



PARENTING CO-OPERATIVELY AFTER SEPARATION

A practical resource for professionals
to support parents and help them
work together without conflict



Amity offers specialist training and resources to support frontline practitioners manage conflict and poor communication between separated parents and their children. This training and accompanying resource is made available to a wide range of practitioners working in health, social care, education and early help.

A training evaluation was conducted independently of Amity in August 2022. A group of multi-agency practitioners who had attended the full day training to use the resource were asked for their feedback.

1. Usefulness of the training content

Practitioners are provided with a useful structured, sessional resource pack as part of the training course. Practitioners commented that this was very useful and something they would all want to use in their everyday practice.

One practitioner commented *"I found having an actual guide to follow and support parents very useful in achieving the best outcomes for children."*

Another practitioner noted *"the fact that the training comes with a set workbook for completing with the family - I have found this very useful. There are practical activities in an instantly useable format."*

Similarly another practitioner, as well as stating that the training improved their knowledge and understanding on parental conflict with co-parents, reported that they *"found it very helpful to have a resource to use when completing this type of intervention with families."*

They further stated that they will *"now have an evidenced based plan"* of what they would be delivering during each session with parents.

2. Application of skills and knowledge post training

Leading on from above, one practitioner commented that having a resource pack and being shown during the training delivery how to use this effectively enabled them to *“feel more confident and empowered”* knowing that they were delivering an intervention that works.

Similarly, another practitioner commented that they now had a guide to follow that they *“would now be confident in delivering to families who need it”*

One practitioner commented on the adaptable nature of the resources and that *“the programme can be tailored more to meet the educational limits of some families”* the practitioner was supporting.

Similarly, the resources can be utilised within different job roles with one practitioner commenting that they now had *“more practical resources for direct work with separated parents in conflict”*

In summary, practitioners felt that the course met its main aims of increasing knowledge around the issues faced by separated parents in conflict and developing the skills needed to support separated parent manage destructive conflict and focus on their co-parenting role.

- 100% of the practitioners that responded stated that they would use the skills they learnt in the training course with their families.
- 100% stated that they felt they understood the subject more than they did before and
- 100% stated that they felt their colleagues would benefit from the training.