where necessary.	Active listening and questioning.	
Endings				
To mark the ending of the training group.	Participants will understand and experience marking endings in a group setting.	Trainers to facilitate exercise to mark ending.	Trainees to participate and reflect.	Gold card or other exercise to mark ending.
Close of Training				