

Therapeutic Parent Groups



What are Therapeutic Parent Groups?

Our therapeutic parent groups involve taking part in activities that are designed to help people learn about themselves, their feelings, and their behaviour and to explore the parenting challenges that they face with their children. The groups explore how everyday life activities can be used to connect with and support their child's emotional development.

The groups can either be room based or 'Equine Facilitated' which means that horses are involved in the therapeutic process (see CEGR Equine Facilitated Therapies).

The discussions and activities are facilitated by trained parents, of whom at least one will be an experienced mental health professional and where horses are involved, the facilitator is also an appropriately qualified equine facilitated practitioner.

Reflection and learning from the sessions can promote personal self-development as well as enabling opportunities to think about the needs of children and the opportunities that exists for connecting with and supporting them.

Depending on need and demand, groups can be tailor made to focus on specific concerns such as technology and social media, anxiety, special needs, teenagers, pre-schoolers, sibling rivalry, bedtimes, peer relationships and emotional wellbeing etc.

What skills can you develop in our therapeutic parent groups?

Our therapeutic parent groups offer opportunities for you to develop and grow emotionally. This means developing:

- Self-awareness and identifying what we can do to change difficult situations;
- Social skills and positive relationships;
- Emotional self-management and the ability be aware of our feelings and effectively manage them;
- The ability to make effective choices and decisions;
- Resilience and how to grow and develop through life challenges;
- Confidence in our ability to create good outcomes for ourselves and our families;
- Understanding how to support all the above, naturally, with our own children or with the children in our care.

What are the benefits for your children?

Our therapeutic parent groups will help you support emotional development and resilience in your children, including:

- Feeling good about themselves;
- Effectively managing their feelings;
- Dealing with life's challenges;
- Forming positive relationships;
- Making good decisions;
- Taking responsibility for themselves and their behaviour;
- Feeling motivated;
- Develop autonomy and independence.

Why is this important?

When emotional growth occurs in a healthy and natural way it:

- Protects us from the adverse effects of life challenges and trauma;
- Supports the development of resilience;
- Creates well-being and mental health;
- Promotes positive relationships.

Who are they for?

Our therapeutic parent groups are beneficial for any parent, carer or key adult who would like to:

- Develop their own emotional growth and resilience
- Increase their understanding of how they can support the children or young people in their care;
- Find practical and natural ways to effectively support their children with life challenges or crises;
- Build better relationships with their children.



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