



Kent 4 Ukraine

Association of Systemic and
Family Psychotherapists

The Workshop Contents

- Welcome and Introductions
- Aims
- Your Stories – Challenges and Opportunities
- Ukraine
- Co-creating shared family life
 - Rules and boundaries
 - Deal Breakers and Flexibility
 - Communication
 - Planning
 - Having difficult conversations
 - Parents and Children
 - Culture
 - Roles and Responsibilities
- Psychological Safety
- Trauma
 - Emotional Regulation
- What next?



Aims

- To help prevent breakdown by preparation and anticipation
- To help make the hosting experience a successful one for all
- To promote safety and well-being
- To hear your voices, share your ideas and develop a host community

Follow-up

- Request of host families
 - Continue to share dilemmas and resources
 - Parents, children, endings
 - To share practical ideas and get support
 - To learn more about managing difficult conversations, trauma, culture
- Create Host Community
- Invite External Partners



Consultation

- One-off consultation appointments
 - Host Family
 - Communication
 - Parents
 - Coping through transition and changes in life circumstances, roles and responsibilities
 - Parent-Child relationship
 - Transgenerational Patterns





Team Wellbeing

- Mirroring support to hosts and families
 - Learning and Development
 - Communication
 - Trauma
 - Assessment and Formulation
 - Emotional Regulation
 - Signposting
 - Group coherence
 - Reflexive Practice
 - Supervision



Questions

- What next?

