

## Parenting Team

# Solihull Approach Training Offer

The Solihull Approach model combines three theoretical concepts, containment (psychoanalytic theory), reciprocity (child development) and behaviour management (behaviourism). It provides a framework for thinking for a wide range of professionals working with families with babies, children and young people. This evidence-based approach can be used in one-to-one interventions and group work. It can be helpful as an early intervention model and is also used in preventative work or where difficulties are already present.

**To book a place or to make an enquiry please contact us:**

Tel: 01743 250950 or E-mail: [parenting.team@shropshire.gov.uk](mailto:parenting.team@shropshire.gov.uk)

- Training is free
- Training is delivered virtually, unless a venue is specified next to the date
- Courses will not go ahead if we do not meet a minimum number, delegates will be informed of this decision 1-2 weeks prior to the planned date.

**Specific training delivering to whole teams, schools or services can be arranged, either virtually or face to face, to meet your requirements.** Please get in touch with [Nadine.last@shropshire.gov.uk](mailto:Nadine.last@shropshire.gov.uk) to discuss your needs.

**What professionals have said about our training:**

*'Very motivating and looking forward to putting this into practice.'*

*'Very informative course, I feel that I understand the kids I work with a lot better now.'*

*'Really useful and thought provoking.'*

*'One of the best training sessions I have ever been on, relaxed, all very informative and relevant.'*

*'I never knew the teenage brain was doing all that, really helpful for my work, but also great to know as a mum!'*

*'The training has made me think differently about how I support families, a great day, thank you.'*

Title and Description	Course Leader	Duration/ Time	Date(s)	Notes
<p><b>Solihull Approach – 2-Day Foundation Training</b>  <b>Target audience:</b> Professionals who work with families, infants, children, and young people.  <b>Prerequisite:</b> none  <b>Overview:</b> The Solihull Approach is a highly practical way of working with families within a robust theoretical structure. It explores the quality of the parent-child relationship and how this is crucial to the way the brain wires itself, impacting upon the child's ability to regulate their own emotions and behaviours. It has a major contribution to make to the ways in which practitioners can work with families to ensure that children have a good emotional start and support throughout childhood.</p>	Nadine Last	9.30am to 3.30pm	22 <sup>nd</sup> & 30 <sup>th</sup> January 2025  1 <sup>st</sup> & 9 <sup>th</sup> April 2025  25 <sup>th</sup> June & 3 <sup>rd</sup> July 2025  7 <sup>th</sup> & 16 <sup>th</sup> October 2025  All Delivered via MS Teams	Handbook can be purchased separately. Information given on day 1.
<p><b>Solihull Approach - Refresher Course</b>  <b>Target audience:</b> Professionals who work with families, infants, children, and young people.  <b>Prerequisite:</b> 2 Day Solihull Approach Foundation Training  <b>Overview:</b> This training will be a revision of previous Solihull Approach Foundation training, for professionals who have not engaged with the approach for some time or who would like the opportunity to revisit some of the theory underpinning the approach.</p>	Nadine Last	FD	6 <sup>th</sup> March 2025  Delivered via MS Teams	
<p><b>Solihull Approach - Group Facilitation Training</b>  <b>Target audience:</b> Professionals who would like to deliver groups to parents and carers  <b>Prerequisite:</b> 2 Day Solihull Approach Foundation Training            This training will enable the delivery of a 10 week– Understanding Your Child from toddler to teen – parenting group, to enable understanding and management of children's behaviour and promote reflective, sensitive and effective parenting. The training is designed to help delegates develop a way of relating to their group that promotes effective and sensitive practice.</p>	Nadine Last	10am to 4pm	14 <sup>th</sup> May 2025 The Lantern, Shrewsbury  19th November 2025  The Lantern, Shrewsbury	A Parenting Group Facilitators' Manual must be purchased at the cost of £91 further details on <a href="#">Group Facilitators' Manuals   HeiApply Products Store</a>

Title and Description	Course Leader	Duration/ Time	Dat(s)	Notes
<p><b>Solihull Approach - Understanding Attachment</b>  <b>Target audience:</b> Professionals who work with families, infants, children, and young people.  <b>Prerequisite:</b> 2 Day Solihull Approach Foundation Training  <b>Overview:</b> This training will provide an overview of attachment theory. It will apply attachment theory to practice and improve your understanding of relationships within families, which might provide an explanation for some behaviour that you see. It aims to provide fuller understanding of what a child is experiencing, what a family needs, and help you to structure your thinking. The training will NOT equip you to provide a definitive diagnosis of an attachment disorder. This requires specialist training.</p>	Nadine Last	9.30am to 3.30pm	26 <sup>th</sup> November 2024  18 <sup>th</sup> September 2025	
<p><b>Solihull Approach - Understanding the Impact of Trauma</b>  <b>Target audience:</b> Professionals who work with families, infants, children, and young people.  <b>Prerequisite:</b> 2 Day Solihull Approach Foundation Training  <b>Overview:</b> This training will focus on the needs of professionals to understand and develop extended knowledge and practice strategies to support children and their families with a history of trauma.            Adverse childhood experiences are more common than identified, acknowledged, or diagnosed. These children will present with complex and confusing behaviours that are difficult to understand and manage.</p>	Nadine Last	9.30am to 3.30pm	4 <sup>th</sup> December 2024  12 <sup>th</sup> June 2025	