

Free workshop for those
working with parents and
families.

25th September 2020



Do you work with parents and carers who have had previous experience of domestic and family violence?



Do you find existing parenting programs aren't working for this group of parents?

Women's NSW (FaCS) and Grand Pacific Health are looking for clinicians and workers interested in becoming Black Box Parenting facilitators.

WHAT IS THE BLACK BOX PARENTING PROGRAM?



5 x 2hr group sessions for parents and carers fortnightly



Individual phone calls or catch up sessions for each participant in the "off week"

The Black Box Parenting Program is an innovative program developed specifically for the challenges of parenting after violence.

The program is a great, non-blaming way to get parents thinking about how they interact with their children and how to manage some of the challenges of parenting after violence.

It would make a great adjunct to individual or family work as well as a good precursor for other parenting programs such as Triple P or Circle of Security.

SESSION TOPICS

- The effects of trauma on the brain
- How attachment disruption affects behaviour and the parenting bond
- Understanding child and parent reactions in the context of past experience and sociocultural influences
- Discussion on the differences between regret, guilt and shame and their effect on parenting
- Using Special Play to repair the attachment bond
- Affect regulation for child and parent and how this affects what behaviour management techniques to use when

WHAT DOES THE TRAINING INVOLVE?

1. Attendance at a one day workshop
25th September 2020, 8:30am - 4pm
Royal North Shore Hospital St. Leonards
2. Running a Black Box Parenting group in your workplace or, preferably, in partnership with one or more other organisations during one school term
3. Participate in 3 x 1hr supervision sessions via teleconference, Skype or telephone approximately 3 weeks apart
4. The completion of measures before, during and after training
5. Offering to group participants the chance to also complete questionnaires

All training is **free of charge** although any travel cost must be paid by the trainees or their employer.

INTERESTED?

1. Register your interest www.gph.org.au/black-box-group
2. Organise your Black Box Parenting group for Term 4 2020 or Term 1 or 2 2021
3. Complete your final enrolment www.gph.org.au/black-box-group-final including details of your group and demographics for at least three participants who have committed to your group in Term 4 2020 or Term 1 2021.
4. Receive your confirmation email and pre-reading pack ahead of workshop attendance.

