

PSI WELL NEWSLETTER

Erasmus+

2018 PSI WELL „TO DO” LIST...

BUILDING BRIDGES: PROMOTING WELLBEING FOR FAMILY. HANDBOOK FOR PARENTS

The Handbook is designed to help parents and children improve the quality of their lives and relationships, to instill in the parents a sense of parental competence, to facilitate empowerment in the parent and family in order to overcome the social isolation and to promote wellbeing and social inclusion. The Handbook for parents intends to prevent or to modify the negative parental perceptions and images (considering that most of the parents of children with SN feel that their children's dysfunctional pattern reflect their incompetence as a parent). The Handbook intends to develop and strengthen the parental skills and the parents' self-confidence. The Handbook contains a various intervention techniques designed to give parents a sense of self-efficacy and competence as parents as well as to provide concrete, replicable parenting skills. The Handbook encompasses three main approaches: one is focused on parent's inner life and it is designed to present techniques in order to promote resilience and to overcome the risk factors of family wellbeing; the second approach is focused on promoting parental skills and is designed to offer methods and techniques to promote social-emotional learning within family; the third approach is designed to address specific issues in parenting children with special needs.



2018 MEETINGS



PSYCHO-EDUCATIONAL KIT: TRAINER'S MANUAL AND TRAINEE'S WORKBOOK

The psycho-educational kit will consist in two tools: the manual of the trainer and the workbook of the trainee. The trainer will be a professional who will engage in working with parents of children with SN. The trainees will be parents of children with special needs who agreed to involve in parent training program. The kit will support the main psychoeducational intervention program for parents.

PSYCHO-EDUCATIONAL AND SOCIAL INTERVENTION PROGRAM FOR PARENTS. VALIDATING STUDY

The study intend to validate the Psycho-educational and Social Intervention Program through experimental study.

Program uses a parent-focusses, strengths- based approach to promote family wellbeing, resilience and social inclusion.

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

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