

## Improving Lives for Generations



### **Family Hubs: Relational Transformation Tavistock Relationships' offer of support**

May 2022

Tavistock Relationships works across the UK to provide:  
**Training • Digital resources • Evidence-based interventions  
Consultation and evaluation services • Bespoke packages**

We collaborate with local authorities to support family relationships  
and embed relational practice.

We hope you find what you are looking for in this brochure and  
will be happy to talk with you about what else you might need.

The team's contact details are on the last page.

## Congratulations on your successful bid to develop a Family Hub model in your local authority.

Whilst we are sure you are inundated with offers of help, we hope that our offer of support will be useful and will offer a clear rationale on the central importance of improving relationship quality in families, between parents, parents and children and with extended family members.

We have borne in mind the central principles referenced by the National Centre for Family Hubs: **Access, Connection and Relationships**. We want to help you and your staff put relationship quality at the heart of Family Hub development and practice. This extends, of course, to the relationships of trust and change that workers make with families using the services.





## Contents

<b>Professional Development for Family Hub Managers, Service Heads and Family Hub staff: Tavistock Relationships' Advanced Practice Course .....</b>	<b>4</b>
<b>Effectiveness and outcomes .....</b>	<b>4</b>
<b>What can we offer? .....</b>	<b>5</b>
<b>Innovation at heart of the Family Hub .....</b>	<b>5</b>
<b>Linking theory to practice .....</b>	<b>5</b>
<b>Training and consultancy on selecting and using reliable and valid measures for use in Family Hubs .....</b>	<b>6</b>
<b>Consultancy on developing bespoke materials with an emphasis on digital delivery .....</b>	<b>6</b>
<b>The Tavistock Relationships Under-2's offer and bespoke services for the perinatal period and beyond .....</b>	<b>7</b>
<b>Workshops .....</b>	<b>10</b>
<b>The Tavistock Relationships team and contact details .....</b>	<b>11</b>



# Professional Development for Family Hub Managers, Service Heads and Family Hub staff: Tavistock Relationships' Advanced Practice Course



Staff working in the Family Hub system and colleagues from other agencies are offered an intensive, term-long course that helps to develop people's confidence in carrying out their roles effectively, using evidence and research, deepening practice wisdom and developing a relational focus to problem solving.

This is not a couple therapy training but a way of better understanding the work, the families we work with and for, as well as the system we work in. Using webinars and tutorials the course offers the opportunity to undertake local applied research guided by our tutor team.

*Courses start in September 2022 and January 2023 and will be offered online to accommodate people, wherever they work.*

## Effectiveness and outcomes

Tavistock Relationships can support Family Hubs staff to enquire about the quality of all family relationships, for example, helping to choose tools for measuring relationship strength and distress at the starting point. This helps workers both formulate and co-create an effective intervention and then measure again at the end of the work to help families see how far they have come. It also allows workers to reflect on their effectiveness. Data can be aggregated to offer an overall view of the effectiveness of the Family Hub offer as a whole and help guide further investment decisions.

We'd be delighted to have a conversation with you. Please contact us using the email addresses on page 11, or telephone us.

We are also aware that your local authority will be planning your work under the *DWP Reducing Parenting Conflict* programme, and making connections between Family Hub work and other specialist services or interventions.

Do look at our offer to support the RPC bid work <https://tavistockrelationships.org/training-courses/commission-us/reducing-parental-conflict-programmes>



VISIT WEB PAGE 

## What can we offer?

Helping to further develop a local understanding of the distance your Family Hub network needs to go to reach the desired end point, in order to be more than a building called 'Family Hub' but properly accessible, connected and relationship centred.

The plan to move from A to B will work best if it is built from evidence-based work, not necessarily manualised programmes, although those are helpful in planning outcomes. Evidence-based ways of drawing a partnership together and using parents' and children's voices as to what works well for them (and what does not) helps create effective programmes. Based on the guidance and further concepts from *The Best Start To Life Review* we can help you think about meeting the challenge of the first 1001 days offer.

We can support your planning of training for frontline practitioners, whatever agency they come from, as their wholehearted support of the work is crucial. We are very mindful about what gets in the way and how these obstacles need to be overcome.



## Innovation at heart of the Family Hub

We have been leading the #SortItOut campaign on behalf of the APPG for Relationships and wrote an extensive briefing on how a Family Hub can work to help families resolve difficulties and develop skills to meet new challenges.

[https://tavistockrelationships.org/images/PDFs/Policy\\_Briefings/Sort\\_It\\_Out\\_Campaign\\_-\\_Family\\_Hubs\\_Briefing.pdf](https://tavistockrelationships.org/images/PDFs/Policy_Briefings/Sort_It_Out_Campaign_-_Family_Hubs_Briefing.pdf)

VIEW PDF



Your Family Hub will be different to other local authorities', as it will build on your current services and local ambitions. What matters is that it meets local needs and in imaginative and kind ways. We can help with ideas drawn from UK and international research, practice, and evidence.

## Linking theory to practice

We are experienced in helping agencies select the most appropriate measuring tools to embed in any Theory of Change, and using Value for Money/Treasury Wellbeing Guidance to show effectiveness. We can help you focus on the *'tracks rather than the trains'*.



## Training and consultancy on selecting and using reliable and valid measures for use in Family Hubs

A workshop and ongoing support using the Tavistock Relationships consultancy model for the Family Hub development staff. This can include a short series of clinical supervision sessions for practitioners working with families who trouble them or an ongoing arrangement to support the complex work of supporting family change. We can work with you to link a well worked Theory of Change to helping staff review a number of suitable tools to decide which will suit the local needs best, be safe in the hands of practitioners and help parents understand difficulties and possible solutions.



## Consultancy on developing bespoke materials with an emphasis on digital delivery

We have an app '*Between Us*', tested in local authorities for acceptability and usefulness, that can be adapted to meet your local needs, helping practitioners to have relationship-focused conversations with parents and to give parents self-directed learning opportunities, at their own pace.

*Between Us* is a relationship support app, developed by Tavistock Relationships, which is designed to help people have a better relationship with their partner now and in the future. Based on our experience of helping couples for more than 70 years, the app provides individuals and couples with a wide range of exercises, communication tips, easy-to-understand information on why communication matters, along with videos, to help people better understand what's going wrong in their relationship and do something about it.

We can provide a half-day training to local authorities (to train up to 15 members of staff - e.g. early help, social work, health visiting - in order that they can then support couples to use the app without supervision).

We have also developed a series of guided conversations, '*Better Conversations*', for parents living together or apart, to help prompt better choices about how to communicate even when the topic under discussion is a difficult one. The web-based tool nudges, guides and teaches parents to think about their children even in the heat of an argument.



# The Tavistock Relationships Under-2's offer and bespoke services for the perinatal period and beyond

We have several evidence-based parental conflict reduction programmes for the perinatal period (and for parents of children under two years old) that can be offered either as trainings for local authority and other staff to use, or can be commissioned from Tavistock Relationships directly.

## Parents as Partners (PasP)

An evidence-based perinatal groupwork parenting programme offered before the baby is born and then after the birth to support parents as two becomes three (or more).


For PasP outcomes see here <https://tavistockrelationships.org/our-work/research/research-projects/current-projects/parents-partners-summary>

VISIT WEB PAGE 



## Mentalization-based Therapy, Parents under Pressure (MBT-PP)

We offer training in MBT-PP, a very effective 10-session intervention service for parents with high levels of conflict. It is suitable for separated parents or intact couples, either individually or together. It is one of the most successful interventions being delivered through the DWP's Reducing Parental Conflict programme. MBT-PP is highly effective in improving communication quality and reducing harmful conflict. Parents themselves said they found it useful and engaging. For an overview of outcomes look here [https://tavistockrelationships.org/images/PDFs/Policy\\_Briefings/MBT\\_briefing.pdf](https://tavistockrelationships.org/images/PDFs/Policy_Briefings/MBT_briefing.pdf)

VIEW PDF 



## Perinatal maternal mental health couple-focused training

This is a three-day training that covers the period both pre and post birth, enabling practitioners to look at relationship quality and to feel confident and competent to have relational conversations, helping parents use this 'window' to make the changes they need in their relationship and anticipate the challenges and joys a baby will bring. We offer ongoing monthly supervision to support staff working in perinatal services, focusing on mental health and couple thinking and practice.



## Special Educational Needs and Disabilities (SEND)

We offer training on the impact of SEND, with or without a diagnosis, on parents' relationships, with ongoing clinical supervision if required. The training focuses on how to help parents understand and manage their anxiety, guilt and blame, often unspoken, and how to help parents protect their own relationship, given that we know from research that many couple relationships falter and fail after the birth of a baby with medical or other needs.

The training focuses on realistic strengths and helps parents to understand the issues and obstacles that they are encountering and to anticipate others they may face in the future.





## Breastfeeding

Tavistock Relationships has long been interested in breastfeeding, given our attachment perspective. We run a one-day course on *'What gets in the way of breastfeeding? And how to engage fathers in actively supporting breastfeeding'*. The training is research based, looking at the crucial importance of a father's/ partner's support for a breastfeeding mother to the start and continue breastfeeding for six months or more. We look at fathering/ partnering, mothering and how a father's relationship with his new born can become filled with envy, jealousy and a sense of being redundant. The workshop equips practitioners from health and other agencies to have courage-filled conversations, helping parents define their roles and their hopes by talking about the issues and anxieties they are facing. This workshop also covers pre- and post-natal depression experienced by either parent or both, and how we can strengthen and support relationships at this crucial time.



## Couple Infant Psychotherapy

Tavistock Relationships' child psychotherapy staff have developed a new model of infant psychotherapy that includes both partners with a child under two years old. Focusing on attachment, the work is offered to infants and parental couples who need assistance to establish and build secure, loving relationships. By holding all the relationships in mind, the baby's with each parent and the parents' own relationship, we can observe the interactions between them all, encouraging each parent to develop strong bonds of love with their infant whilst resolving difficulties in their own relationship. Parents may want help for a number of reasons, such as post natal depression, a baby that struggles to sleep or feed, and their own anxieties about parenthood or a difficult birth experience. There may also be issues from each parent's past or from the transition to parenthood which affect the couple's relationship now they are parents themselves.

We offer a five-day training for infant/child psychotherapists, with a year of clinical supervision leading to accreditation.





## Plus a variety of topic workshops on ...

- ▶ **Working with angry, troubled families**
- ▶ **How to talk about relationship quality to enable change**
- ▶ **Effectiveness: measuring family strengths, relationship quality and service effectiveness**
- ▶ **Extended in-depth assessments – building relationships over three sessions, enough for some**
- ▶ **Working effectively where children are in need of safeguarding from parental couple conflict**
- ▶ **Early help for troubled relationships, skilling frontline workers to undertake change**
- ▶ **Winning through: overcoming resistance, understanding and managing obstacles**
- ▶ **Professional relationships and agency relationships, how using a relational approach makes sense**
- ▶ **Excellence in supervision: developing relational practitioners**
- ▶ **Working in the 'grey zone', is this inter-parental conflict or domestic abuse?**
- ▶ **Working with families where a child has SEND or is on the Autistic Spectrum**
- ▶ **Bespoke workshops to meet local needs**



# The Tavistock Relationships team and contact details



**Honor Rhodes, OBE,**  
Director of Strategy and Development  
honor.rhodes@tavistockrelationships.org  
@honor\_rhodes



**Sarah Ingram,**  
Associate Director, Strategy and  
Development  
07496 415605  
singram@tavistockrelationships.org



**William Walker,**  
Head of Programmes and Development  
07539 595762  
williamwalker@tavistockrelationships.org



**Maria Franchini,**  
Head of Programmes and Development  
mariafranchini@tavistockrelationships.org



**TAVISTOCK**  
RELATIONSHIPS

## Improving Lives for Generations

Established in 1948, Tavistock Relationships is an internationally-renowned charity delivering and developing advanced practice, training and research in therapeutic and psycho-educational approaches to supporting couples.

Our training programmes in couple and sex therapy range from introductory up to clinical qualification level and are accredited by bodies including The British Association for Counselling and Psychotherapy and The British Psychoanalytic Council. Our London-based, national and international online clinical services offer affordable counselling and psychotherapy to people facing difficulties in their relationships and parenting. Our evidence-based, innovative projects such as Living Together with Dementia, Parents as Partners, Building Relationships for Stronger Families and Adopting Together have supported and improved the quality of relationships when most challenged.

Tavistock Relationships,  
Registered Charity Number: 211058.

Company number: 241618  
registered in England and Wales.

The Tavistock Institute of  
Medical Psychology.

Certain photos posed by models for illustrative purposes.

### **Contact us:**

Hallam House, 56-60 Hallam Street,  
London W1W 6JL

020 7380 1975

[info@TavistockRelationships.org](mailto:info@TavistockRelationships.org)

### **Training:**

020 7380 8288

[training@TavistockRelationships.ac.uk](mailto:training@TavistockRelationships.ac.uk)

[www.TavistockRelationships.org](http://www.TavistockRelationships.org)

### **Press:**

020 7380 1952

### **Clinical Services:**

020 7380 1960

[appointments@TavistockRelationships.org](mailto:appointments@TavistockRelationships.org)

[www.TavistockRelationships.org](http://www.TavistockRelationships.org)

### **Social:**

 [@TavistockRelationships](https://www.facebook.com/TavistockRelationships)

 [Tavistock-Relationships](https://www.linkedin.com/company/Tavistock-Relationships)

 [@TaviRelations](https://twitter.com/TaviRelations)

 [Tavistock Relationships](https://www.youtube.com/TavistockRelationships)