

Philip Boddey Counselling

for families experiencing change –

- *separating or divorcing*
- *dealing with new parenting arrangements*
- *introducing new partners into the family home*
- *managing young people through strained relationships*
- *separating or divorcing due to violence or oppression in the home*

Adjusting to such changes is never easy. Alongside the usual day to day support I offer a series of therapeutic sessions which focus on the child.

Family change is often difficult, even when you believe the changes will eventually be for the better. Adults can find themselves struggling to cope with the emotions and behaviours children and teenagers display as a result of disruption to family life. Knowing how best to support them can be difficult as parents are often experiencing their own worries or indecisions.

At such times children and young people have often witnessed sad and difficult events that parents perhaps wished they hadn't. Understandably, they will often be confused and form judgments that may well affect their interactions with family and with friends. Frustrations can be displayed as aggression, withdrawal or deep sadness. In some cases the effects may not be apparent until much later when relationships of their own are being formed.

No-one can take away the pain of family breakdown or trauma but there are things that can be done to help support individuals and family members through the process.

The therapeutic approach will be tailor-made for each client. Perhaps clay and puppet work, ball play and drawing - assessing the most appropriate technique for the age and character of client(s) is a vital part of the process.

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| Session 1 (60mins) | Parent(s) or significant other(s) and child for a quick exploration of the concerns or straining points. |
| Session 2–6 (50mins) | Child only to explore therapeutically the feelings and emotions that the young person is experiencing. Work to help arrive at an understanding and a way forward. |
| Session 7 (60mins) | Final session with the parent(s) or significant other(s) and child. A time to reflect on the way the young person sees and responds to events and future planning. |

Total cost £250 first child (+ £150 for each additional child)

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