

# **PARENT CHILD RELATIONSHIP THERAPY or FILIAL THERAPY**

Being a parent is one of the most important jobs we'll ever have, but we have no manual for it....

Join us for a hands-on course that does not claim to have all the answers, but to at least be familiar with some of the answers and techniques that are highly effective with children.

Course material is included in the form of lots of interesting hand-outs about the course itself, as well as related topics.

## **What is Parent Child Relationship Therapy?**

Parent Child Relationship Therapy / Filial Therapy is for any parent who wants to enhance his/her relationship with their young child. Children's natural medium of communication is play. During the Filial Program parents learn basic Play Therapy skills to use with their own children: from ways to play together to limit-setting and discipline.

Parent Child Relationship Therapy takes place in a group format, which is essential in normalizing parents' experiences. Didactic instruction is coupled with parent-child play sessions and supervision in a supportive atmosphere. This provides a dynamic process that sets Filial Therapy training apart from other parent training programs that are exclusively educational in nature.

## **What will I learn as parent?**

- an increased understanding of your child's underlying feelings, thoughts and needs

- more about the role of play and emotions in your child's general development
- how to build your child's self-esteem, self-worth and self-confidence
- increased self-acceptance and confidence in your ability to be a good parent to your child(ren)
- specific parenting knowledge and skills for effective limit/boundary-setting and discipline to decrease frustrating no-win situations between you and your child
- an opportunity for you to focus on the positive aspects and relationship with your child
- the realization that other parents share the same doubts, fears and frustrations as you
- to rediscover the JOY OF PARENTING!

## **What can I expect?**

- \* an initial interview with parents before training starts (unless the Tania is familiar with your situation already)
- \* this is a hands-on practical program, that consists of 5 short phases:
  - 1) introduction and demonstration of techniques
  - 2) parent training in techniques
  - 3) parent-child play sessions
  - 4) parent-child play sessions at home (which is the heart and purpose of the training)
  - 5) conclusion
- \* the language medium (Afrikaans / English) will be determined by the group, however participants are welcome to communicate in the language they feel most comfortable in
- \* the course material is included in the form of lots of interesting hand-outs about the course itself, as well as related topics
- \* you will need to purchase a short list of toys, which you will use during your play sessions - inexpensive options available

- \* the program consists of 4 weekly sessions of 4 hours each
- \* the program is presented on Saturday mornings to make it accessible for most parents

### **Dates:**

Two (2) courses are presently annually.  
Speak to Tania to get the details.

### **Direct deposit:**

- \* R2 800 for the 4 week course
- \* the cost is worked out to accommodate individuals or couples (the cost stays the same)
- \* Most of the amount can be claimed back from your medical aid, depending on its benefits
- \* Payment methods to choose from below

### **Bookings:**

- \* to book please call Tania on **082 789 5908** or fax your registration form to **012 807 0324**
- \* the training program is to be paid for in advance as it is a 4-week commitment for the whole group
- \* Please indicate the investment option of your choice:
  - **CASH OPTION: ONLY R2 500**  
(instead of R2 800)  
on booking and payment in advance  
or
  - Cash / transfer of a total of **R2 800** in

2 or 3 payments provided that the amount  
is paid in full on the last day of the course

\* direct transfers can be made to:

T. GROBLER,  
ABSA, Lynn Ridge Mall (632005),  
4055 707 126

Your name and surname as reference is important!

Please complete and fax to 012 807 0324:

NAME

SURNAME

CONTACT TELNR'S

E-MAIL ADDRESS

COURSE DATES

SIGNED

Contact:

*Tania Grobler*

Voorligtingsielkundige / Counselling Psychologist

**082 789 5908**

tania@zmail.co.za