



## **Parenting Support Programme for parents experiencing child to parent violence and abuse**

### **Who's in Charge?**

This is a 9-week child to parent violence (CPV) programme aimed at parents whose children aged 8-18 are being abusive or violent toward them or who appear out of parental control.

The structure of the programme consists of 8 two and a half hour sessions with a two-month follow up.

### **Programme Outline**

Session 1 Introductions, questionnaires and genograms

Session 2 Cause and influences of abusive behaviour

Session 3 What is abuse?

Session 4 What can I control in my child's life?

Session 5 Consequences

Session 6 Anger and breaking the myths of anger

Session 7 Assertiveness

Session 8 Self-care, future goal setting and evaluation

Session 9 Two month follow up on goal achievement, evaluation and further goals

**Who's in Charge?** is available:

- Online and face to face across Bradford District
- A mixture of groups during the daytime and evening

To make a referral for parents who are ready to attend and engage with this programme, please complete the 'Request for Parenting Programmes' and email this, with signed consent from the parents to : [whosincharge@bradford.gov.uk](mailto:whosincharge@bradford.gov.uk)