

MARRIAGE AND FAMILY INSTITUTE

presents

A two days hands-on professional training workshop (23-24 Nov 2016)

Helping Families and Children Facing Divorce: Creative Interventions, Strategies, Techniques and Activities That Work.

**Dr. Batia Horsky-Kalisky
San Francisco State University, USA**

The family scene is changing rapidly, and increasing families are going through the experience of separation, divorce and remarriage. Single parent families have become a prevalent phenomenon in our society and are no longer associated with the stigma of social or psychological pathology.

Divorce is a longitudinal process in the lives of children and their parents that begin long before the actual breakup, and continues long after it. The divorce itself is an experience which creates a perpetual “CHAIN REACTION”, affecting children at every stage and in every aspect of their lives. It leads to disintegration of the family nucleus, which releases destructive energies, and extracts a high price by causing a massive amount of stress, anger, guilt, embarrassment, feelings of being abandoned, sadness and often are filled with distorted beliefs related to the divorce.

In order to effectively treat the Chain Reaction, the conflicting emotions, destructive energies, and low self-esteem, a number of key issues need to be addressed. They include developing effective coping skills, building self-esteem, resilience, facilitating expression of feelings, clarifying divorce-related misconceptions, expressing anger through appropriate outlets, disengaging from parental conflict, eliminating self-blame for the divorce, and enhancing positive perceptions of self.

The workshop’s creative interventions and techniques aim to address these key treatment domains, and are easily adaptable toward individuals, family and groups activities, as well as to other areas of counseling and therapy in a variety of settings.

About the Workshop

When children and adults are referred for therapy, they typically feel anxious and are reluctant to talk directly about their thoughts and feelings. But creative activities and interventions can engage children and adults to help them safely express themselves.

The purpose of this workshop is to provide the practitioners with creative, innovative interventions and strategies to engage, assess and treat children, youth and families as well as to help them express themselves and to cope with the challenges as their family changes.

This workshop will also focus on the knowledge and clinical skills that are critical to supporting good outcomes for children when parents separate and divorce, and to focus on growth, strength, and survival. Through these interventions and techniques, the family and the children are provided with the message that they can survive hardship and they can utilize this strength to get them through difficult times in the future. These will give the family a sense of validation and hope.

With understanding, respect and compassion, this interactive workshop is full of creative ideas, intervention techniques and strategies based on the internationally acknowledged experience of the trainer, Dr. Batia Horsky-Kalisky who has worked previously in Singapore for many years but is now based in the USA.

GOALS

- Minimize the emotional and behavioral problems that may result when children and families go through separation and divorce.
- Increase children's abilities to identify and appropriately express their feelings.
- Increase children's and other family members' understanding and accepting of divorce related concepts.
- Reduce children's anxiety and worry about their family circumstances that can interfere with academic achievements.
- Build self-confidence, resilience, and self-esteem by teaching specific skills to increase their coping skills with challenges, feelings, problems solving and to help them manage their responses.
- Emotional support to soothe children/families and to help them identify, explore, normalize and accept the difficult feelings they are experiencing.
- Providing support to help children/families develop social skills and creating new social contacts.
- Enhance positive perception of themselves and their families.

METHODOLOGY

The methodology used will include lectures, exercises, group discussions, hands-on individual and group activities, creative, play activities, body movements, storytelling, video and music etc.

TARGET PARTICIPANTS

This skills-based training will be invaluable to social workers, medical social workers, family therapists, counsellors, school counselors, children and youth workers, pastoral care staff, student care staff, and teachers who are eager to learn new and creative intervention techniques which be used in a variety of settings.

Administrative details:

Dates: 23-24 Nov 2016 (9.30am – 5pm)
Venue: to be advised
Cost: \$490 per participant
(\$470 if 2 or more participants are registered)
Closing date: 28 Oct 2016

Trainer's profile:

Dr Batia P. Horsky

Dr. Batia Horsky-Kalisky is a Professor at the San Francisco State University, California, USA. She has been based in the USA for many years now. Her previous experiences included working in Singapore for several years where she was an Assistant Professor in NTU teaching courses in Art Therapy and Creativity, and had worked with the Ministry of Education as a consultant. She is a qualified art therapist and art educator. Dr Batia had developed and authored the Art Education Curriculum for Early Childhood and pre-school children for the Israeli Ministry of Education, as well as for some private schools in the USA. She has presented her research in international conferences.

For more information, please contact

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