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Parenting Work as an important factor for success of psychotherapeutic Boy-Group settings with Integrative Outdoor-Activities®

The presented approach combines systemic family therapy and action oriented group activities and was successfully used in various contexts in over 9 years. The target group of this work are male children and adolescents aged 11 to 15, who experience problems in their social behavior like exclusion from school, mobbing and bullying or a lack of connection with friends. The aim of the workshop is to present and highlight the importance of the inclusion of parents/educators into the therapy, to achieve positive results.

The combination of systemic family therapy and action oriented group activities is carried out in a multi-systemic-setting for a period of 4 months. In the family setting there are separate interviews with each boy and his family at the beginning and at the end; the parents are interviewed alone in the middle of the programme. About 5-8 boys participate in the outdoor group activities; 7 times for about 2 hours.

In this workshop the special parent-group-setting will be shown. The parents or educators are invited to slip into the role/into the body of their children and try to see the world with their eyes. The group of the "children" will solve action oriented tasks and reflect afterwards the "child-experience" as parents/educators. The experience with this method has shown that this exercise leads to a better contact with the child and brings new insights or understandings in the relationship between parents and children.



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