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