THE PEREGRINE CENTRE

A Black Box Parenting program workshop for those working with parents and families

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 well for this group of parents?

The Peregrine Centre is looking for clinicians and workers interested in becoming Black Box Parenting facilitators.

WHAT IS THE BLACK BOX PARENTING PROGRAM?

5 x 2.5 hr group sessions (allowing for a break) 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 after trauma.

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 experiencing family 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

WHAT DOES THE TRAINING INVOLVE?

1. Attendance at a one-day workshop
2. Running a Black Box Parenting group in your workplace or, preferably, in partnership with one or more other organisations during the school term.
3. Participate in 3 x 1hr supervision sessions via a Teams meeting during the school term.
4. The completion of measures before, during and after training.
5. Offering to group participants the chance to also complete questionnaires.

Any travel cost for the trainee must be met by them or their employer.

Morning Tea and Lunch is provided.

Time: 9.00am – 5.00pm