

NO KIDS IN THE MIDDLE

LORENTZHUIS & KJTC

Justine van Lawick, Margreet Visser

Erik van der Elst, Jeroen Wierstra

Danielle Steggink, Flora van Grinsven

How many children?



- Divorce rate in Europe 44%
- 30 % complications
- 15% high conflict divorce

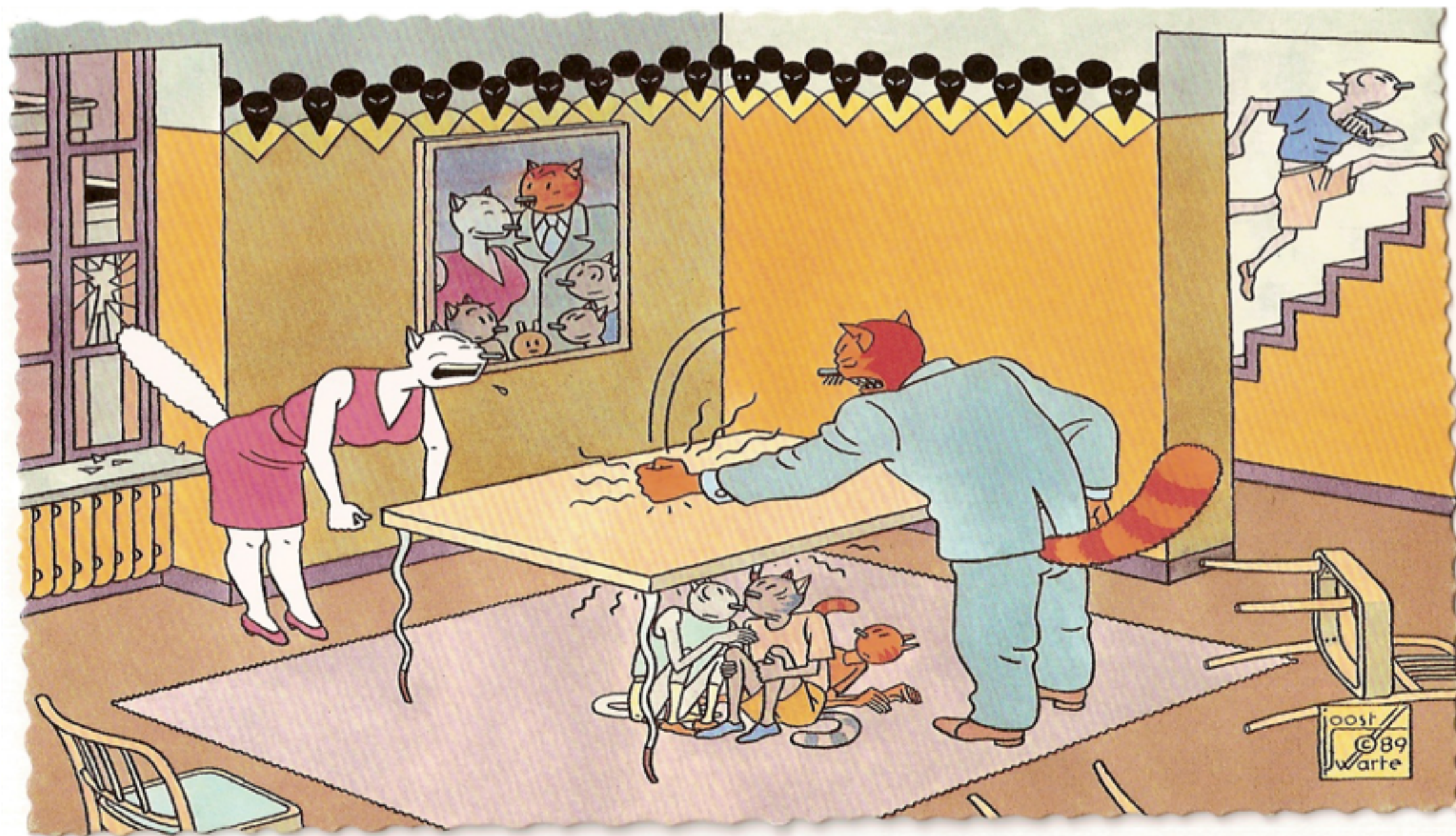
NL: each year + 3000 children < 18yrs: 16000 children

effect on children

70% finding new balance within two years

30% Problems, mostly when parents fight

- Depression, anxiety, aggression, risk takers, failing in school
- Split loyalty, torn apart
- Siding with one parent as survival strategy



Context

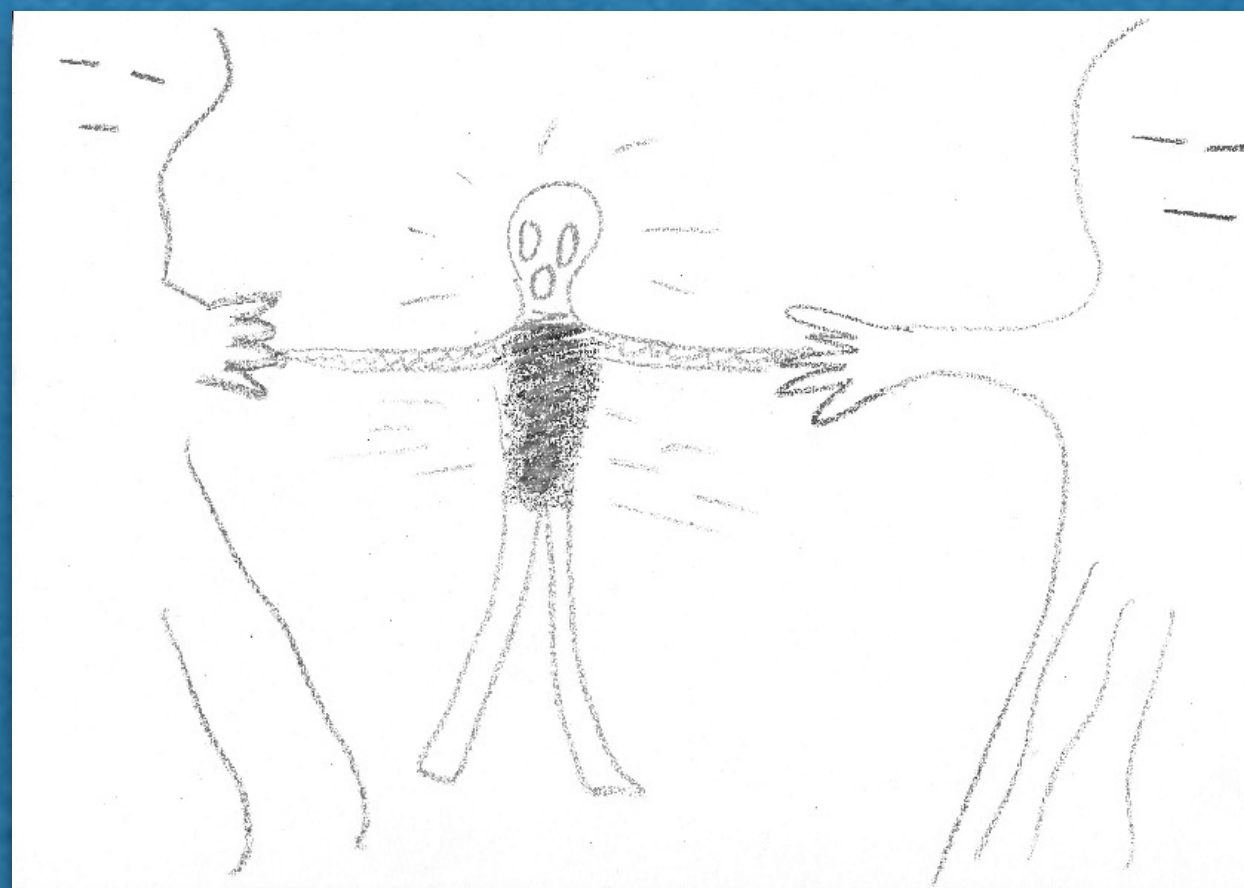
- Lobby of the silly fathers
- 1998: both parents legal authority
- 2009 Obligatory parental plan

We all get crazy



- * Youth care; child protection, lawyers, mediators, therapists, social workers, family guardians
- * The social network, family, friends, school
- * Our secretary

especially the children





demonising

The other is the perpetrator and I am the victim

Monologue, no dialogue, no reflection

I know the truth, I can prove it

Denying the tragedy of life

Destructive process that destroys connections and love

Fighting parents

- Do not want to come together: want to tell their own truth: two truths
- Both trapped in a tunnel vision
- Therapist is torn apart between the two truths, two monologues
- Therapist can add to the demonizing process

children in therapy

- Symptoms can get worse
- Children start to feel more but cannot express these feelings at home

Individual and context factors

- Personal history, personality, resilience, talents
- History of the relationship, relational trauma's
- Economy, housing, network, education, work, culture

What usually works in therapy
doesn't work with fighting
divorces: new roads?

Safety and development of children in the center

multiple family therapy:
Parents group and
Children's group parallel

Basic attitude

- Children in the centre
- Teamwork for therapists
- Responsibility in stead of control and agreements (safety?)
- Motivate and activate parents (they have to do the work)
- Fights as destructive patterns that destroys connections and love
- Attention for vulnerability and trauma, fight / flight and freeze as trauma reactions. (wounded animals)
- Reaching out and working together with the social network
- Parental team or parallel solo parenthood (L.Cottyn)

Intake

- * Parents and Children separately
- * Contact with professional network: therapists, lawyers, mediators, child protection, youth care
- * They have to come together

Intake 1

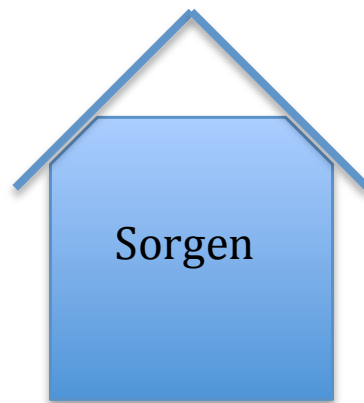
- Parents together
- Information about the project
- Questions from the parents
- Addiction? Actual violence?
- Stop Legal processes or on hold
- Network is involved
- YES, DOUBTS (one week reflection time), NO

Intake 2

- Parents, children, therapists from parent and children group. Short start together
- Children leave with child therapist(s)
- Each parent 20-30 minutes with one therapist: what are shocking experiences in the relationship, after divorce, in former relationships or in childhood (find triggers)
- Therapists share what they heard and reflect about that, parents listen
- Who are coming to the information network evening)
- Short closure with all (parents, children, therapists)

Intake children

3 houses (Turnell)



Social network

Information evening
for

New partners, Grand parents, Family, Friends.

Please help us!!!

!

PROGRAM

Eight sessions

1. Loving parents and Destructive patterns
2. Children in the center



3. A narrative about the separation without demonisation.
Escalation, de-escalation, window of tolerance, trauma reactions
4. Compliments, New connections, new solutions for old conflicts
5. More movements

children's group

Parallel

Warming up

Artistic expressions

Reflections

Wishes

Closure

Session 6

6. Performance of the children: drawings, pictures, movie, dance, graffiti, text

Performance of the parents: text, poems, art, film

session 7

- reflections about the presentations
- Childrens resilience (what to do when parents continue fighting)
- Parents new movements

Session 8

- Evaluation
- how will the process continue, what is needed / wished for