

Take 3 Individual Training

April 2017 – April 2018



T.U.G. (Togetherness, Unity, Growth) was founded in 2016 and offers high quality training in the field of parent and family work based in services such as schools, Social Care, Early Intervention and Youth Justice.

Our training is consistently monitored and evaluated in order to promote best practise. This is done through own service evaluation and also those given by services we work with.

The Welsh National Assembly evaluated our training as 'excellent' in April 2017.

Further information about evaluations, the trainers and their experience is available on our website: www.tugtraining.co.uk

The training we offer comprises 3 days, usually run concurrently ; 2 days devoted to Take 3, a nationally recognised and renowned Parenting Programme, which enables practitioners to run courses for parents of teenagers from 10-19.

Day 3 focusses on 1:1 intervention using Take 3 and other current resources and explores engagement, relationship building, resilience and models of change. Day 3 will also encourage self-reflection, promote best practise and has been evaluated as 'extremely useful' even for very experienced practitioners.

Current charges : 3-day training @ £450 (includes standard qualification and one day training for work with individuals/families)

Other costs:

Submission of Accreditation Portfolio	@ £45 per person	Optional
Purchase of Take 3 Pack	@£135 per pack	You will need this to work with families

N.B. Each participant will need access to a Take 3 pack for the training. Copies are available for loan and must be returned at the end of the training; please let us know if you need to borrow one.

What is Special or Different about the Take 3 Programme?

There are several evidence-based programmes currently being used in the UK for supporting parents of teenagers and sometimes it's hard to choose the right programme for your client group. These are some of the reasons why you might like to opt for Take 3:

It has been developed **in the UK**. Unlike those programmes that were created in other countries, this programme was written, developed and evaluated in the UK, specifically meeting the needs of UK parents, regardless of their ethnic background.

However many skills and strategies parents learn, they aren't able to use them or think clearly if they're too stressed or angry. Borrowing from well-researched *Mindfulness* techniques, one of which is to focus on breathing, the programme introduces the 'Take 3' breathing method, designed to calm parents by stimulating the body's natural relaxation response, the parasympathetic nervous system.

Family Systems theory shows us that when one part of a system changes, other parts change too, so Take 3 focuses on **changing the adults' behaviour, boosting their self-confidence and assertiveness skills**. We can't change other people's behaviour; we can only change our own. Young people change when their parents/carers change and Take 3 demonstrates that this works. (Results from a longitudinal study are available on the website)

The comprehensive Take 3 pack contains a huge amount of valuable information, including visual handouts especially for parents with poor literacy, as well as the DVD: '*Teenagers in Trouble: Skills for Parents*', and a CD of handouts.

Whilst covering the usual parenting skills and strategies (communication, boundaries etc.), Take 3 also explores in some depth the reasons why young people feel and behave as they do and looks at individual relationships between parents and adolescents. The *Notes for Facilitators* include in-depth background theory which is easy to read and highly informative. Take 3 incorporates current information about teenage brain research – vital knowledge for parents about how teenagers develop and why they might be behaving in the way that they do.

Information about Take 3 can be found on our website and also on the website for Take 3 Parenting:

www.tugtraining.co.uk

www.take3parenting.co.uk

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