FOR GPS, SCHOOLS & NHS PROFESSIONALS

The Space In Between

A 32-week, neuroscience-based parenting programme.

Stay. Relax. Observe. Connect.

What it is

A psychoeducation programme that translates developmental neuroscience into plain language and small things to try at home. Parents learn how a child's nervous system shapes behaviour, and how their own calm and connection support it.

Who it is for

Parents and carers of children, whatever the child's profile. No diagnosis or label is needed, and it can be used while a child is on an assessment waiting list.

How it works

Self-paced weekly lessons (about 15–20 minutes), each with the science, a real-life translation, practical tools, a child activity, a parent reflection, scripts and a weekly challenge, plus a **weekly group call** facilitated by Michaela with 8–10 parents. Each week cites peer-reviewed research, and parents are taught to read a study for themselves.

Phase One
WEEKS 1–10

Safety & Connection

The nervous system, co-regulation, the bonding brain, and the parental brain itself.

Phase Two
WEEKS 11–22

Play, Social Skills & Belonging

Play, friendship, loneliness, social confidence, peer conflict and neurodiversity.

Phase Three
WEEKS 23–32

Self-Esteem, Identity & Resilience

Self-worth, inner voice, shame and guilt, rejection, resilience and advocacy.

32 weekly lessons

8–10 parents per group

15–20 minutes of learning a week

1 weekly group call

Please note: this is private, self-funded psychoeducation. It is **not therapy**, not a clinical service and not a diagnosis, and it is designed to be used alongside support from a GP, paediatrician or qualified therapist.

Signposting a family?

Parents can join the waitlist themselves. The next cohort starts once 8–10 parents are confirmed.

amichaela23-mv.systeme.io/waiting

About the founder

Michaela Viragova, PhD candidate at King's College London (IoPPN). Over ten years working with families across NHS, school and community settings. Inaugural recipient of the Claire Nacamuli Prize.

the-space-in-between.netlify.app

The Space In Between is an educational programme. Research is cited weekly within the programme.