

21/10/2021

**Group therapy through art to empower mothers whose children are in boarding school of the social welfare services**

**The target population:**mothers who want to improve and strengthen their relationships with their child that was turned through the child welfare services to boarding school at least two years ago.

**The program's main objectives:** Providing tools for beneficial parenting and developing motherhood's abilities among mothers whose children have been taken by law to boarding school

**The goals**

1. To develop and enhance the participants' personal and interpersonal communication skills in the group setting (such as self-listening and listening to others, developing constructive communication skills, and mutually supportive relationship between the group participants.
2. To develop RF components - the ability to visualize the "other-otherness" - in this case, the other mothers in the group and then the child in the boarding school.
3. To develop the Dyad child-parent communication skills:
   1. To develop the mother's ability to identify the child's developmental needs and the difference between the child's needs and the mother's needs (the cognitive aspect of the relationship).
   2. To explore the difficulties that the mothers experience while fronting the child's needs and how these situations impact their attitudes towards the child and the entire family (the emotional aspect of the relationship).
   3. To distinguish between abusive and healthy relationship patterns and learn positive strategies to communicate with children (dealing with frustrating situations with children by focusing attention on the child's needs, acceptance and empathy; providing an explanation, setting boundaries, showing warmth and closeness, etc.).
4. To strengthen each mother's family-skills abilities, increase their senses, competence, and belief in their parental abilities (for example, creating a supportive family culture in the children's learning processes)

**The group therapy** **setting**

1. The group therapy will take place on the campus of David Yellin College, the Art psychotherapy intervention center for children and parents. The groups will work through the art channels (music, art and bibliotherapy), between 8 to 10 mothers in each group, and will proceed 12 weeks, once a week, for 90 minutes and one long session with the child in the boarding school.
2. Each group will have three therapists – one is a certified M.A art psychotherapist, and two outstanding students in their last year of internship in the program for M.A in art psychotherapy.
3. Two senior instructors will supervise the therapy process: one – with a Ph.D. in music, bibliotherapy or art therapy– will supervise the therapy by providing ongoing supervision to the therapists, the second – a social worker, the Director of the Residential care Unit for Children and Youth in Jerusalem.
4. Interviews with the mothers and the family social worker will take place before therapy starts to give the women information about the program's aims, setting and process and get her consent to participate.
5. young siblings aged 5-10 will have different art therapy group with outstanding students.
6. At the end of group therapy, each mother will get private consultation on implementing the new knowledge and her insights in her own family.
7. The college will provide a discount for mothers who finished the program and are interested in studying special bachelor's degree in its program, "30+ ",

**Starting point**: around the second week of December 2021

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