Family Partnership Foundation Course Session Outline

Session 1
Introductions: Facilitators and participants.
Overview: Course description.
Seminar: Families’ strengths, difficulties and the outcomes of helping.
Practical Exercise: The impact of listening.
Plenary: Practice feedback and session conclusion.

Session 2
Seminar: The tasks and process of helping.
Seminar: The skills and outcomes of listening.
Practical Exercise: The impact of listening.
Plenary: Practice feedback and session conclusion.

Session 3
Home Task: Feedback and discussion.
Seminar: The core qualities and skills of the helper.
Seminar: The characteristics of the parent-helper relationship.
Plenary: Session conclusion.

Session 4
Seminar: Building effective relationships from the start.
Practical Exercise: Bringing helper qualities alive through the use of empathy.
Plenary: Practice feedback and session conclusion.

Session 5
Home Task: Feedback and discussion.
Seminar: The skills and processes of exploration.
Practical Exercise: Helping parents to explore their strengths and difficulties.
Plenary: Practice feedback and session conclusion.
Session 6
Seminar: Construing: making sense of families and their situation
Practical Exercise: The skills and processes of understanding families
Plenary: Practice feedback and session conclusion.

Session 7
Home Task: Feedback and discussion.
Seminar: Enabling parents to change unhelpful constructs.
Practical Exercise: The skills and processes of mobilising change.
Plenary: Practice feedback and session conclusion.

Session 8
Home Task: Feedback and discussion.
Seminar: Goals and strategies: working towards successful outcomes.
Plenary: Practice feedback and session conclusion.

Session 9
Home Task: Feedback and discussion.
Practical Exercise: Putting family partnership tasks, skills and qualities into practice.
Plenary: Practice feedback and session conclusion.

Session 10
Seminar: Making sense of the course content: planning for the future.
Plenary: Course feedback and evaluation.
Celebration of learning together.

Recommended Reading