

LEVEL UP: COMPETENCES OF THE FUTURE
WHAT CONNECTS US?
BUILDING FAMILY BONDS
PRACTICAL SCENARIO 8

Powiatowe Centrum Pomocy Rodzinie in Oświęcim in partnership with

UK- BUTTERFLIES LTD United Kingdom

EDU SMART TRAINING CENTER LIMITED Ireland

Implements the ERASMUS + project, Action 2:
Strategic partnerships for vocational education and training:
„Level up- competences of the future”
2018-1-PL01-KA202-050624

The project is co-financed from the Erasmus + program

Scenario 8 LEVEL UP

Topic: **WHAT CONNECTS US? BUILDING FAMILY BONDS**

Duration: 3 clock hours divisible into meetings.

Recipients:

The recipients of the meetings are families. The scenario can be used by social workers, family assistants, family coordinators and all other specialists working with the family who are facing difficulties resulting from divorce.

Participants

The whole family, individual family members, adults without children or adults with children can participate in the meetings, e.g.:

- Mum with a child / children
- Dad with a child / children
- Mum and dad with a child / children
- Mum and dad
- The whole family

In justified cases, people significant to the child / children may be invited to the meeting, e.g. grandmother, grandfather etc.

Work Methods

- Case study
- Psychoeducation
- Mini lecture
- Work in groups
- Individual work
- Relaxation techniques
- Brainstorm

Materials needed for the meeting:

- Work cards
- Felt tip pens
- Crayons
- Markers
- Scissors
- Post-it notes
- Flipchart paper
- A4 paper
- Pens

The scenario contains exercises and individual work cards for 3 meetings lasting 1 clock hour.

The user decides for himself in which order he will use the proposed content.

Purpose of the meetings:

The aim of the course is to provide support in building relationships in the family

Individual workshop tasks will serve to increase understanding of given issues, equip participants with specific tools for working with family, as well as allow to increase interpersonal competences to better cope with building relationships in the family.

Meeting 1

Welcoming the family

The worker answers any questions that the family has.

The social worker gives the family members previously prepared work cards. The task of family members is to think about the difficulties and obstacles in implementing their own plans of functioning in the family.

KARTA PRACY INDYWIDUALNEJ

INDIVIDUAL WORK CARD

Describe an obstacle / difficulty in implementing plans that apply to you and relate to your family and how you function in it.

Difficulties

- 1.
- 2.
- 3.

Then write down the ways to solve difficult situations assigned to a given number. If you have not managed to solve the difficult situation so far, leave this space blank.

- 1.
- 2.
- 3.

INDIVIDUAL WORK CARD 2

Then write down the proposed ways to solve difficult situations assigned to a given number.

Think about what solution you can have to a difficult situations (propose an agreement that can be used by family members to solve a difficult situation (these must be realistic solutions)

Then each member reads their problems and together with the social worker a family chooses the three most important to them.

1.

2.

3.

Together with the social worker, the family chooses and sets up 3 common solutions for the given difficult situation

1.

2.

3.

WORK CARD 3- FAMILY GROUP

The family signs a 'contract'

The family then sets out what the consequences will be for non-compliance.

- 1.
- 2.
- 3.

Joint agreement and action plan - notes and comments

Meeting 2

The social worker asks family members to recall a situation from their life as a family in which they asked a family member to perform an activity and the task was carried out just like the family member who asked wanted.

The social worker gives the family members individual work cards

INDIVIDUAL WORK CARD 4

Who asked?	Who did they ask?	What did the task concern?	What influenced the success of the task ?	Comments

FAMILY WORK CARD 5

Family members read their answers on the forum and write down the conclusions and principles of effective communication

FAMILY WORK CARD 6

Then they think

1. What has influenced success the most?
2. What could have disrupted it, but I prevented it?
3. How did I prevent this?

INDIVIDUAL WORK CARD 7

Work card

Description of the situation

.....

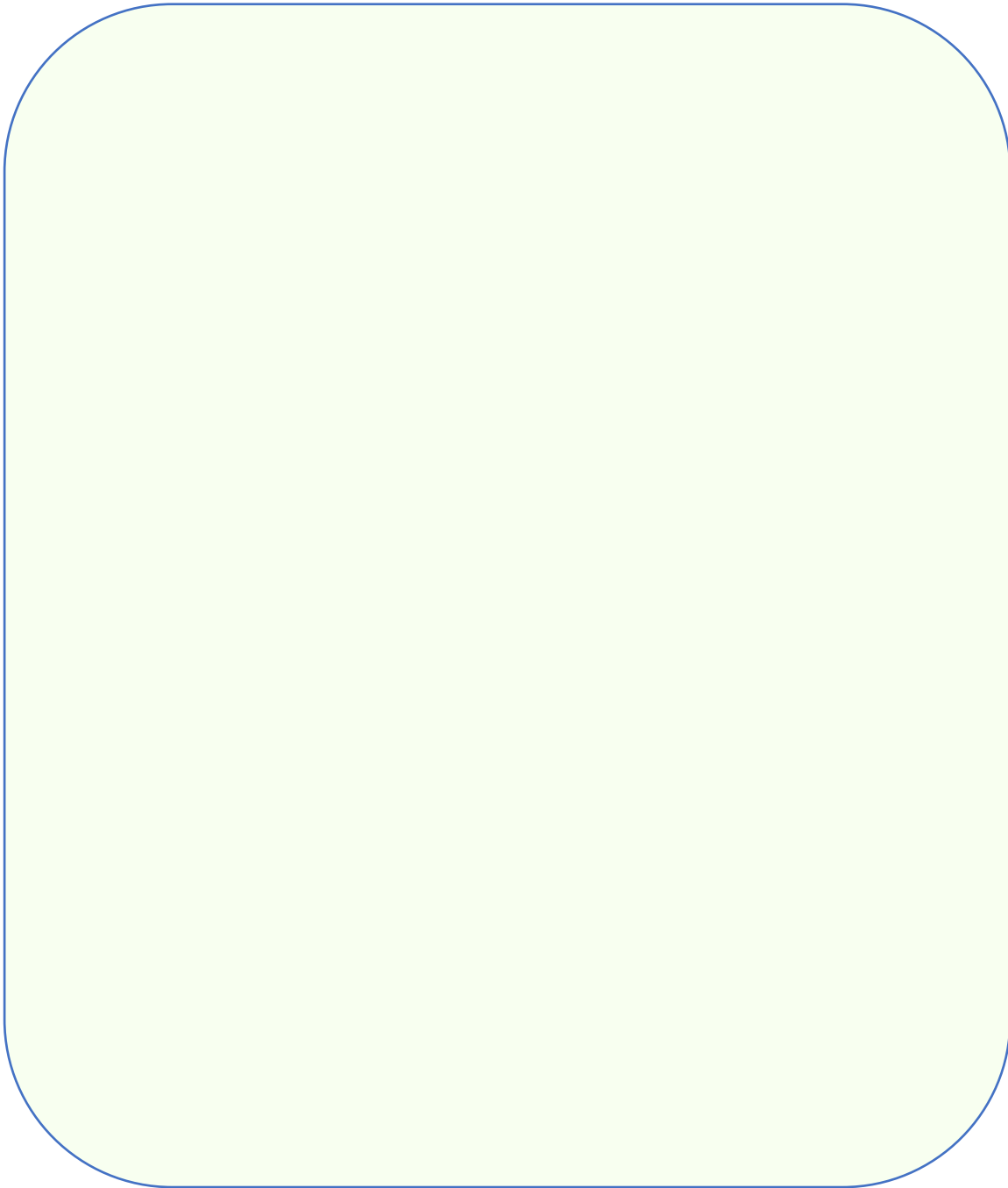
.....

.....

.....

What influenced success the most?	What could have disrupted it but I perverted it?	How did I prevent this?	Comments

The social care worker asks family members to discuss their forms on the forum. Factors of achieving communication success as a family



Spotkanie 3

At the next meeting, the social care worker works with the family to maintain positive relationships and praise. The worker gives individual work cards to family members

INDIVIDUAL WORK CARD 8

Time of admiration and compliments

Complete the table. Write down who you admire in your family and why? What do you admire a member of your family for?

Who do you admire?	What do you admire about them?	Write down a compliment you want to say to them
		(Name.....) I admire you for.....I like that you are ...

After completing the task, read your answers on the family forum.

After reading the notes on the work cards, family members thank each other for their support.

At this point, the worker also makes notes on the continuation or termination of sessions and meetings. He also writes down recommendations.

