

### **Strategies to Support Young People Whose Parents are Separating**

This one day Workshop will equip delegates with the necessary tools to provide emotional and practical support to young people who have, or are experiencing the break-up of their family system. The Workshop has been written with the flexibility to adapt to suit the age range of your school or agency. It is suitable for anybody who works with young people: teachers, health professionals, those involved in PSHE, counsellors, head teachers, school nurses, youth offender support teams, teaching and medical staff in colleges and universities.

Where there has been a rupture in the family dynamic, suddenly the family is no longer together. It is a very confusing and painful time with negative effects that can include, acrimony, hostility, anger, powerlessness and grief. However there may be the potential for new possibilities when the child moves away from the negative marital discord.

This experience will have changed everything for the young person and family members, who are coming to terms with and trying to make sense of, the 'family re-ordering'.

Learning methods of this Workshop will include delegate's self-exploration of the experience of destruction of what could have been precious and familiar to them. This will better equip them to understand and work with young people and their families whose lives are fragmenting and re-ordering.

The theory input will include:-

- An overview of Attachment Theory:
  - i) The observation of attachment styles carried out on babies and mothers.
  - ii) Secure attachment
  - iii) Insecure-avoidant attachment
  - iv) Insecure-ambivalent attachment
- Research of family changes and children's anxieties
- The impact of separation and re-ordering through developmental stages
- Children on the battlefield – impact on attachment styles
- Enabling the child's voice to be heard
- Creative Supervision, which is an opportunity to reflect on our practice and be better equipped for the application of new skills for appropriate responses, containment and healthier communication with young people.
- Through the matrix of attachment, loss and re-ordering, delegates will attain a cognitive understanding, which gives them tools and strategies to promote helpful choices for them and their clients, which increases emotional resilience.