Working with parents in conflict in children and young people's mental health services

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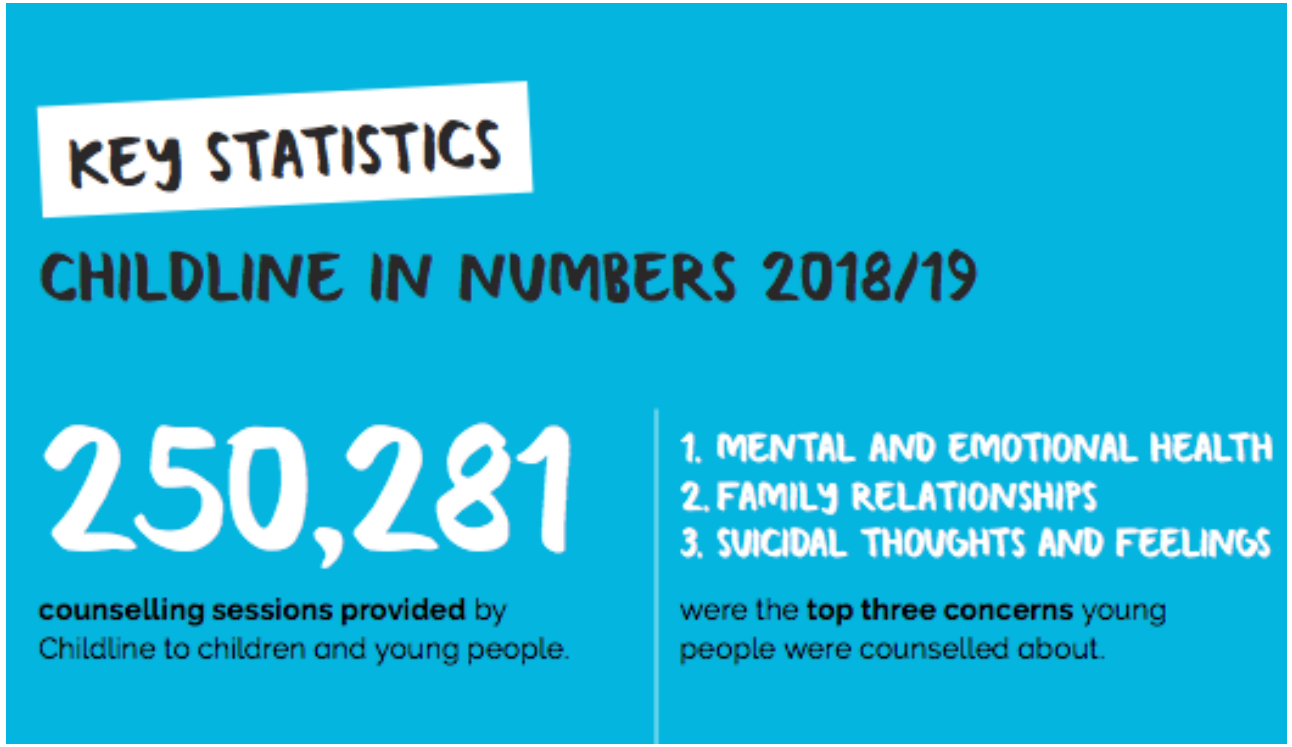
- *Family relationships* is the second most common reason why children contact ChildLine (NSPCC, 2018).



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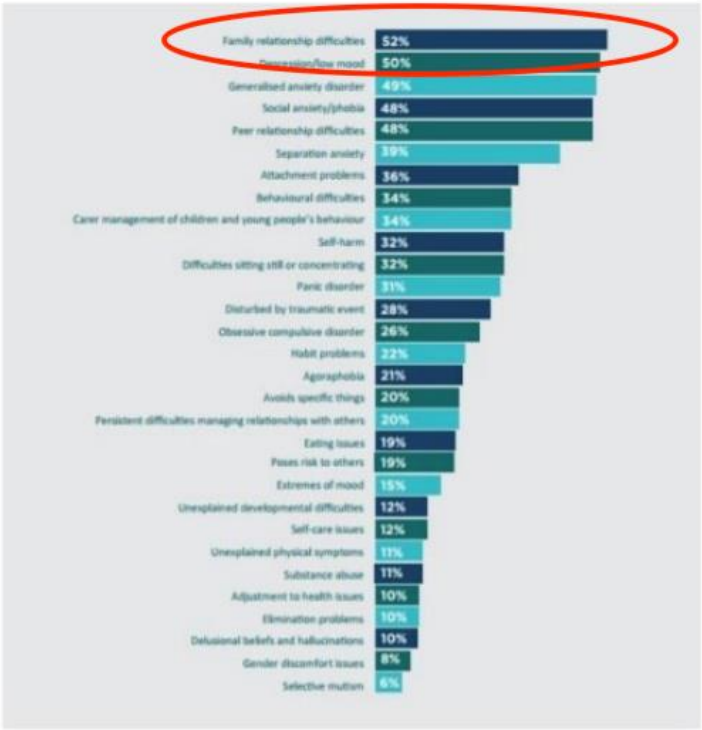
- It is also the most commonly cited presenting problem inyoung people's IAPT services: in a sample of over 90,000 children being seen across 75 young people's IAPT services, *Family relationship difficulties* was cited by professionals in 52% of cases (Wolpert, 2017).

Who was seen: Presenting Problems



N = 42,798 (44% of the sample)

Percentages are out of those with a completed Current View form; categories are not mutually exclusive

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- A Tavistock Relationships-trained couple therapist worked in the Tavistock and Portman NHS Foundation Trust's CAMH service between 2017 and 2019

- The couple therapist delivered almost 300 sessions

- The therapist was an active contributor to the multidisciplinary CAMHS team, working with social workers psychologists and child psychotherapists who acknowledged that improving the family environment was key to improving children's mental health outcomes

- Many of the cases closed as a result of this intervention

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- Details of this pilot are available here: https://tavistockrelationships.ac.uk/policy-research/policy-briefings/1278-addressing-inter-parental-conflict-in-child-and-adolescent-mental-health-services

- For more details about the pilot, or to discuss how your service might work towards incorporating couple work directly with parents, please contact:

    - Andrew Balfour - abalfour@tavistockrelationships.org
    - Dr Sarah Wynick - swynick@tavi-port.nhs.uk

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