

Pink Rooster with  
Dr Mike Scanlan & Play Therapist Lauren Shaw

# Playful Parenting

Compassion Focused Parenting

# FREE

3 week 6 session  
on-line course

for Parents and Children

June 2nd to June 18th 2020

Limited places available

Join us for this live webinar course  
on your tablet, PC, laptop or smartphone with an internet connection.  
All sessions are recorded and will be available to view after the sessions.



Webinars



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**The aim of compassion focused parenting is to enable parents who attend our on-line course, to broaden their knowledge of how mindfulness and compassion focused approaches can provide a new range of skills to help parents in a way that benefits their mental health and wellbeing, and also helps their children to be more emotionally regulated and happy**

**Your highly experienced course facilitators  
Dr Mike Scanlan & Play Therapist Lauren Shaw**

Mike is trained to use Cognitive Behavioural Therapy, Eye Movement Desensitization and Response prevention (EMDR), Mindfulness and Compassionate Focussed Therapy approaches. He has led a project supported by the Department of Health to illustrate how tele-health principles can be utilised to deliver IAPT (Improving Access to Psychological Therapy) group therapy via videoconferencing to people with mental health problems with co morbid long-term conditions. He has worked as a Senior Lecturer in mental health at Northampton University and regularly presents at IAPT conferences.



**Dr Mike Scanlan**

Mike is the author of the widely used and well respected CBT guided self-help series of books entitled 'Moving Forward' and was responsible for setting up and designing the clinical model for the successful and award winning 'Changing Minds' Improving Access to Psychological Therapy service. He has also led the development of the Northamptonshire Long Term Conditions Psychological Therapy Service.



**Lauren Shaw**

Lauren is a Play Therapist and a full member of the British Association of Play Therapists working in London and Northampton. Since qualifying in 2017 from the University of Roehampton Lauren has been working with children from a variety of backgrounds. Therapeutic work does not exist in isolation and work with parents/carers is vital to successful therapeutic outcomes.

Lauren believes in a holistic approach to therapy and works closely with parents/carers, schools, Social Workers and other professionals involved in the care of her clients and is a firm believer in the non-directive Play Therapy approach. When children are given the opportunity to express themselves freely they often find solutions and resolve difficult life experiences themselves, using play materials, creative activities, and an adult play partner as tools in this discovery.

**Course Dates (7:30 to 8:30pm)**

**Tuesday 2nd & Thursday 4th June 2020**

**Tuesday 9th & Thursday 11th June 2020**

**Tuesday 16th & Thursday 18th June 2020**

**To book and receive your on-line course link, email your name, email address and contact telephone number to::**

**[register@pinkrooster.org](mailto:register@pinkrooster.org)**



With thanks to:



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