



WORK PACKAGE No 3

Workshop Development

BIOLOGICAL PARENTS

Module 1 Coaching of Visits

Module 2 Self-Helping Groups for biological parents

INTERNAL DOCUMENT

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Date: 10.10.2014

This project has been funded with support from the European Commission. This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Curricula of the FALEFOS-Workshops for Biological Parents

1. Framework of the workshops

Organizational planning

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|---|---|
| Duration/ time structure | 2 days / time structure: 3-4 hours with additional time for informal exchange |
| Participants | It is recommended to start with a small group of biological parents and then slowly to reach more parents. |
| - Number of participants | |
| - Ideas to reach/ invite | Contact with youth welfare authorities (information on the aim and idea of the workshop), contact with foster families, social workers, and stakeholderes who have regular and good contact to biological parents (identifying “door opener”) |
| - Ideas to select | As there are experiences that biological parents are a difficult group to reach it is recommended to start with parents who are “easy” to reach (with whom the workshop organizer is already in contact). |
| Location | |
| 1. Kind of location | 1. The location shouldn’t have the touch of an authority, professional center, anything where they feel under control. The location should be a kind of neutral place, with a “living room character”, café or bar character. In this case it might be helpful to get in touch with community workers, associations, volunteer organisations to find the right place in your region. |
| 2. -Size and number of rooms | 2. One room with a kitchen area, or one room and an extra kitchen. |
| 3. -Accommodation options? | 3. The room should have a couch, or sofa to start informal exchange, tables and chairs, kitchen for preparing food or at least coffee and sandwiches. The location should be barrier free. |
| 4. Time and place for informal exchange? | 4. It will be important to reserve enough time for informal exchange on the one hand for the workshop leader (in order to prepare the room and the materials) and on the other hand for the participants (in order to give the possibility to socialize and get familiar with the location etc.). At least there should be 1 hour time before and after the workshop. |
| Catering | There should be the possibility to prepare coffee and tea whenever participants want to, free access to non alcoholic drinks, biscuits, fruits, chips, etc. It is recommended to have the possibility to prepare a simple breakfast, coffee break, lunch, or dinner together. |
| Required material/media | Facilitators tool case, flip chart, craft material (paper, pencils, colours, etc), board games and card games, internet access, devices with DVD and CD drive. |
| Knowledge and skills of the workshop leader | <p><u>Personal skills:</u> sensitive and meek, honest, open minded, transparent, gentleness, humorous</p> <p><u>Knowledge:</u> Workshop leader should have an insight into the work with biological parents, should have knowledge in foster care (systems), coaching and group work experiences.</p> <p>Expertise concerning foster care, psychological or basic socio-pedagogical education, knowledge in child minding, moderation and mediation experience.</p> <p><u>General:</u> The facilitator/workshop leader should be careful to keep the desired “order” of the workshop, like not to talk through the others, to</p> |

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| | hear others out etc. On the other hand there's the possibility that participants will not talk, so the facilitator based on his/her expertise should prepare for each situation. |
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Conceptual planning

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| Topics | <ol style="list-style-type: none"> 1. “Building a bridge” - visits with my child and staying emotionally connected with my child are important to me. My child’s foster parents – who are they, what are they doing? How can we build connections (Coaching of visits) 2. “We are all in the same boat” – our wishes, rights, troubles as birth parents (Initiating / organizing self-helping groups (contact groups)) |
| Aims | <ol style="list-style-type: none"> 1. Strengthening their role during child visits and improving visiting days: changing perspective, become sensitive for their own needs and their child’s needs 2. Empowering biological parents: knowledge of rights, needs, support, get the feeling that they are not alone, mutual support, exchange of experiences, Overcoming your own isolation, get to know oneself better when dealing with other people |

2. Detailed description of the activities

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| Topic | Module 1 “Building a bridge” Visits with my child and staying emotionally connected with my child are important to me. My child’s foster parents – who are they, what are they doing? How can we build connections Working title: Coaching of visits |
| Aims | Strengthening biological parent’s role during child visits and improving visiting days: changing perspective, become sensitive for their own and their child’s needs. |
| Target group | Parents who want to have regular qualitative contact with their children in foster care. |
| Description | <p>During this workshop it might be one of the most important points to take parents as they are and as they come. Parents should get the feeling that they are welcomed as they are. Workshop leader will meet them on eye level by accepting their way of participation in the workshop (acceptance of their rules and their decision – even if they stop contact).</p> <p>The workshop leader should guarantee a friendly, charming atmosphere, should speak clear and in a simple way, should find the parents recourses and tell them what she/he noticed about it.</p> <p>During the whole workshop parents need to be sure of no defamation or degradation. They should be taken serious.</p> <p>Parents should have the possibility to participate in the creation of the workshop (contents, topics, breaks, etc.)</p> <p>The workshop should offer more activity and less talk and very important a lot of possibilities for exchange and informal contact.</p> <p>Specific topics:</p> <ul style="list-style-type: none"> - Getting to know each other, appreciation of their personal situation - Visits with children and foster parents <ul style="list-style-type: none"> What kind of role is mine How can I participate in the visit What does my child expect from this visits How can I create the visit What do I want for the visits What do I like what do I don’t like during visits What would I have to do to change the situation, atmosphere during the visit? What do I want to do with my child, what am I allowed to do? - Exchange of experiences |
| Number of participants | Minimum 3 persons: mothers, fathers, couples Maximum 10 persons: mothers, fathers, couples |
| Time frame | 3 hours per day with adequate breaks and additional time for exchange |
| Material/Media | Picture cards, facilitators tool case, |

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| Topic | Module 2 |
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| | <p>“We are all in the same boat” our wishes, rights, troubles as birth parents</p> <p>Working title: Initiating, designing and implementing a self-helping groups/contact group for biological parents</p> |
| Aims | <p>Getting to know each other</p> <p>Finding common goals</p> <p>Finding common topics</p> |
| Target group | Biological parents |
| Description | <p>Feeling your own suffering and finding the hope to become active depends on our own personality, on our individual life history and on the current social environment.</p> <p>In self-help groups, processes of mutually providing and accepting help take place between people who are equally concerned. In the group, the participants should talk about their motives, desires and hopes, but also about their fears and concerns. The idea of self-help groups assumes that the concerned biological parents know best what it means to live with their problems (experienced and suffered competence).</p> <p>Knowledge and experience are gathered and combined within the group; each group member will benefit.</p> <p>Outside the self-help group there are, of course, experts who can be called in when questions and uncertainties come up.</p> |
| Number of participants | 6 –4 to 10 |
| Time frame | 3/4 hours a day |
| Material/Media | Flip chart, pens, games |

3. Structure of the Workshop

MODUL 1

Topic: Coaching of Visits (1. day)
 Target group: Biological Parents
 Number of participants: Minimum 3 – maximum 10
 Time frame: 5 hours

1. DAY

| Time(frame) | Topic/Aim | Activity | Material |
|----------------|---|---|---------------------------------------|
| 10:00 | | Welcome coffee, preparation of name badges | Name badges |
| 10:30-11:00 | Welcome | Introduction, every one introduces him/herself | Picture cards |
| 11:00 – 12:00 | Visiting dates | What do I like about visits with my child and with foster parents – what do I dislike? Discussion and exchange of experiences, finding common experiences | Different Methods |
| 12:00 – 13:00 | Time to prepare the lunch | Preparation of lunch together | |
| 13:00 – 14:00 | Lunch | Eating together | |
| 14.00 – 14:30 | How do I feel now? | Emotion cards – which suits best to my actual feeling Activating game / Coffee | Emotion cards |
| 14:30 – 15:30 | My child is living in a foster family – which kind of parent role is mine | <ul style="list-style-type: none"> - Family constellation – who is who, different needs, different perspectives - How can I participate, do I want to participate | Pins or small symbols, stones, Foto |
| 15:30 16:00 | What do we do next? | <ul style="list-style-type: none"> - Feedback “what did you like, what did you dislike?” - What will we do next? What do you want to do next? | Flip chart |
| 16:00 – 17:00 | Informal exchange | | Coffee, tea, drinks, biscuits, fruits |

Topic: Coaching of Visits (2. day)
 Target group: Biological Parents
 Number of participants: Minimum 3 – maximum 10
 Time frame: 5 hours

2. DAY

| Time(frame) | Topic/Aim | Activity | Material |
|----------------|--|--|---------------------------------------|
| 10:00 | | Welcome coffee | |
| 10:30-11:00 | How am I today? What happened since our last meeting | Exchange of experiences | |
| 11:00 – 12:00 | Visiting dates | <ul style="list-style-type: none"> - Family Constellation (fotos from the last meeting) - anything open? - What do I want to do during the next visit with my child – how can I do that? | Fotos Role play |
| 12:00 – 13:00 | Time to prepare the lunch | Preparation of lunch together | |
| 13:00 – 14:00 | Lunch | Eating together | |
| 14:00 – 14:30 | What makes me feel good in my life? | Activating game / Coffee | |
| 14:30 – 15:30 | Who/what supports me, who can I count on? What else helps me to cope with my situation? | <ul style="list-style-type: none"> - My friends, my family, my hobbies, my strength - New ideas of helping systems. | Writing |
| 15:30 16:00 | Do you want to continue, how do you want to continue? | <ul style="list-style-type: none"> - Feedback on the workshop - Future plans | Flip chart |
| 16:00 – 17:00 | Informal exchange | | Coffee, tea, drinks, biscuits, fruits |

MODUL 2

Topic: Self helping group – Getting to know each other better(1. day)
 Target group: Biological Parents
 Number of participants: Minimum 3 – maximum 10
 Time frame: 6 hours

| Time(frame) | Topic/Aim | Activity | Material |
|------------------|---|---|--|
| 10:00 - 11:00 | Warm-up/The members of the new group should try to become familiar with each other in different phases of their gathering, they should try to get rid of restraints; some kind of group dynamics should be developed. A loose (or rather trusting?) atmosphere is important for that. | Interactive group games (Transport solution: stone from A to B with 6 strings that must only be touched with one hand); Island game | felt tile; stones, 6 strings |
| 11:00 - 11:15 | Break | | Coffee and biscuits / fruits |
| 11:15 - 12:00 | That's me - what I am good at/getting to know myself and other people better | Individual work | Template: sheet to fill in (see appendix) |
| 12:00 - 14:00 | Cooking/eating together - strengthen trust and cooperation | Shopping basket with ingredients - consider together what can be cooked from it and implement | Shopping basket with various foods, cookware |
| 14:00 - 15:30 | Selection of topics for self-help group | Group work | Flip chart |
| 15:30 | Say goodbye, evaluate first meeting and summarize – present next steps | | Flip chart |

An example for a completed template 'Structure of a workshop'

Topic: Planning a self-help group

Target group: Biological parents

Number of participants: 6 4 to 10

Time frame: 6 hours

| Time(frame) | Topic/Aim | Activity | Material |
|---------------|--|--|---|
| 9:30 | | Welcome coffee | |
| 10:00 | Welcome | Introduction | |
| 10:30 | Input | What needs to be observed? Room Way of working Funding opportunities Presenting organisations that can support the idea | Presentation Beamer Laptop Flip chart |
| 11:30 | Discussion | Open plenum discussion about the inputs | |
| 12:00 | Lunch break | | Lunch is ordered from a local catering service, coffee at the end |
| 13:00 | Group work | Possibilities of free support Network of the participants to back the idea Public relations work - how? And who? Who supports further / how is the process? | Notes on index cards or flip chart |
| 14:30 | Coffee | | |
| 14:30 - 15:15 | Plenary discussion: Transfer, next steps | | Flip chart |
| 15:15 – 15:30 | Say goodbye, evaluate second meeting | Simple techniques to evaluate the outcomes and to appreciate the work done so far | |
| 15:30 | End | | |