

# Child Parent Relationship Therapy Programme (CPRT)



CPRT is a research based programme that shares with caregivers how to use some of the same skills Play Therapists use to help children, and attendees will feel confident to them into practice by the end of the 10 weeks.

Participants will need to be able to do a mini play session once a week with the same child in between the sessions.

Participants will enhance skills in:

- » responding to their children's feelings
- » reflective listening
- » limit setting
- » enhancing their child's self-esteem

10 weeks and 2 hours per session.

Suitable for foster carers, parents, adopters, birth parents, residential care staff and special guardianship carers.

Facilitated by an experienced Child Therapist/Clinical Social Worker.

Refreshments and handout included.

In person or online. Handouts included.



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ASF registered