

CHARTER

HARLEY STREET

Thinking about parenting

No one is the perfect parent and we all make mistakes. The pain and fear people report of feeling they are not doing a good enough job, or that they or their partner may be causing their child or children harm, is profound. Many parents experience a burden of guilt that sadly ensures they increasingly lose confidence and appropriate boundaries and end up perpetuating the very rhythms they seek to avoid.

At CHARTER we suggest that the key is to become aware and mindful of the choices we make as parents so that we can own how we are as parents without shame, or a need for pretence and denial. Sometimes this takes the self reflection available in therapy, and thus a parent or couple may come to CHARTER to do the work that allows them to see how they are as a parent or couple, and why. Many come feeling deskilled and lacking in confidence because their child is out of control, or out of reach.

Helping these parents to regain a sense of confidence and empowerment is a fundamental part of the work we do at CHARTER and is achieved through individual therapy, group work and intensive workshops as appropriate. This work is a particular passion of CHARTER's founder and director, (recovering addict and parent), Mandy Saligari, who has developed a brief intervention model entitled 'Parenting for Prevention'.

If you want some help with parenting give us a call

Call 020 7323 4970

www.charterharleystreet.com