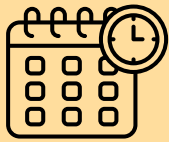


INFANT LED FAMILY HEALING CONVERSATIONS

MERTIL FOR FAMILIES

Family therapy and group work skills for building and healing early relational trust in young families



**1-DAY
WORKSHOP**



**IN-PERSON
OR ONLINE**



CPD HOURS



**LEARN MORE
AND REGISTER**

WHAT WILL YOU LEARN?

Participants will:

1. Become familiar with the MERTIL for Parents framework for early relational trust, and its growing evidence base.
2. Bring developmental constructs such as attachment and trauma to life, in plain English
3. Learn how to create a healing conversation with families around the MERTIL for My Family resource, using single session principles
4. Learn how to run MERTIL for Parents in single or multiple session group formats.
5. Consider implementation enablers in their own workplace

WHO SHOULD ATTEND

Practitioners who work in infant mental health and building relational trust in dyads 0-5 years.

Including:

- Nurses, Midwives, Psychologists/Psychiatrists, Social Workers, Family Support Workers, Child Protection Workers, Infant Mental Health Workers and General Practitioners
- Workers who provide services involving young children

WORKSHOP STYLE

We introduce a brief family session format, designed to create a trauma transformative space for a family to think safely together about building foundations of trust for their young child – born or unborn. Examples of interactive tasks, therapeutic conversation prompts and the family's therapeutic letters to their child are given.

We also introduce two formats for running MERTIL for Parents as a group. Participants are encouraged to apply their practice wisdom to the creation of a framework for trauma informed, child-led family work, in their own service context.