



# Priory Wellbeing Centre Manchester

## Positive Parenting Programme

**Priory Wellbeing Centre Manchester offers exceptional outpatient therapy and treatment for a wide range of mental health conditions.**

Our flexible outpatient appointments are designed to fit around your work and other commitments, meaning that you are able to access expert treatment at a time that suits you.



**This course has enabled us to understand our son's behaviour and his view of the world, so that we as parents could change our reaction to the behaviour. Our son has also enjoyed his sessions as Kay was able to relate to him and help him understand himself. All this has resulted in a much happier and less stressful home environment. It has helped us to break the cycle of negative behaviour, followed by negative reactions.**

**FORMER PARTICIPANT OF THE POSITIVE  
PARENTING PROGRAMME**



### Programme overview

The Positive Parenting Programme, also known as 'triple P', is a new therapy course offers a range of techniques and practical parenting solutions, to allow families to reconnect and live happier lives.

The programme would benefit families, including parents, carers, guardians, and young people in their teens, who are looking for support in managing a child's risky or problem behaviours.

### Programme aims

Behaviours that this programme will strive to improve, include:

- + Sulking
- + Stealing
- + Being disrespectful
- + Aggression (verbal/physical)
- + Disobedience

## How does the course work?

- + 10-week course
- + For parents, carers, guardians, and teenagers. We can also accept from the age of 10 if appropriate
- + A handy family workbook will be available
- + Sessions will look at different parenting styles, survival tips, how to encourage appropriate behaviour and how to manage risky behaviour
- + Individual or group format available

Each session costs £65 per parent, carer or guardian. For two this would be discounted to £100. Our family workbook is available for £15.40.

## Our specialist

Kay Read is an expert child and adult psychotherapist who specialises in cognitive behavioural therapy. She is also an autism assessor and our triple P facilitator. She has experience of working with individuals and groups and has supported complex children for 20 years. Her background is teaching Special Education Needs (SEN) and caring for children with emotional, social and behavioural difficulties, who may have complex mental health difficulties and damaged early attachments.

Kay now works alongside families to help them include positive and practical parenting solutions in their everyday lives, to create a happier and more connected family. As a parent herself, she understands how difficult and demanding parenting/caring for a child can be. She has a very high success rate in improving these struggles and creating a calmer family environment.

With a teaching and learning degree and a postgraduate certification in cognitive behavioural therapy, Kay is well-placed to support your family in her Positive Parenting Programme. She is also ADOS2 Trained in autism awareness and triple P teen trained to Level 4.



## Contact us

If you are interested in booking your place for this course, please contact Priory Wellbeing Centre Manchester on **0808 274 3801** or email **[manchesterwellbeing@priorygroup.com](mailto:manchesterwellbeing@priorygroup.com)**

The Priory Group is a registered and approved provider for all of the UK's leading private medical insurers, including Bupa, Vitality, Aviva, Cigna, WPA and AXA PPP (case by case basis). Please check with your provider for what is covered.

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HEALTHCARE