

## Face-to-face support interventions for reducing parental conflict

The Department for Work and Pensions (DWP) has selected eight 'face-to-face support' interventions to be trialled in the UK as part of the Reducing Parental Conflict (RPC) Programme. These interventions will be rolled across four areas of the UK from April 2019 to test their effectiveness in the UK context.

This EIF briefing gives a short description of each intervention, explaining who it is designed for and how it is delivered, using information about the interventions which is publicly available. This is not an assessment of these programmes nor an endorsement of their effectiveness, although some are already included in the EIF Guidebook.

EIF classifies how interventions/programmes are targeted as follows:

- **Universal:** Interventions that are available to all families.
- **Targeted selective:** Interventions that target groups of families on the basis of an increased incidence or risk of broad personal or social factors, for example economic hardship or very young parents.
- **Targeted indicated:** Interventions that target a smaller group of families or children on the basis of a specific, pre-identified issue or diagnosed problem requiring more intensive support.

You can access more information about the work of the local authorities leading the four Contract Package Areas from EIF's website: <https://www.eif.org.uk/network/rpc-pioneers-network>

### Triple P Family Transitions

*Who is the intervention for?*

Family Transitions Triple P (FTTP) Level 5 was designed as an intensive intervention for parents experiencing difficulties as a consequence of separation or divorce. This is a targeted selective intervention, delivered in a group format. Ex-partners do not attend sessions together. If both ex-partners want to attend the intervention, they should attend separately.

*How is the intervention delivered?*

Triple P Family Transitions is delivered in 5 sessions of 2 hours' duration each by 1 practitioner, to groups of approximately 8 families. These 5 sessions are delivered in conjunction with Triple P Level 4. The intervention focuses on developing skills to resolve conflicts with former partners and learning how to cope positively with stress.

*Area(s) where this intervention will be trialled*

Dorset and Westminster Contract Package Areas.

*Find out more on the following links*

[Triple P; EIF Guidebook](#)

## Family Check-up for Children

*Who is the intervention for?*

This is a targeted selective intervention delivered to individual parents (either one or both parents). The Family Check-up (FCU) for Children is a strengths-based, family-centred intervention that motivates parents to use parenting practices to support child competence, mental health and risk reduction.

*How is the intervention delivered?*

Family Check-up for Children (FCU) is delivered over 9 sessions of 50-60 minutes' duration each. Delivery is conducted by one FCU provider, often a therapist or social worker.

The intervention is delivered in two phases. The first is a brief, three-session intervention based on motivational interviewing. The second involves the delivery of Everyday Parenting, a family management training intervention that builds parents' skills in positive behaviour support.

*Area(s) where this intervention will be trialled*

Dorset and Westminster Contract Package Areas.

*Find out more on the following links*

[EIF Guidebook](#); [Child Trends](#); [ASU Research Institute](#)

## Enhanced Triple P

*Who is the intervention for?*

This is a targeted selective intervention, delivered to individual parents (either one or both parents). The intervention aims to address family factors that may impact upon and complicate the task of parenting, such as parental mood and partner conflict, and problem child behaviours.

*How is the intervention delivered?*

Enhanced Triple P consists of four modules, delivered in 3-11 sessions (depending on the number of modules parents choose to participate in) of between 40-90 minutes duration each. The 3-11 sessions are delivered in conjunction with Triple P Level 4.

*Area(s) where this intervention will be trialled*

Westminster Contract Package Areas.

*Find out more on the following links*

[Triple P](#); [EIF Guidebook](#)

## Parents Plus – Parenting When Separated

*Who is the intervention for?*

This is a targeted selective intervention for children between the ages of 0 and 18 years, whose parents are preparing for, going through, or have gone through a separation or divorce. The intervention is designed for both mothers and fathers, and for custodial and non-custodial parents. Separated parents usually do not attend the intervention together.

*How is the intervention delivered?*

Parent Plus – Parenting When Separated is delivered in six sessions of 2.5 hours duration each, over a six-week period. The intervention is delivered by two practitioners, to groups of 12 participants. The sessions tend to be quite practical, covering a range of topics, including: solving co-parenting problems, coping with the emotional impact of separation, helping children to cope, and improving communication with the child and co-parent. The intervention activities seek to help parents develop better communication and conflict resolution skills, as well as positive self-care and parenting skills, with a view to enhancing parent and family functioning to promote children's resiliency.

*Area(s) where this intervention will be trialled*

Gateshead and Hertfordshire Contract Package Areas.

*Find out more on the following links*

[Parents Plus](#); [EIF Guidebook](#)

## Within My Reach

*Who is the intervention for?*

This is a targeted selective intervention, delivered in a group format to individuals (i.e. not couples), including low-income single parents, who may or may not be in a relationship.

This intervention was thus designed for all adults; participants therefore don't have to have a child or be parents. The intervention therefore targets relationship outcomes in general, rather than specifically focussing on parenting or parental conflict.

*How is the intervention delivered?*

Within My Reach aims to equip low-income and at-risk individuals with relationship skills, and to promote healthy relationships. It is delivered over 15 sessions, each lasting 1-hour. These sessions cover 3 themes: Building Relationships, Maintaining Relationships, and Making Relationship Decisions.

*Area(s) where this intervention will be trialled*

Dorset and Westminster Contract Package Areas.

*Find out more on the following links*

[PREP](#)

## 4Rs 2Ss Strengthening Families Programme

*Who is the intervention for?*

This is a targeted indicated intervention, delivered in a group format to children and their families. 4Rs 2Ss Strengthening Families Programme is targeted at families who have a child between 7 and 11 years old who is diagnosed with a disruptive behaviour disorder.

*How is the intervention delivered?*

It is designed to support family-level influences on disruptive child behaviour disorders, as well as to target factors that potentially impact child mental health service use and outcomes (e.g. parental stress, use of emotional and parenting support resources, and stigma associated with mental health care).

The intervention takes place across a 16-week series of group meetings, with 6-8 families present in each group. It is facilitated by mental health providers and parent advocates. The intervention consists of group discussions, family practice exercises, and provision of homework assignments.

*Area(s) where this intervention will be trialled*

Hertfordshire Contract Package Areas.

*Find out more on the following links*

[4Rsand2ss](#)

## Incredible Years School Age ADVANCED

*Who is the intervention for?*

This is a targeted indicated intervention, delivered to parents and their children in a group format. Both parents can attend, however in practice it is acceptable for only one parent to attend. The ADVANCED Programme builds on Incredible Years BASIC programmes, and offers additional support on communication and problem solving.

*How is the intervention delivered?*

Incredible Years ADVANCED involves approximately 9-11 additional sessions on top of the standard 12-20 sessions with parents delivered as part of the 'Basic' version of Incredible Years School Age. The Advanced programme focuses on parents' interpersonal issues such as effective communication and problem-solving skills, anger, depression management, and ways to give and get support.

*Area(s) where this intervention will be trialled*

Dorset and Gateshead Contract Package Areas.

*Find out more on the following links*

[Incredible Years](#)

## Mentalization-Based Therapy – Parenting Together

### *Who is the intervention for?*

This is a targeted indicated intervention, delivered to couples who are no longer in an intact relationship (i.e. separated or divorced).

This intervention was specifically designed for separated or divorced parents in entrenched conflict over matters to do with their children who have used the court system to try resolve the disputes over contact and residency. Parents who are unable to resolve their disputes amicably but have not yet been in court and whose children are symptomatic are also eligible. Parents should not be living together, or be in a current relationship with each other, but should be willing to attend some therapy sessions together, with a willingness to think together about how they parent their children.

### *How is the intervention delivered?*

The intervention is delivered to co-parenting adults, who attend 12 sessions spread over an average of 16 weeks. Each session lasts for 50 minutes. It is delivered by two co-therapists, who undertake Tavistock Relationship's training in MBT-PT. Therapists also receive fortnightly group supervision.

Mentalization based Therapy – Parenting Together is designed to reduce entrenched conflict and levels of anger and emotional dysregulation between parents, thereby enabling them to understand the damaging effects of their conflicts on their child. The intervention targets both parents' capacity for mentalization and reflective thought, and crucially challenges the malign assumptions parents make about each other's intentions behind their actions, which can lead to high levels of anger.

### *Area(s) where this intervention will be trialled*

Gateshead and Hertfordshire Contract Package Areas.

### *Find out more on the following links*

[Tavistock Relationships](#)