

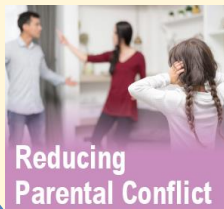
Resources

Referral Gateway 0191 433 3355

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Reducing Parental Conflict Hub [click here](#)

Click the leaflets to download



[Parent Problem checklist](#)



Reducing Parental Conflict

The Reducing Parental Conflict (RPC) Programme has been adopted by 31 Local Authorities including Durham to work with co-parents in destructive conflicted relationships to improve outcomes for children.

The RPC programme offers:

MBT – Parenting under Pressure

9 sessions with couple

Incredible Years – intact couples with children 4-12yrs old - 18 group sessions

Parenting when separated

6 group sessions

Family Check-up

3/4 sessions

Is it

Abuse?

Parental Conflict is

NOT Domestic Abuse.

Parental Conflict exists when arguments are frequent and poorly resolved but there is no fear/power imbalance present. If there is fear or power imbalance this is Domestic Abuse. With consent refer to Harbour:

03000202525

www.myharbour.org.uk

Reducing Parental Conflict

07

01

06

02

05

03

04

Eligibility

Any parents with at least one child aged 0-18 or a disabled child 0-25 or expecting their 1st child.

At least 1 parent accessing services within the Local Authority.

Experiencing a level of conflict assessed by the RSQ Referral Stage Questionnaire.

Open to all parents and Carers including adoptive and foster parents and special guardianship order

Parents can be together or separated. Status of relationship is no issue

Effect on Children

Family relationship problems are the biggest single factor in referral to CAMHS (>50%)

[Click play](#)



Effect on emotional & social development educational attainment, relationships, employability, health

What does Parental Conflict look like?

Disagreement in relationships is normal.

Conflict can be positive if it is handled well, involves negotiation and reaches an agreed resolution.

Destructive conflict is where

arguments are not resolved and comprise: Criticism, with personal attacks on character.

Stonewalling; the silent treatment or withdrawal.

Defensiveness: making yourself the victim and blaming the other person.

Contempt.



participation doc

Referral

Support each parent to complete RSQ Practitioner sends RSQ to Referral Gateway

Referral Gateway logs RSQ sends to Relate & DWP

Relate contact practitioner and couple to book appointment.

Referral Stage Questionnaires: click

[Separated Expectant Parents](#)

[Expecting Together](#)

[Separated Parents](#)

[Couple Together](#)