



I Matter Relationship Health Learning Journey

The I Matter Five Steps Learning Journey is an educational programme primarily for adults. It was developed by Dr Cathy Betoit, Clinical Psychologist, Teacher and a Parent

The I Matter Programme is designed to help adults who are struggling with;

- Children and young people with complex and challenging behaviour or mental health issues
- Navigating difficult relationships
- Unhelpful relational patterns adult-child and adult-adult

The I Matter Programme can be explored through:

- A Face-Face Getting Started Programme (introductory workshops offered by trained Lead Professionals in a member organisation)
- A Five Steps Online Learning Journey (offered by I Matter Training in partnership with member organisations offering access to the online programme and small group discussion)

Participants to the I Matter programme learn about stress and wellbeing, child development, brain development and the adult role, including the power of our beliefs and attitudes.

Adults take part in the I Matter Programme for the purposes of:

- Preparation for relationship health in a role in parenting or caring for children
- Strengthening relationship health (when there are mild-moderate challenges)
- Recovery or Relationship health (when there are escalated or complex challenges)
- Professional development or general education about relationship health

When there are more escalated or longer-term challenges, this programme is only suitable if you are determined to learn and ready to make changes and if other services are involved. Occasionally there are options for additional coaching but this is currently very limited.

Participants for the Five Steps Online Learning Journey need to be;

- Willing to commit to an online programme (it is possible to take one step at a time)
- Motivated to engage in self study and ready to make some personal changes
- Available to access and engage with online I Matter discussion groups
- Interested in developing healthy relationships

In the Kendal PCN, we offer a pathway to join the I Matter Learning Journey. This includes

- Completion of an initial short online expression of interest form and initial discussion
- Completion of an in-depth online assessment questionnaire
- Consultation to agree on initial priority goals
- Participation in small group online discussion of I Matter Principles and theory to practice:
 - Option 1: Getting Started Workshop and Essentials of Attachment Email course
 - Option 2: Option 1 with Preparation and online Step 1 online (includes Essentials)
- The goal of the programme is to support you in bringing about improved relationship health with your child and other adults with you leading the change process.

What happens after Step 1? Some people are ready to stop or take a pause, some people want to progress in order to deepen their understanding and further improve their relationship health. To progress to Step 2 you must complete online Step 1 (Option 2).

If your GP agrees the programme would be suitable you can have a conversation with the Kendal Social Prescriber who will help you think through the next steps.