



Parent Sessions

WHAT'S INCLUDED



01 Free Consultation

Quality time to discuss your concerns and hopes, and decide if we're the right fit. Security protected Zoom link

02 Sessions - Confidentiality & Empathy



Family life and parenting involve the most sensitive areas of the heart. Difficulties come up, touching on shame, insecurity, anger, fear, taboos, favouritism, envy, loss. Share them with someone non-judgemental who has worked with hundreds of families, and who comes from a family too! What's said here, stays here, and is treated with sensitivity.

03 Sessions - Professional Advice

Our conversations are directed towards practical solutions. Ask the awkward questions e.g.



Child specific

- *How do I stop favouritising my youngest son?*

School specific

- *If I complain, will the teacher take it out on my child?*



Parenting specific

- *How do I protect our child from divorce fallout?*

04 Professional Research

If I can't answer your question today, I'll look for advice

Follow Up

05 Clear next steps, and feedback within the week if required

