

Broad Horizons is pleased to announce the following course.

## Therapeutic Parenting Skills Group for Parents & Carers

### Who is it for?

The course is designed for parents and carers looking to further develop their existing skills. The focus of the group is to develop and enhance therapeutic interactions with the children or young people they care for. Consideration will be given to understanding children's behaviour and managing it alongside the emotional needs of the children and young people. The course is delivered by experienced psychotherapists and therapeutic social workers in an informal and supportive closed group environment.

### What will be covered in the course?

The six-week group is designed to blend a range of trauma and dissociation-informed models covering the following areas.

- Broad Horizons In-House Trauma-Informed Model:  
**DARTS** Dissociation, Attachment, Resilience, Trauma and Shame
- Core Principles of Therapeutic Parenting
- Developing relationships between children and their families
- Understanding children and young people's behaviour
- Applying PACE in parenting
- Parent and Carer's self-care
- Working with and supporting blocked care & compassion fatigue

### Where will it be held?

online

### When will the course take place?

Monday 26<sup>th</sup> February 11.00 am -1.00 pm

Monday 4<sup>th</sup> March 11.00 am -1.00 pm

Monday 11<sup>th</sup> March 11.00 am -1.00 pm

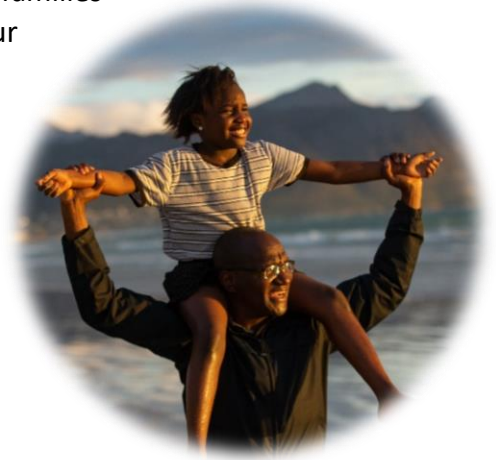
Monday 18<sup>th</sup> March 11.00 am -1.00 pm

Monday 25<sup>th</sup> March 11.00 am -1.00 pm

Monday 15<sup>th</sup> April 11.00 am -1.00 pm

Post-group reflective session

Monday 20<sup>th</sup> May 11.00 am -1.00 pm



*"One of the best courses I have ever attended! The course has helped me communicate so much better with my children as well as giving me strategies that work. I learnt so much about my self-care as well, thanks to the support of the trainers and group"* Previous group attendee 2022

If you have any questions, please email [admin@broadhorizons.org.uk](mailto:admin@broadhorizons.org.uk)