

Parenting Resilience

Become A Masterful Parent

Are you Ready to Build Your Dream Family?



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Session 1: Introduction to Child-Centered Parenting

Overview of Child-Centered Parenting (CCP): Defining parenting and the role of a parent.

Becoming an Outcome-Independent Parent: Focusing on noticing feelings/problems rather than commanding solutions.

Empathy Development in Children: Understanding the impact of parental vulnerability on fostering empathy.

Codependent Parenting Dynamic: Recognizing toxic relationships and the importance of collaboration.

Assessing Relational Problems: Using a help-seeking scale to gauge willingness for change.

Session 2: Skill Building: Building a Healthy Parent-Child Relationship

Rating the Parent-Child Relationship: Evaluating the current state and desired levels.

Healthy Relationship Characteristics: Exploring the Cycle of Harmony, Disharmony, and Repair.

Skills: Emotional Decoding and Active Listening: Developing practical communication skills.

Role Play and Homeplay: Applying learned skills through practical exercises.

Family Coherence: Understanding the importance of family balance and coherence.

Session 3: Whose Problem is it?

Over-ownership of Problems: Recognizing unhealthy levels of responsibility.

Expressing Anger Towards Kids: Developing healthy anger expression techniques.

Holding in Stress and Resentment: Understanding the impact of repressed emotions.

Role-play and Case Studies: Applying skills to real-life scenarios.

Emotional Reactions and Repressed Emotions: Identifying incongruent emotions and fostering vulnerability.

Skills



Power



Confidence



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Session 4: Authoritarian vs. Permissive and the illusion of Parental Control

Moving Beyond Control to Intimacy: Exploring the role of individuation and its impact on parenting.

Understanding Narcissistic Ways: Recognizing and addressing harmful narcissistic tendencies.

Transgenerational Trauma: Examining the effects on children of permissive and authoritarian parenting.

Child of Permission Parent vs. Authoritarian Parent: Predicting potential outcomes based on parenting styles.

Session 5: The Parental God-Complex

Parents as Human Beings: Expressing feelings without emotional dumping.

Guilt vs. Responsibility: Understanding the distinction between guilt and responsibility.

Fixing vs. Validating: Differentiating between offering solutions and validating emotions.

Balanced Neutrality: Navigating the power struggle spectrum for effective parenting.

Session 6: Sharing Wins!

Reassessing the Relationship: Reflecting on progress and reassessing the parent-child relationship.

Review of Feedback Surveys: Gathering feedback and insights from participants.

Takeaways: Summarizing key learnings and skills.

Workshop Options: Exploring additional workshop topics for ongoing learning.

Closing Thoughts

Child-Centered Parenting aims to create a harmonious, resilient, and mutually respectful relationship between parents and children. The curriculum emphasizes practical skills, self-awareness, and collaborative communication for sustainable positive outcomes in family dynamics.