



mindovermatter
psychotherapy

HEALING POWER OF PARENTS GROUP

Parents and caregivers can learn skills to better support their child regardless of their child's level of motivation or involvement in formal treatment. The skills learned during this group are derived from Emotional Focused Family Therapy (EFFT).

Goals for Healing Power of Parents Group:

To empower and support caregivers in mastering the skills, tasks, and the feelings involved in the four main domains:

- Assisting in the interruption of symptoms and maladaptive behaviors (anxiety, depression, an eating disorder, etc.) as well as in the transition from stressful life events;
- Supporting their loved one to process and manage stress, emotions and emotional pain, making symptoms unnecessary to cope;
- Facilitating relationship repair and healing possible wounds from the child and family's past in order to help loved ones move forward; and
- Working through and resolving the fears and obstacles that surface in the caregiver during this process.

Topics Covered in 6 Session Group Counselling:

- Introducing EFFT and superfeelers
- Building Parent Awareness
- Building up Parent Regulation and Importance of Validation
- Introducing Emotional Coaching
- Introducing Behavioural Coaching
- Relationship Repair

Referral Contact:

Name: Pardeep Atwal, M.C., RCC, CCC
Phone: 778.552.6509
Group Rate: \$50 per hour session
(\$300 for group will be taken day of enrollment)
Group: Saturday (time to be determined)
*Groups available in English and Punjabi



THE STRENGTH TO CHANGE,
THE ROOTS TO GROW.