

carrefour  des psychothérapies

Stress et défis de la parentalité

Thématiques contemporaines

Isabelle ROSKAM, Moïra MIKOLAJCZAK



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Stress D Fis Parentalit Isabelle Roskam

Isabelle Roskam, Moïra Mikolajczak



Stress D Fis Parentalit Isabelle Roskam:

Comment traiter le burn out parental ? Maria Elena Brianda, Isabelle Roskam, Moïra Mikolajczak, 2019-10-01 Un programme innovant en 8 séances En l'absence de ressources suffisantes pour compenser l'effet d'un stress prolongé la parentalité certains parents se sentent dépassés par les tâches et les responsabilités qu'implique leur rôle. Lorsqu'ils décident d'entamer un travail thérapeutique ces parents ont cherché la fois dire leur souffrance et obtenir des conseils efficaces pour aller mieux. Ce manuel le premier du genre a pour but de guider les professionnels qui accompagnent les parents en burn out répondre ces attentes dans le cadre d'une prise en charge de groupe. Le programme en 8 séances que proposent les auteures s'appuie la fois sur la structure des interventions traditionnelles et la force du travail en groupe pour proposer une méthode hybride la fois humaine et efficace. Chacune des séances de 2h se propose d'aborder une thématique centrale de la notion de perfectionnisme parental la construction de compétences motivationnelles. Pour les mettre en œuvre les intervenants trouveront ici tout le matériel indispensable déroulé général rappel des notions fondamentales trousse d'activités et l'ensemble des supports en version imprimable. Chaque fois de multiples témoignages illustrent les apports de la séance tant du point de vue des professionnels que de celui des parents tandis que des points d'attention et des astuces permettent de s'adapter la complexité des situations que les intervenants rencontreront. Le Burn-out parental Moïra Mikolajczak, Isabelle Roskam, 2020-11-18

Vous voulez être un bon parent bienveillant attentif et disponible. En un mot parfait. En réalité vous vous sentez souvent bout vous culpabilisez de ne pas avoir assez coûté vos enfants de vous être emporté pour trois fois rien. Ce livre s'adresse tous les parents puis ceux qui cherchent comprendre ce qu'est le burn out parental quel point ils en sont proches ou loignés comment ils en sont arrivés là. Et surtout comment s'en sortir et éviter que cela se produise nouveau. Des éclairages et des témoignages issus de nombreuses études de terrain vont vous aider mieux comprendre la manière dont le burn out parental se développe et quelles sont ses conséquences. Des tests pratiques vous permettront de faire le point sur votre situation personnelle et des conseils concrets vous aideront reprendre le dessus. Un livre pour retrouver des forces et savourer nouveau la joie d'être parent. Moïra Mikolajczak et Isabelle Roskam sont toutes les deux docteures en psychologie professeures à l'Université de Louvain et directrices de recherche. Figures de proue au niveau international dans le domaine du burn out parental elles codirigent le Parental Burnout Research Lab les Consultations psychologiques spécialisées en parentalité et le Training Institute for Parental Burnout. *Le burn-out parental* Isabelle Roskam, Moïra Mikolajczak, 2018-03-30 Les parents du XXI^e siècle font face des défis et des enjeux nouveaux. On estime aujourd'hui qu'environ 5 % des parents souffrent d'un burn out parental crasseux par la pression d'avoir un enfant heureux tout prix. Qu'est-ce que ce burn out parental. En quoi est-il différent du burn out professionnel ou d'autres formes de pression ou d'épuisement. Quels sont les facteurs de risque et les conséquences sur le parent les enfants et le conjoint. Comment le repérer le diagnostiquer mais aussi le prendre en charge que ce soit en consultation individuelle ou en thérapie de groupe. En se fondant sur de multiples études qualitatives et quantitatives

sur près de 5000 parents ainsi que de nombreuses prises en charge cliniques Isabelle Roskam et Moïra Mikolajczak proposent ici le premier véritable ouvrage de référence destiné tous les professionnels confrontés des parents en souffrance Stress et défis de la parentalité Moïra Mikolajczak, Isabelle Roskam, 2016-12-30 L'ouvrage fait le point sur les connaissances actuelles dans le champ de la parentalité et des défis que rencontrent les parents et les professionnels aujourd'hui Il fournit aussi des pistes aux professionnels qui aident les parents Le parent aujourd'hui peut être considéré comme un véritable challenge Les parents ne se sont jamais posés autant de questions sur leur rôle qu'aujourd'hui Les demandes d'aide ou de conseils manant des parents découlent des comportements de leur enfant sont monnaie courante Certains parents sont considérés comme maladroits voire incompetents Pourquoi la parentalité génère-t-elle donc du stress Quels sont les défis que les parents ont relevés L'ouvrage tente de répondre ces questions en abordant une série de thématiques contemporaines en lien avec la parentalité Outre une synthèse des connaissances dans des domaines comme le stress prénatal le développement des familles homoparentales ou le soutien aux parents d'enfants difficiles il débouche sur des recommandations concrètes et des pistes d'intervention auprès des professionnels des parents des couples et des familles qui se questionnent ou sont en souffrance Les professionnels travaillant auprès de ces familles y trouveront des éléments théoriques utiles leur réflexion et une approche de l'évaluation et de la prise en charge essentielles leur travail Cet ouvrage interressera tout particulièrement les étudiants en sciences humaines et sociales les psychologues les médiateurs familiaux les assistants sociaux et les éducateurs Stress et défis de la parentalité Isabelle Roskam, Moïra Mikolajczak, 2015

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