



# PSI WELL NEWSLETTER

Erasmus+

## **SOCIAL INCLUSION AND WELLBEING OF FAMILIES OF CHILDREN WITH SPECIAL NEEDS**

### **TRANSNATIONAL STUDY REPORT**

The project entitled Building Bridges: Promoting Social Inclusion and Wellbeing for Families of Children with Special Needs (PSI\_WELL) proposes an innovative approach aimed to facilitate social inclusion and wellbeing for families confronting with disabled children through adult education for parents. The project is addressing to the specific needs of families parenting children with special needs (SN) and it is designed to help parents to improve their coping strategies and to enhance their parenting skills in order to foster their social inclusion and wellbeing.

The results of the current study support the importance of addressing coping strategies, emotion regulation and parent-child communication in the context of counselling parents of children with special needs.

Training and counselling programs for this category of parents should target parents' difficulties in emotion regulation and should focus on parents' individual and dyadic coping skills in confronting with the major stress of having a child with special needs. Adaptive emotion regulation strategies might be very beneficial for both parent-child and parent-parent interactions.

## **TRANSNATIONAL STUDY REPORT**

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## SOCIAL INCLUSION AND WELLBEING OF FAMILIES OF CHILDREN WITH SPECIAL NEEDS TRANSNATIONAL STUDY REPORT

Aurora Adina Colomeischi, Romania, coordinator  
Gemma Filella Guiu - Spain  
Maria Augusta Romão da Veiga Branco - Portugal  
Sonja Alimović - Croatia  
Ingrida Baranauskiene - Lithuania  
Mine Gol-Guven – Turkey

### PSI WELL Erasmus+

Str. Universitatii 13,  
720229 Suceava,  
Romania

Phone:  
+40 230 216 147 / 187

Fax:  
+40 0230 520 080

psi-well@usm.ro

*Building Bridges: Promoting  
Social Inclusion and Wellbeing  
for Families*

Find us on the Web:

[www.psiwell.eu](http://www.psiwell.eu)



### Contributors

#### **Ștefan cel Mare University of Suceava, Romania**

Petruța Paraschiva RUSU  
Marius MARICI  
Diana Sinziana DUCA

#### **Lleida University, Spain**

Gemma Filella Guiu  
Agnès Ros Morente  
Judith Teixiné Baradad

#### **Polytechnic Institute Braganca, Portugal**

Maria Augusta Romão da Veiga Branco  
Maria Isabel Barreiro Ribeiro  
Celeste da Cruz Meirinho Antão

#### **University of Zagreb, Croatia**

Ana Wagner Jakab  
Daniela Cvitković  
Anamarija Žic Ralić  
Jasmina Stošić  
Natalija Lisak

#### **Klaipeda University, Lithuania**

Roma Simulioniene  
Regina Saveljeva

#### **Bogazici University, Istanbul, Turkey**

Nalan Babur  
Mine Gol Guven