

Are you looking for an evidence-based family systems intervention?  
Do you believe that if parents can be effectively engaged in addressing their own self-regulation, their struggling children can lift up their functioning?

Within six months, you can learn a manualised approach that upskills you to provide family systems parent coaching. Through online interactive, practical training, you will learn:

- The core principles of a Bowen family systems understanding of symptoms in children
- The research that has shaped the Parent Hope Project – building on the goal of promoting parent self-discovery and agency
- A good understanding of what is distinctive about a family systems lens
- Understanding the common triangle patterns of carers and a struggling child
- How to engage parents using the Parent Hope Project parent coaching manual
- How to manage the presentation of parent anxiety, defensiveness and guilt
- How to avoid side-taking with family members
- How to utilise group programs for parents
- How to utilise parent support as a compliment to a service that supports children and young people
- How to work towards becoming an accredited Parent Hope Project coach and share in an ongoing community of Parent Hope-trained clinicians/coaches.
- The training package also includes online live webinars, community support and a resources library.

The Parent Hope Project Parent Coach training is unique in providing a manualised approach to family systems theory. It has been developed from the research and decades of family therapy experience of Dr Jenny Brown. The focus is on building parent awareness and internal agency, with parents discovering their own solutions.

This program is gaining increased traction with clinicians and family support workers from around the globe signing up for the cutting-edge online learning platform with plenty of live support and case presentations.

## What are clinicians saying?



"There are clear results. The parent's ability to change a few things in her interaction with her child, and after 18 months of school refusal... her child now attends half days and the outlook is positive"

"Simple but not simplistic, a lot of depth can be covered through the program"

"It's great seeing parents making discoveries that give them a new way of relating."

## Contact

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Find out more about our professional programs

**STAGE 1: SESSIONS 1-3**

**Stepping back: Observation and awareness**

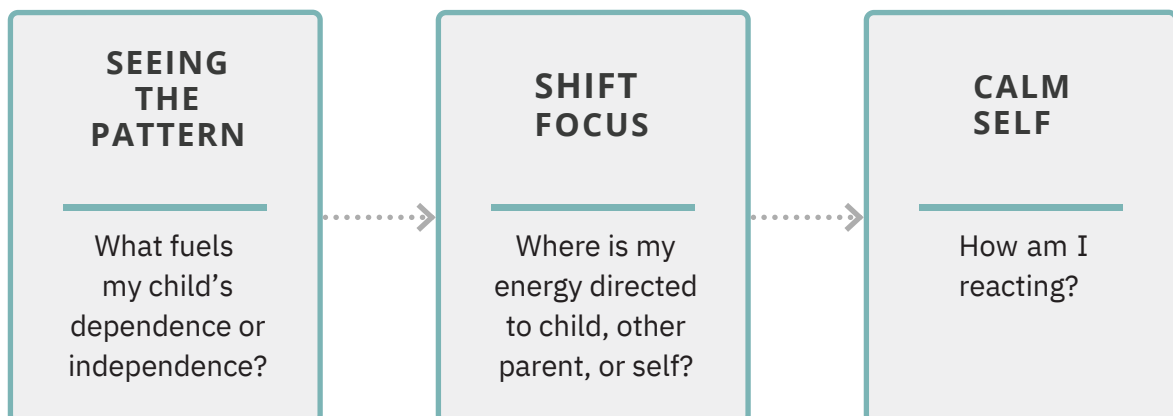
Learning to observe the parent-child interactions when stress is high

**STAGE 2: SESSIONS 4-6**

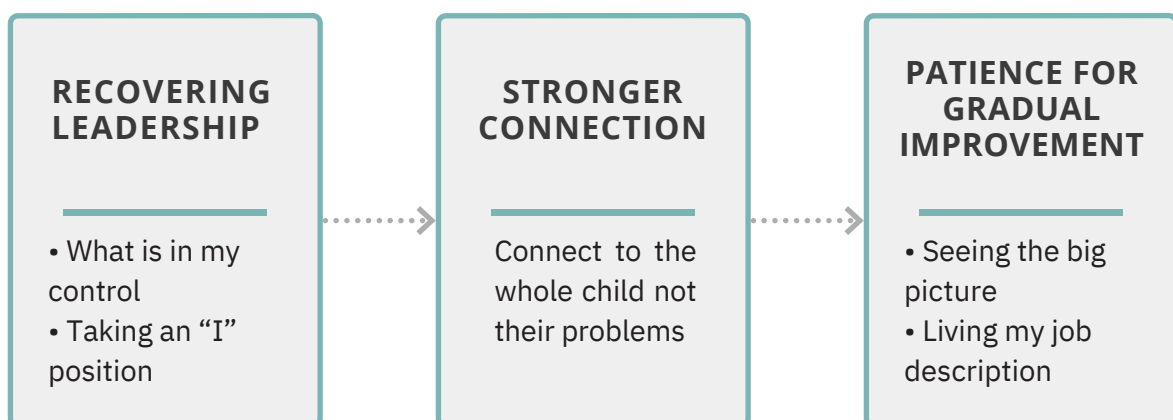
**Stepping up: Adjusting self**

Learning to adjust parent interactions to promote the child growth in responsibility and wellbeing

**STAGE 1 | Stepping back: Observation and awareness**



**STAGE 2 | Stepping up: Adjusting self**



Note: There are two versions of the manual, the Parent Hope version is for more complex mental health presentations, and the Parent Confidence version is preventative.