



The Vital Parenting Tasks: Thinking about parenting and the experience of having been parented (That's Everyone!)

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London's National Council for Voluntary Organisations N1 9LR

This workshop introduces a model for thinking about parental capacity and its use in clinical practice. The model's roots were borne out of psychotherapy with children and adolescents, however it can be applied by adult one-to-one therapists or those working with couples. We explore how a client's own experience of being parented is played out in various ways such as how they may parent their own child, in their couple relationships, friendships, work and other relationships.

The day will include:

- An introduction to the basic principles of The Vital Parenting Tasks model
- A mix of experiential and didactic learning
- The opportunity to explore your own and client material in relation to this topic

Mandy Sarankin is an Integrative Child and Adolescent Psychotherapist, with over twelve years clinical experience working with children and families in NHS settings, primary schools and private practice. Before becoming a psychotherapist Mandy worked with children as a nursery school teacher in Johannesburg, South Africa and New York City. She has always had a keen interest in the dynamics between parents and children. This has led to establishing a way of working with parents and children together in order to enhance the parent child relationship. Mandy currently delivers training to a range of audiences, including the British Psychological Society, teaching staff and health care professionals. Her courses are dynamic, offering participants, a novel exploration of the subject.

Laine Jäderberg is an Integrative Child and Adolescent Psychotherapist who has worked in the NHS (CAMHS, primary care and inpatient forensic units), private practice and has set up a parent-child school psychotherapy service for a number of schools in London. She is Visiting Lecturer on the MSc in Integrative Child and Adolescent Psychotherapy at Birmingham Newman University and clinical supervisor for a number of professional training courses. Laine is currently involved in Doctoral research inquiring into her specialist interests: parent-child psychotherapy, expressive arts research, and clinical best practice with children and young people using qualitative research methodologies.