BREATHE NI SERVICES

Workshops & Courses

One-to-One Courses

One-to-One Coaching

Staff Training

Support Group

Activity Therapy Group

For more information and to find a course near you:

CONTACT

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breathe N.I.

An 8-week Trauma Influenced Parenting Course

Empowering you to be the parent you want to be

WHO IS THIS COURSE FOR?

If you answer yes to any of the following this course is for you:

- Do you find it difficult to parent because your children, or their actions remind you of previous trauma you have experienced?
- Your own behaviour and emotions are heightened dealing with your kids, you may find yourself overreacting or panicking?
- You know, or suspect, that previous events you have experienced is influencing your parenting?
- Perhaps you find yourself extremely anxious, irritable, or cannot control your emotions around your children and act out in ways you do not want to?
- You want to learn how you can manage symptoms and behaviour and refresh your parenting skills?
- You want to understand yourself more, develop and be the parent you want to be.

COURSE TOPICS

Week 1 - Trauma Influenced Parenting; An Introduction

Understand how previous trauma can influence parenting and recognise symptoms and triggers within the family unit.

Week 2 - Parental Anxiety

Understand and manage trauma linked parental anxiety.

Week 3 - Calming the Brewing Storms

Understand and manage trauma linked parental impatience, irritability and anger.

Week 4 - Trauma Related Parental Triggers

Recognise and manage when your children are pushing your 'trauma related buttons'.

Week 5 - Overwhelm and Heightened Emotions

Manage parental overwhelm and heightened emotions

Week 6 - Refreshing and Developing Your Parenting Skills Part 1

Recognise your parenting style, identify skills you would like to develop and refresh other parenting skills.

Week 7 - Refreshing and Developing Your Parenting Skills Part 2

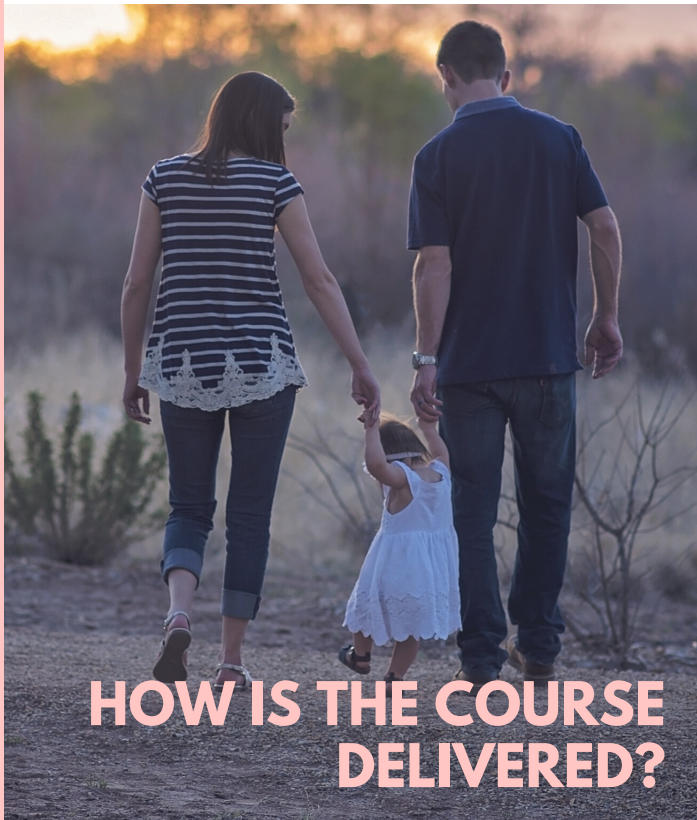
Develop your parenting skills and explore how to manage problem areas while also caring for yourself..

Week 8 - One Day Retreat

The focus will be on cementing the last seven weeks, looking at family dynamics, ways to improve your relationship with your children and dealing with challenging family times. We will also cover ways you can continue your journey. Guest speakers will also come in and share their expertise about working in these areas.

COURSE DELIVERY

- **Seven two and a half hour weekly sessions.**
- **A one-day retreat in week 8, includes a three course meal or buffet lunch.**
- **Access to a private facebook group for ongoing support and advice.**
- **Breathe NI telephone and email support throughout the course.**
- **Access to a monthly support group.**
- **Access to a monthly activity therapy group.**
- **Participant handouts to take home.**
- **Courses are limited to small numbers.**



HOW IS THE COURSE DELIVERED?