



Child-Parent Relationship Therapy

Would you like to learn how to:

- Understand how to help your child deal with feelings?
- Have cooperation, without nagging?
- Help your child to make positive choices and reduce challenging behaviours?
- Help your child develop self-control and responsibility?
- Be equipped with some techniques that play therapy professionals might use with children?

If you answered 'yes' to any of these, Child Parent Relationship Therapy (**CPRT**) could help.

So, what is CPRT?

- ✦ A ten-week therapeutic parenting skills group, led by Play Therapist Emily Try.
- ✦ It's not a 'quick-fix' for your child, but a sustainable way of using your established relationship to create therapeutic, long-lasting change, whilst boosting both you and your child's confidence.
- ✦ Every week you will be given materials which will build your own personal support pack of what works for you and your family. A support package you create to keep with you!

Course arrangements:

- ✦ **Thursday evenings 5-7pm**
- ✦ **Venue: Larchfield Children's Centre, Maidenhead**
- ✦ **10 weeks starting on Thursday 13th January 2022**
- ✦ **One week break over half term**

Please contact emily.try@achievingforchildren.org.uk by **Wednesday 17th November** if you would like to be contacted for further information.

Referral criteria:

Parents/carers are expected to attend every 2-hour session each week. As part of the course, you will be asked to record a 30 min play session with your child, this will be explained as part of the sessions

This course requires a high degree of parent commitment, so consideration will be given to the capacity, availability and engagement abilities of all referrals.

Please note that only one parent/child per school can be allocated a space due to the confidential nature of the group. If your family has experienced significant family trauma, then this course is unlikely to be appropriate.