

DIPLOMA IN PARENT-CHILD THERAPY

One-Year Part-Time Training

About the Award

The Diploma is awarded jointly by the Centre for Child Mental Health and the Institute for Arts in Therapy and Education (IATE).

About the Institute for Arts in Therapy and Education

The Institute is a British Accredited Higher Education College of 25 years standing, and Academic Partner of London Metropolitan University. It runs three Masters Degree courses validated by the university. Two of these programmes are in Child Mental Health: MA Education (Emotional Literacy for Children) and MA Integrative Child Psychotherapy.

About the Centre for Child Mental Health

The Centre is a highly acclaimed educational establishment dedicated to Continuing Professional Development and the dissemination of the latest cutting edge research in child and adolescent mental health.

Admission criteria

- Practitioners from any discipline who have been working with parents and children together.
or
- Therapists and counsellors with substantial clinical experience of working with children or parents.

Applicants must also demonstrate the following:

- Developed capacity for empathy and human warmth
- High level of self awareness
- Stability under stress
- Emotional robustness
- Developed capacity to play
- Willingness to undergo personal counselling or psychotherapy as a requirement of the course



For application forms or any further enquiries, please contact

The Institute for Arts in Therapy and Education

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The Institute for Arts in Therapy and Education in association with The Centre for Child Mental Health

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Diploma in Parent-Child Therapy

Overview

This course is designed to train practitioners to:

- Enable parents and children to have the best possible relationship with each other
- Improve the quality of parent-child interaction on a daily basis
- Empower parents with the relational resources which will enhance their child's well-being on a long term basis
- Enable parents to feel deeply fulfilled in their parental role

Aims and Objectives

An enormous body of research shows that the quality of parent-child relationships is of paramount importance for a child's and teenager's long-term well-being and mental health. Yet many parents and children never sit down to reflect on their relationship, and to really meet each other. Moreover, as with couple relationships, a parent-child relationship can get stuck in patterns of aggression, conflict or alienation. For others, too many failed connections lead to the child emotionally distancing, sometimes to the point that it is hard to re-connect at all. When things are going wrong, much can be done, often with relatively few sessions to support both parent and child to have that essential conversation, to share those unspoken resentments, appreciations, hopes, fears, hurts, to mend a relationship that otherwise could easily move from bad to worse.

With short-term safe parent-child therapeutic intervention, the entire culture of the relationship can be changed from one of ongoing relational stress, battle or superficiality, to secure attachment, deep enjoyment of, and mutual respect for, each other.

Interventions Covered on the Course

The course offers largely attachment-based interventions as it is centrally concerned with healing of relationships rather than simply changing behaviour. The Diploma offers a psychodynamic approach which takes into account the complex interplay of inner and outer world realities.

Course Curriculum - topics include:

- Parent-Child Therapy: Clinical Skills
- Attachment-based interventions
- Home visiting
- School/Clinic-based intervention
- Family systems therapy
- The Parent-Child Game
- Transactional Analysis
- Arts based techniques for parent-child therapy
- The PACE Method (Dan Hughes)
- Using the ear piece and audio/visual feedback with parents
- Diagnosis and treatment planning
- Empowering the parent to change negative modes of interaction
- Limit setting
- Working with eating, sleeping, elimination and psychosomatic problems
- Different forms of parental love
- Working with 'the child in the parent'
- Theraplay
- Six Cause Model for Challenging Behaviour
- Empowering parents with an understanding of the neuroscience of relationship to make informed choices

Time Commitment

24 days over one academic year. For those wanting to take the course at a slower pace, it can be completed over two years. The course is mainly comprised of 3-day modules with some single days.

Fees

Fees can be paid in monthly installments after deposit. You will need to attend an interview day. For details telephone the Institute on 020 7704 2534 or email info@artspsychotherapy.org

Trainers

The Diploma will be taught by internationally acclaimed Parent-Child Therapists, including:

Alison Eldridge. Former Psychiatric Nurse with 20 years experience of working both within the hospital environment and as a Community Psychiatric Nurse. Following her Counselling Diploma in Gestalt, Alison went onto train as an Adult Psychotherapist, Supervisor, and Child Psychotherapist. Director of Options Child and Family Therapy Services, Alison draws together her knowledge and creative interventions to help parents to strengthen their relationship with their child.

Dr Sue Jenner. Author of *The Parent-Child Game*. Child Clinical Psychologist working for many years to improve parent-child relationships at the Maudsley Hospital, London.

Dr Hilary Kennedy. 35 years experience as Chartered Educational Psychologist working with families, schools and professionals around children. Key trainer, researcher, writer in Video Interaction Guidance for parents. Honorary Senior Lecturer, University College London. Honorary Research Fellow, Newcastle University. Founder of VEROc (Video Enhanced Reflection on Communication) Centre at University of Dundee in 2000. Publications include Learning Through Conversation: Exploring and Extending Teacher and Children's Involvement in Classroom Talk, Video Interaction Guidance as a Method to Promote Secure Attachment.

Gary Landreth. Co-Author of *Child Parent Relationship Therapy*. Professor in the Department of Counselling, Development and Higher Education University of North Texas. Founder of the Center for Play Therapy University of North Texas.

Dr Margot Sunderland. Director of Education and Training, Centre for Child Mental Health, London. Author of the award winning book *What Every Parent Needs to Know and Draw on Your Relationships*, a book of key techniques to develop relationships. Registered Child Psychotherapist working with parents and children for many years.