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Roditeljstvo uz pomoć grupe (trogodišnje iskustvo grupne psihoterapijske podrške za roditelje)

/ Parenting With the Support of a Group (Three Years of Experience With Group Psychotherapeutic Support for Parents)

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Na Zavodu za dječju i adolescentnu psihijatriju u Rijeci tijekom posljednje tri godine kontinuirano rade dvije roditeljske grupe u kojima je sudjelovalo oko četrdeset roditelja. Pretežno su na grupe dolazile majke, a bilo je i nekoliko parova koji su se izmjenjivali u dolascima. Grupe su se odvijale jednom tjedno u popodnevnim satima u trajanju od 90 minuta. Pet članica steklo je trogodišnji staž u grupi jer su iz godine u godinu izražavale želju za nastavkom rada. Doživjele su da im grupa pomaže u složenom i dinamičnom procesu roditeljstva. U grupama su otvarane razne teme, od osobnih emocionalnih potreba i stanja roditelja, do potrebe za boljim razumijevanjem emocionalnih potreba djece. Govorilo se o prepoznavanju poteškoća djeteta te suradnji s djetetom tijekom liječenja

Over the past three years, two parent groups have been running continuously at the Department of Child and Adolescent Psychiatry in Rijeka, involving around forty parents. The groups were attended predominantly by mothers, with a few couples who alternated in coming. The groups were held once a week in the afternoon for 90 minutes. Five female members acquired three years of group experience, as they repeatedly expressed the wish to continue. They experienced the group as helpful in the complex and dynamic process of parenting. A wide range of topics was opened in the groups, from the parents' own emotional needs and states to the need for a better understanding of the children's emotional needs. The discussions addressed recognizing the child's difficulties and cooperating with the child during treatment and recovery. A constant topic was how to distinguish problems

i oporavka. Uvijek prisutna tema bila je kako razlikovati smetnje i simptome od adolescentove manipulacije. U grupi se razgovaralo o vještinama dobre komunikacije, o kriznim situacijama te o jačanju i razvijanju roditeljskih vještina. Neki članovi grupe otvaraju teška osobna iskustva iz djetinjstva i odrastanja. Govorilo se o promjenama koje su bile potrebne, a počele su se događati tijekom trajanja grupe. Stvarali su novi, bolji odnos sa svojom djecom, sada adolescentima. Naglašena je važnost roditeljeva aktivnog slušanja, poticanja izražavanja emocija i modeliranja strategija rješavanja sukoba. Rad i podrška dobivena u grupi učinila je roditelje dostupnijima svojoj djeci. Roditeljstvo je zahtjevan proces koji uključuje njegovanje fizičkog, emocionalnog, kognitivnog i socijalnog potencijala djeteta, uz oblikovanje njegova ponašanja, sustava vrijednosti i uvjerenja. Važno je da roditelji iz fokusa ne izgube sebe, da nastoje upoznati sebe u novim životnim situacijama. Jedna članica grupe iznosi da ima osjećaj vlastitog rasta, i to tako da se osjeća zrelija, svjesnija sebe i svojih reakcija u odnosima unutar obitelji i spram svog adolescenta i njegovih problema. Ostali članovi grupe ističu kako je proces liječenja i oporavka njihovih adolescenata dug i zahtjevan. Tijekom trajanja grupe uočavamo da se većina kriznih situacija rješava „u hodu", stoga je broj i trajanje hospitalizacija bitno smanjen. Smatramo da je kontinuiran rad u grupama roditelja pridonio tomu, uz ostale čimbenike.

and symptoms from adolescent manipulation. The group also discussed good communication skills, crisis situations, and strengthening and developing parenting skills. Some group members brought up difficult personal experiences from their own childhood and growing up. Participants spoke about the changes that were needed and that began to occur over the course of the group. They created a new, better relationship with their children, now adolescents. The importance of the parent's active listening, encouraging the expression of emotions, and modeling conflict-resolution strategies was emphasized. The work and support received in the group made parents more emotionally available to their children. Parenting is a demanding process that involves nurturing the child's physical, emotional, cognitive, and social potential, while shaping the child's behavior, value system, and beliefs. It is important that parents do not lose themselves from view, and that they strive to get to know themselves in new life situations. One group member states that she has a sense of her own growth, in that she feels more mature and more aware of herself and her reactions in relationships within the family and toward her adolescent and his problems. Other group members point out that the treatment and recovery process of their adolescents is long and demanding. During the course of the group, we observed that most crisis situations are resolved "on the move", and therefore the number and duration of hospitalizations have been significantly reduced. We believe that continuous work in parent groups has contributed to this, alongside other factors.