

# Care **to** Connect



Cultivating meaningful relationships after divorce

## WORKSHOP

“BY FREEING OURSELVES FROM THE CONSTRAINTS OF OUR PAST, WE OFFER OUR CHILDREN THE SPONTANEOUS AND CONNECTING RELATIONSHIPS THAT ENABLE THEM TO THRIVE.”

DAN SIEGEL

### CONTACT

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## WORKSHOP **FORMAT**

- One day of individual work with each parent
- Half a day of individual work with each child
- A full day of work with the parents
- A family session with parents and children

## LOCATION

Out of office location determined in consultation with parents.

## DATE AND TIME

To be scheduled in consultation with each family.



PARTICIPANTS WILL RECEIVE A PERSONALISED MANUAL ON THE FINAL DAY OF THE WORKSHOP.

UNFORTUNATELY, DIVORCE IS A TRAUMA THAT AFFECTS EVERYONE INVOLVED. AND WHAT MAKES IT EVEN MORE CHALLENGING, IS THAT TWO THIRDS OF ADULTS REMAIN EMBITTERED AFTER A DIVORCE. A CHILD, HOWEVER, HAS THE RIGHT TO SUSTAIN A MEANINGFUL RELATIONSHIP WITH BOTH PARENTS THROUGHOUT THEIR LIFE SPAN.

## HOW DOES ONE **ACHIEVE** THIS?

Parents who make sense of their own life experiences are more likely to raise secure children. And parents who are attuned to the needs of their children are likely to foster an environment where the child feels safe, emotionally secure, understood, comforted and connected.

## THE '**CARE TO CONNECT**' WORKSHOP:

- Provides support for both parents and children, and empowers participants to adopt practical strategies that will assist families during periods of adjustment
- Focuses on the most important tasks that each family member can undertake in order to nurture meaningful relationships
- Achieves results through the use of creative techniques such as storytelling, drawing, writing and film making.

## GOALS FOR **ONE-DAY SESSION** WITH PARENTS:

- Exploring your own adult attachment status and how that impacts on your relationships
- Making sense of your life history and how it applies to your life
- Understanding your role as a parent
- Accepting the challenges of connecting to your child
- Embracing acceptance and forgiveness
- Creating your new world, home and family through exploring strategies and goals.

## GOALS FOR **HALF-DAY SESSION** WITH CHILD:

- Understanding how the child is experiencing and reacting to the changes in his/her world
- Helping the child to integrate these changes with his or her life story by using art and film-making exercises
- Helping the child to communicate his/her needs and experiences.

## GOALS FOR **FULL-DAY WORKSHOP** WITH PARENTS AND FAMILY:

- Exploring empathy for children during difficult times
- Understanding your child/ren's experiences
- Practice the basics of effective problem solving
- Workshop the ten toughest situations in your situation
- Create both a short-term and long-term strategy for effective parenting
- Communicating your commitment to caring, loving and supporting your children in a family session.